Supplementary Material

Table 2: Median scores and Wilcoxon Signed Ranks Test by group session (**Sig. differences in bold, p=0.01)**

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|  |  | **Range** | **Median** | **Wilcoxon Signed Ranks Test** |
| **Session 1****(N=26)** | Pre-Stress | 1-5 | 3 | Z= -2.516,p=0.012 |
| Post-Stress | 1-4 | 2.75 |
| Pre-Distress | 1-5 | 3 | Z= -1.292,p=0.196 |
| Post-Distress | 1-5 | 2.75 |
| **Session 2****(N=15)** | Pre-Stress | 1-5 | 3 | Z= -2.588,p=0.010 |
| Post-Stress | 1-4 | 2 |
| Pre-Distress | 1-5 | 2 | Z= -1.155,p=0.248 |
| Post-Distress | 1-5 | 2 |
| **Session 3 (N=14)** | Pre-Stress | 1-4 | 3.5 | **Z= -2.970,****p=0.003** |
| Post-Stress | 1-4 | 2 |
| Pre-Distress | 1-5 | 3 | **Z= -2.640,****p=0.008** |
| Post-Distress | 1-4 | 2 |
| **Session 4 (N=15)** | Pre-Stress | 1-5 | 3 | Z= -2.264,p=0.024 |
| Post-Stress | 1-5 | 3 |
| Pre-Distress | 1-5 | 3 | Z= -1.549,p=0.121 |
| Post-Distress | 1-4 | 2 |
| **Session 5 (N=22)****1** Data missing for 1 participant for distress rating (N=21) | Pre-Stress | 1-5 | 3 | **Z= -2.967,****p=0.003** |
| Post-Stress | 1-4 | 2 |
| Pre-Distress**1** | 1-5 | 3 | Z= -2.140,p=0.032 |
| Post-Distress**1** | 1-4 | 2 |
| **Session 6****(N=16)** | Pre-Stress | 1-5 | 3 | Z= -1.977, p=0.048 |
| Post-Stress | 1-4 | 2.5 |
| Pre-Distress | 1-5 | 3 | Z= -1.999, p=0.046 |
| Post-Distress | 1-4 | 2 |
| **Session 7 (N=15)** | Pre-Stress | 1-4 | 2 | Z= -1.786, p=0.074 |
| Post-Stress | 1-4 | 2 |
| Pre-Distress | 1-4 | 2 | Z= -0.905, p=0.366 |
| Post-Distress | 1-4 | 2 |
| **Session 8****(N=17)** | Pre-Stress | 1-5 | 3 | Z= -2.230, p=0.026 |
| Post-Stress | 1-4 | 2 |
| Pre-Distress | 1-4 | 2 | Z= -0.905, p=0.366 |
| Post-Distress | 1-5 | 2 |