**Table 1**

*Descriptive Statistics for YMRS and ISEL (Subscales) by Group (Control vs. Training)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Control | | Training | |
| *M* | *SD* | *M* | *SD* |
| YMRS | 31.20 | 4.40 | 26.85 | 4.53 |
| ISEL | 35.20 | 6.58 | 34.84 | 6.48 |
| Appraisal Support | 11.78 | 2.41 | 11.72 | 2.11 |
| Belonging Support | 11.80 | 2.40 | 11.60 | 2.39 |
| Tangible Support | 11.62 | 2.62 | 11.51 | 2.60 |

*Note.* YMRS = Young Mania Rating Scale. ISEL = Interpersonal Support Evaluation List.

**Table 1.** Descriptive Statistics for YMRS and ISEL (Subscales).

|  |  |  |
| --- | --- | --- |
| Variable | Control (Mean) | Training (Mean) |
| YMRS | 31.20 | 26.85 |
| ISEL | 35.20 | 34.84 |
| Appraisal Support | 11.78 | 11.72 |
| Belonging Support | 11.80 | 11.60 |
| Tangible Support | 11.62 | 11.51 |

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*Descriptive Statistics for YMRS and ISEL (Subscales) by Group (Control vs. Training)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Control | | Training | |
| *Avg* | *StdDev* | *Avg* | *StdDev* |
| YMRS | 35.20 | 6.58 | 34.84 | 6.48 |
| ISEL | 31.20 | 4.40 | 26.85 | 4.53 |
| Appraisal Support | 11.80 | 2.40 | 11.60 | 2.39 |
| Belonging Support | 11.62 | 2.62 | 11.51 | 2.60 |
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*Descriptive Statistics for YMRS and ISEL (Subscales) by Group (Control vs. Training)*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Control | | Training | |
| *M* | *SD* | *M* | *SD* |
| YMRS | 31.2000 | 4.4026 | 26.8529 | 4.5294 |
| ISEL | 35.2000 | 6.5840 | 34.8382 | 6.4798 |
| Appraisal Support | 11.7833 | 2.4083 | 11.7206 | 2.1079 |
| Belonging Support | 11.8000 | 2.3992 | 11.6029 | 2.3887 |
| Tangible Support | 11.6167 | 2.6238 | 11.5147 | 2.6002 |

*Note.* YMRS = Young Mania Rating Scale. ISEL = Interpersonal Support Evaluation List.