

Electronic Supplementary Material 2 for

Tavakoli, R., Müller, R., Jeske, E., Schäfbuch, N., & Schmitz, B. (2022). Promoting Well-Being in Students Through an Art-of-Living Intervention: Developing an Online Training for Eighth and Ninth Graders. *Zeitschrift für Psychologie*, 230. <https://doi.org/10.1027/2151-2604/a000501>

Table E1

Demographic Characteristics of the Sample for Each Condition and Point of Measurement

Condition	Participants		Gender				Age		Grade ^a			
			Female		Male				8		9	
	<i>n</i>	<i>n</i>	%	<i>n</i>	%	<i>M</i>	<i>SD</i>	<i>n</i>	%	<i>n</i>	%	
Pretest and posttest												
Cognitive	24	17	71.83	7	29.17	13.96	0.55	19	79.17	4	16.67	
Combined	26	22	84.62	4	15.38	13.96	0.53	19	73.08	7	26.92	
Control	19	15	78.95	4	21.05	14.00	0.54	15	78.95	4	26.67	
Total	69	54	78.26	15	21.74	13.97	0.54	53	76.81	15	21.74	
Follow-up												
Cognitive	16	12	75.00	4	25	14.00	0.52	12	75.00	3	18.75	
Combined	21	17	80.95	4	19.05	14.00	0.45	15	71.43	6	28.57	
Total	37	29	78.33	8	21.67	14.00	0.49	27	73.00	9	24.32	

Note: The participants were randomly assigned to one of the training conditions (cognitive or combined) or the wait list control group.

^a One participant in the cognitive group did not indicate their grade.