Table S1. Showing demographics and raw sub-clinical symptom scores at baseline (T1) and follow-up (T2) for groups (ES+ and ES-).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Scores | Groups | Range | Mean | Std. Deviation |
| Age  | ES+ | 14.50-16.75 | 15.35 | 0.52 |
|   | ES- | 14.42-16.58 | 15.27 | 0.56 |
| CDI Total Score at T1 | ES+ | 0-29 | 12.59 | 6.8 |
|   | ES- | 0-24 | 8.5 | 5.72 |
| DERS Total Score at T1 | ES+ | 46-127 | 94.74 | 23.11 |
|   | ES- | 47-134 | 82.95 | 19.96 |
| State Anxiety Score at T1 | ES+ | 23-58 | 37.22 | 10.19 |
|   | ES- | 21-53 | 31.84 | 7.7 |
| Trait Anxiety Score at T1 | ES+ | 25-65 | 46.29 | 10.95 |
|   | ES- | 22-57 | 38.84 | 9.26 |
| CDI Total Score at T2 | ES+ | 5-36 | 15.48 | 8.04 |
|   | ES- | 0-29 | 10.22 | 6.47 |
| DERS Total Score at T2 | ES+ | 61-144 | 100.97 | 26.04 |
|   | ES- | 49-136 | 87.54 | 20.72 |
| State Anxiety Score at T2 | ES+ | 21-64 | 45.14 | 12.9 |
|   | ES- | 22-65 | 40.2 | 10.4 |
| Trait Anxiety Score at T2 | ES+ | 23-70 | 49.59 | 11.37 |
|   | ES- | 25-68 | 44.46 | 10.5 |