**Supplemental Methods II: Formula to calculate the standard deviation of a change score**

Formula to estimate the standard deviation of the mood change scores using the standard deviations of the pre and post intervention mood scores and the correlation between pre and post intervention mood scores:

$$SD\_{change}=\sqrt{SD\_{pre}^{2}+ SD\_{post}^{2}-(2R SD\_{pre}SD\_{post})}$$

SD change = estimated standard deviation of mood change scores

SDpre = standard deviation of mood scores pre intervention

SDpost = standard deviation of mood score post intervention

R = correlation between mood scores pre and post intervention