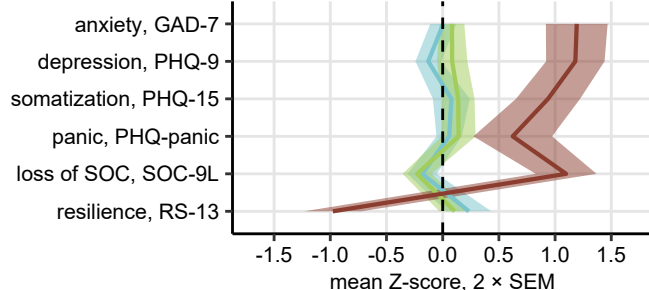
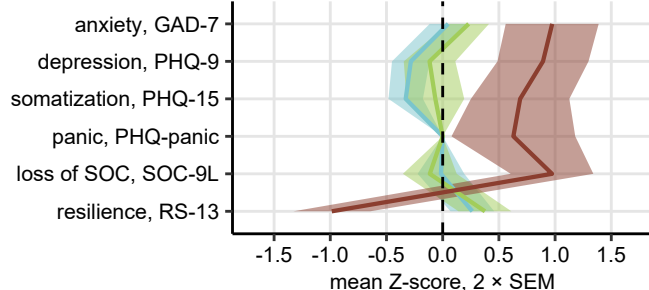


A**Major mental health readouts, training**

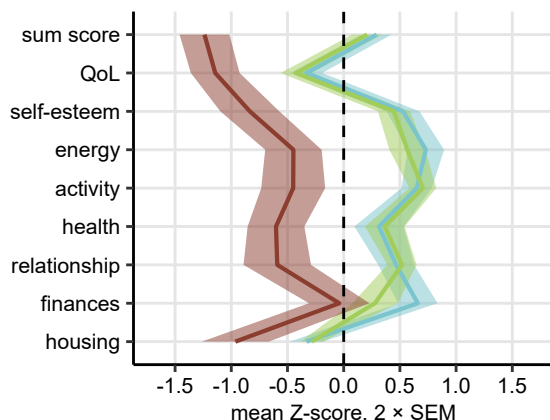
neutral: n = 63, PTG: n = 77, PTB: n = 64

**Major mental health readouts, test**

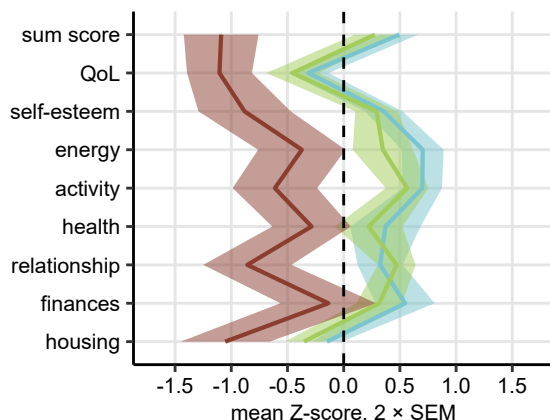
neutral: n = 36, PTG: n = 33, PTB: n = 34

**B****Quality of life, EUROHIS-QOL 8, training**

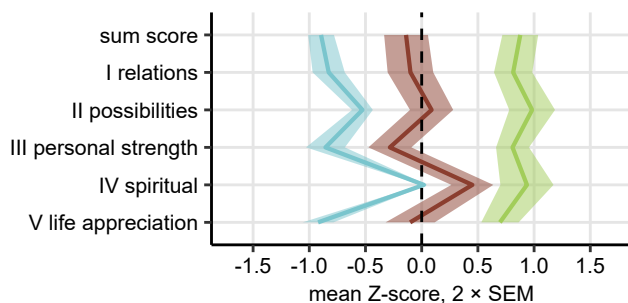
neutral: n = 63, PTG: n = 77, PTB: n = 64

**Quality of life, EUROHIS-QOL 8, test**

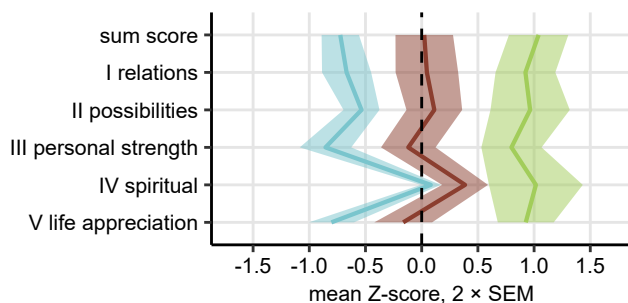
neutral: n = 36, PTG: n = 33, PTB: n = 34

**C****Post-traumatic growth, PTGI, training**

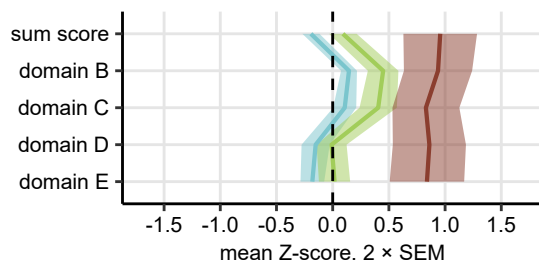
neutral: n = 63, PTG: n = 77, PTB: n = 64

**Post-traumatic growth, PTGI, test**

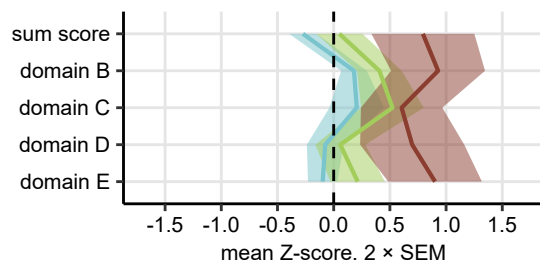
neutral: n = 36, PTG: n = 33, PTB: n = 34

**D****PTSD, PCL-5 DSM-5, training**

neutral: n = 63, PTG: n = 77, PTB: n = 64

**PTSD, PCL-5 DSM-5, test**

neutral: n = 36, PTG: n = 33, PTB: n = 34



Cluster — neutral — PTG — PTB