**Table 1**

*Sociodemographic Characteristics of Participants at Baseline*

|  |  |  |  |
| --- | --- | --- | --- |
| Baseline characteristics | Non-clinical  (*N* = 181) | Clinical  (*N* = 32) | Full sample  (*N* = 213) |
| *n (*%) | *n* (%) | *n* (%) |
| Gender |  |  |  |
| Female | 146 (80.7) | 19 (59.4) | 165 (77.5) |
| Male | 34 (18.8) | 12 (37.5) | 46 (21.6) |
| Divers | 1 (0.6) | 1 (3.1) | 2 (0.9) |
| Marital status |  |  |  |
| Single | 75 (41.4) | 18 (56.2) | 93 (43.7) |
| Married/partnered | 106 (58.6) | 13 (40.6) | 119 (55.9) |
| Divorced/widowed | 0 (0) | 1 (3.1) | 1 (0.5) |
| Household income |  |  |  |
| < 1,000 € | 82 (45.3) | - |  |
| 1,000 – 1,999 € | 40 (22.1) | - |  |
| 2,000 – 2,999 € | 15 (8.3) | - |  |
| 3,000 – 3,999 € | 12 (6.6) | - |  |
| 4,000 – 4,999 € | 3 (1.7) | - |  |
| ≥ 5,000 | 17 (9.4) | - |  |
| unknown | 12 (6.6) | - |  |
| Highest educational level |  |  |  |
| Lower secondary school certificate | 0 (0) | 1 (3.1) | 1 (0.5) |
| Intermediate secondary school certificate | 2 (1.1) | 2 (6.2) | 4 (1.9) |
| University of applied sciences entrance diploma | 20 (11.1) | 0 (0) | 20 (9.4) |
| General higher education entrance qualification | 104 (57.8) | 2 (6.2) | 106 (50.0) |
| Completed apprenticeship | 11 (6.1) | 14 (43.8) | 25 (11.8) |
| University or postgraduate degree | 43 (23.9) | 13 (40.6) | 56 (26.4) |
| Employment |  |  |  |
| Unemployed | 0 (0) | 13 (40.6) | 13 (6.1) |
| Student | 151 (83.4) | 3 (9.4) | 154 (72.3) |
| Employed | 24 (13.3) | 15 (46.9) | 39 (18.3) |
| Self-employed | 4 (2.2) | 0 (0) | 4 (1.9) |
| Retired | 0 (0) | 1 (3.1) | 1 (0.5) |
| Other | 2 (1.1) | 0 (0) | 2 (0.9) |
|  | Mean (SD) | Mean (SD) | Mean (SD) |
| Age | 25.36 (8.88) | 39.09 (13.25) | 27.43 (10.81) |
| ES-G | 7.38 (2.03) | 3.53 (2.36) | 6.80 (2.49) |
| ES-G (Likert) | 31.83 (7.02) | 20.64 (8.16) | 30.15 (8.22) |
| BDI-II | 10.45 (10.70) | 29.84 (11.04) | 13.36 (12.78) |
| WHOQOL-BREF | 72.44 (13.10) | 52.71 (11.76) | 69.48 (14.69) |
| PWB | 83.05 (10.17) | - |  |
| Autonomy | | 12.50 (2.69) | - |  |
| Environmental mastery | | 13.57 (2.57) | - |  |
| Personal growth | | 15.43 (2.30) | - |  |
| Positive relations with others | | 13.80 (2.94) | - |  |
| Purpose in life | | 14.01 (2.52) | - |  |
| Self-acceptance | | 13.75 (2.96) | - |  |
| CD-RISC | 25.78 (7.34) | 15.56 (7.34) | 24.25 (8.18) |
| GSI | 0.64 (0.61) | 1.39 (0.69) | 0.75 (0.68) |

*Note. XX*