**ONLINE SUPPLEMENTARY**

**TABLE 3**

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| Table 3*Summary of participant results* |
| P | Mood | SC/SA | Wisdom | Designation |
|  | PHQ-9  | GAS-10  | VAS\_mood  | SCS  | VAS\_SA  | SAWS  | VAS\_wisdom  |  |
| 1 | PI, FU | PI, FU | Yes |  | Yes |  | Yes | Responder |
| 2 | PI | PI | Yes |  | Yes |  | Yes | Responder |
| 3 | PI\* |  | No |  | No | FU | No | Non-responder |
| 4 | PI\* | PI\* | No | PI | No |  | No | Non-responder |
| 5  | PI, FU\* | PI, FU | Yes | FU | Yes | FU | Yes | Responder |
| 6 | PI\*, FU\* | PI\*, FU\* | Yes |  | Yes |  | Yes | Responder |

Note: P = participant; PI = reliable change at post-intervention; FU = reliable change at follow-up; \* = clinically significant change; Yes/No = determined change in VAS scores between phases, as described in the results section.