# 6-Week RCT Codebook

## 1. Demographic & Grouping Variables (Time 1 unless noted)

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| **Variable** | **Description / Question** | **Coding & Labels** | **Notes** |
| unique\_ID | Student-specific ID that can be used to link all survey responses | String | Should be the same across each survey |
| Age\_T1 | Age | Numeric |  |
| Gender\_T1 | Current gender identity | 1 = Woman; 2 = Man; 3 = Trans male/Trans man; 4 = Trans female/Trans woman; 5 = Genderqueer/GNC; 6 = Self-identify; 7 = Gender non-binary | Factor |
| Sex\_T1 | Sex assigned at birth | 1 = Female; 2 = Male; 3 = Intersex | Factor |
| RaceEthnicity\_T1 | Race/Ethnicity (multi-select) | 1 = AI/AN; 2 = Black/AA; 3 = East Asian; 4 = South Asian; 5 = Hispanic/Latina/e/o/x; 6 = MENA; 7 = NH/Other PI; 8 = White; 0 = Self-identify | Comma‑separated codes |
| int\_student\_T1 | International student? | 1 = Yes; 2 = No | Factor |
| Education\_T1 | Highest level of education | 1 = Assoc.; 2 = BA/BS; 3 = MA/MS; 4 = JD; 5 = MD; 6 = PhD; 7 = Other; 8 = Non‑degree | Factor |
| cond\_T1–T4 | Randomized study arm | flourish / control | Factor |
| SES\_num | Subjective SES ladder | Numeric | From SES\_T1 (ladder position) |

## 2. Subcomponents of Affect Scale (SAS, 18 items each wave)

Each adjective rated 0 = not at all accurate to 4 = extremely accurate, past two weeks.

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| Subscale | Items (variable names) | Adjectives |
| Positive — Calm | SAS\_1, SAS\_2, SAS\_3 | calm, at ease, relaxed |
| Positive — Well‑Being | SAS\_4, SAS\_5, SAS\_6 | happy, cheerful, pleased |
| Positive — Vigour | SAS\_7, SAS\_8, SAS\_9 | full of pep, lively, energetic |
| Negative — Depression | SAS\_10, SAS\_11, SAS\_12 | sad, unhappy, depressed |
| Negative — Anxiety | SAS\_13, SAS\_14, SAS\_15 | on edge, tense, nervous |
| Negative — Anger | SAS\_16, SAS\_17, SAS\_18 | hostile, angry, resentful |

Composites stored: SAS\_calm\_T\*, SAS\_well\_being\_T\*, SAS\_vigour\_T\*, SAS\_depression\_T\*, SAS\_anxiety\_T\*, SAS\_anger\_T\*; plus SAS\_positive\_T\* (sum SAS\_1–9) and SAS\_negative\_T\* (sum SAS\_10–18).

## 3. Loneliness

Variable pattern: loneliness\_1\_T\*, loneliness\_2\_T\*, loneliness\_3\_T\*  
Scale: 1 = Hardly ever, 2 = Some of the time, 3 = Often (kept 1–3).  
Composite: loneliness\_T\* = sum of three items (range 3–9).

## 4. Belonging

Cohesion single item (T1 & T4): cohesion\_T\* (0–10 slider).

## 5. Closeness to School

Closeness to School (IOS pictorial, T1 & T4): ios\_T\* (1–7 icons, higher = more overlap).

## 6. Resilience

Resilience, BRS‑6 (T1 & T4): items emo\_res\_1–6\_T\* (reverse 2,4,6); emo\_res\_T\* = sum (range 6–30).

## 7. Mindfulness

Mindfulness, MAAS‑5 (T1 & T4): mindfulness\_1–5\_T\* (1–6 → 0–5); mindfulness\_T\* = sum (0‑25); mindfulness\_rev\_T\* = (5 × 5) − mindfulness\_T\*.

## 8. Flourishing Scale

Flourishing Scale (T1 & T4): variables Flourish\_1–Flourish\_8\_T\* (7‑point); composite flourishing\_T\* = sum (range 8–56).

## Other Measures:

### Patient Health Questionnaire‑4 (PHQ‑4)

Variable pattern: PHQ\_4\_1\_T\*, PHQ\_4\_2\_T\*, PHQ\_4\_3\_T\*, PHQ\_4\_4\_T\*  
Scale: 1 = Not at all, 2 = Several days, 3 = More than half the days, 4 = Nearly every day → recoded from 1–4 to 0–3.  
Composites: depression\_T\* = item 1 + item 2; anxiety\_T\* = item 3 + item 4 (range 0‑6 each).

### Perceived Stress Scale‑4 (PSS‑4)

Variable pattern: Perceived\_Stress\_1\_T\* … Perceived\_Stress\_4\_T\*  
Scale: 1–5 → recoded 0–4; reverse items 2 & 3.  
Composite: perceived\_stress\_T\* = sum of four scored items (range 0–16).

### Sense of Social Fit

Sense of Social Fit (T1 & T4): social\_fit\_1\_T\*, social\_fit\_2\_T\* (reverse 2); composite social\_fit\_T\* = sum (range 2–10).