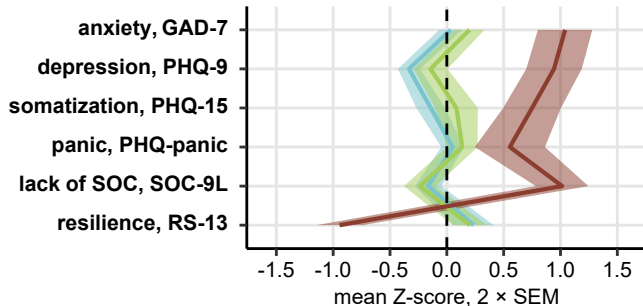
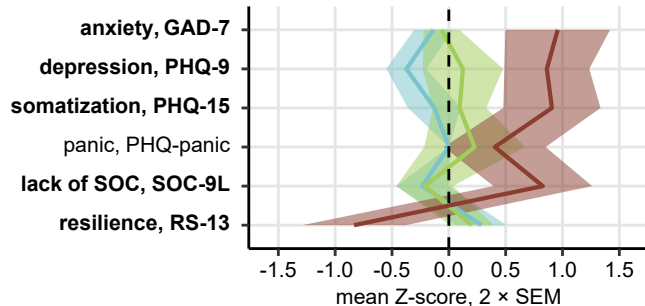


A**Major mental health readouts, training**

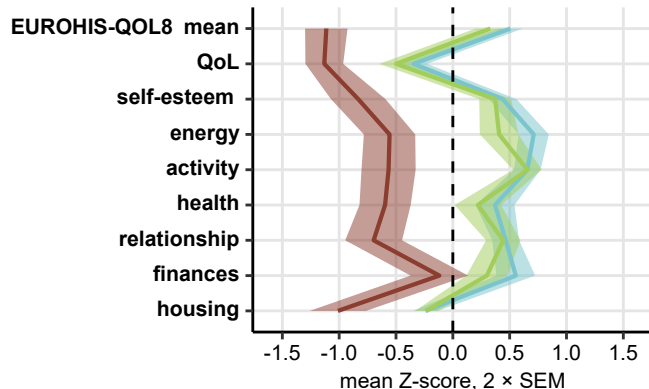
neutral: n = 79, PTG: n = 69, PTS: n = 82

**Major mental health readouts, test**

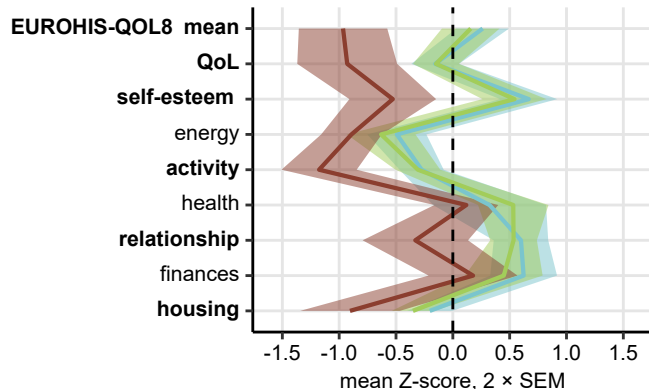
neutral: n = 24, PTG: n = 25, PTS: n = 28

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

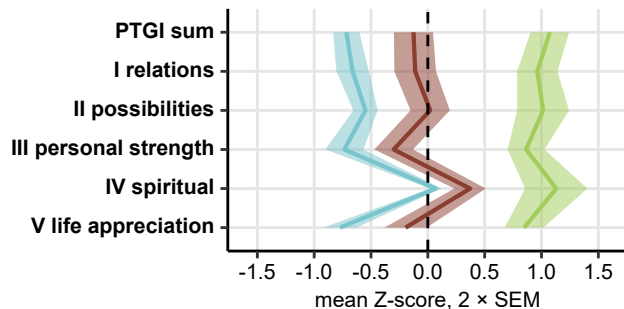
neutral: n = 79, PTG: n = 69, PTS: n = 82

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

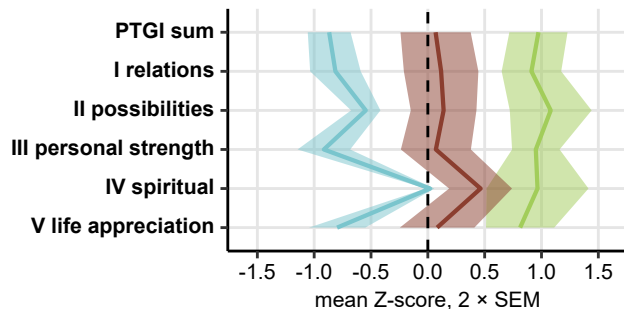
neutral: n = 24, PTG: n = 25, PTS: n = 28

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

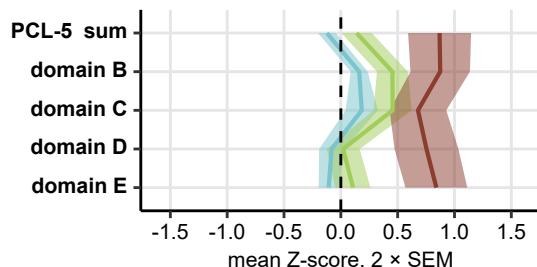
neutral: n = 79, PTG: n = 69, PTS: n = 82

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

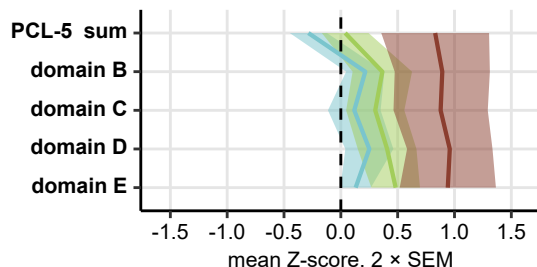
neutral: n = 24, PTG: n = 25, PTS: n = 28

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

neutral: n = 79, PTG: n = 69, PTS: n = 82

**PTSD, PCL-5, test**

neutral: n = 24, PTG: n = 25, PTS: n = 28



Cluster — neutral — PTG — PTS