

Multimedia Appendix 1. Summary of means, ANOVAs and effect sizes

Analysis (Change in CAS between two time points)	Baseline CAS M (SD)	Session 4 CAS M (SD)	Session 7 CAS M (SD)	Session 10 CAS M (SD)	Final CAS M (SD)	Statistics
Child Program						
Baseline to Final CAS	13.92 (2.96)	-	-	-	10.94 (4.82)	F(1,531) = 209.71, $p < .001$, $n^2 = .28$, Cohen's $d = .66$
Baseline to Session 4	13.92 (2.96)	11.45 (4.59)	-	-	-	F(1,531) = 169.20, $p < .001$, $n^2 = .24$, Cohen's $d = .59$
Baseline-Session 4-Session 7	14.10 (3.03)	11.05 (4.60)	9.98 (4.97)	-	-	F(2,191) = 73.82, $p < .001$, $n^2 = .44$, Cohen's $d = .88$
Baseline-Session 4-Session 7- Session 10	14.21 (3.29)	11.66 (4.50)	10.51 (5.24)	9.76 (5.20)	-	F(3,88) = 19.95, $p < .001$, $n^2 = .41$, Cohen's $d = .83$
Adolescent Program						
Baseline to Final CAS	15.66 (3.30)	-	-	-	12.88 (5.05)	F(1,562) = 211.19, $p < .001$, $n^2 = .27$, Cohen's $d = .65$
Baseline to Session 4	15.66 (3.30)	13.38 (4.70)	-	-	-	F(1,562) = 179.90, $p < .001$, $n^2 = .24$, Cohen's $d = .59$
Baseline-Session 4-Session 7	15.77 (3.48)	12.99 (4.93)	11.98 (5.48)	-	-	F(2,203) = 62.22, $p < .001$, $n^2 = .38$, Cohen's $d = .81$

Baseline-Session	15.71	12.63	11.65	10.81	-	F(3,69) = 21.60, $p < .001$, $\eta^2 = .48$, Cohen's d = 1.01
4-Session 7-	(3.45)	(4.98)	(5.40)	(5.81)		
Session 10						

Note. Final CAS = the last CAS assessment the user completed