**Table 2. ATC’s of physical activity from GBM-estimated propensity scores**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Outcome | M | 95% CI | SE | SMD | p-value |
| Overall Mental Health Quotient | 17.86 | 15.07 – 20.64 | 1.41 | 0.25 | < 0.001 |
| Core Cognition | 16.33 | 13.87 – 18.78 | 1.25 | 0.25 | < 0.001 |
| Adaptability and Resilience | 17.57 | 14.83 – 20.31 | 1.39 | 0.26 | < 0.001 |
| Drive and Motivation | 15.86 | 12.87 – 18.86 | 1.52 | 0.24 | < 0.001 |
| Mood and Outlook | 15.27 | 12.53 – 18.01 | 1.39 | 0.22 | < 0.001 |
| Social Self | 13.02 | 10.18 – 15.85 | 1.44 | 0.17 | < 0.001 |
| Mind-Body | 19.25 | 16.66 – 21.84 | 1.31 | 0.31 | < 0.001 |