Figure 2: Participant 1

Figure 3: Participant 2

Figure 4: Participant 3

Figure 5: Participant 4

Figure 6: Participant 5

Figure 7: Participant 6

Figure 8: Participant 7

Figure 9: Participant 8

Figure 10: Participant 9

Figure 11: Participant 10

Figure 12: Participant 11

Figure 13: Participant 12

Figure 14: Participant 13

Figure 15: Participant 14

Figure 16: Participant 15

Figure 17: Participant 16

Key: GHQBn = GHQ-12 baseline; GHQIn = GHQ-12 intervention; SWBIn = SWLS Baseline; SWIn = SWLS Intervention. Where n = the number of the participant.

Supplementary material 4. Graphs for GHQ and SWB for baseline and intervention phases.