Supplementary Table 1

Means and effect sizes with 95% Confidence Intervals for subscales of the Dimensional Anhedonia Rating Scale and Positive and Negative Affect Schedule over the course of the study.

	Baseline (T1)	Post-training (T2)	Follow-up (T3)	Within-group d [95% CIs]		Between-group d [95% CIs]	
	M [95% CIs]	M [95% CIs]	M [95% CIs]	T1 to T2	T1 to T3	T1 to T2	T1 to T3
DARS Hobbies							
ITT							
CBM	21.17 [19.86, 22.49]	25.99 [24.67, 27.31]		1.32 [1.17, 2.16]		1.25 [1.11, 2.58]	
Control	19.92 [18.53, 21.32]	20.23 [18.75, 21.72]		0.08 [-0.22, 0.38]			
CC							
CBM	21.17 [19.96, 22.39]	25.75 [24.68, 26.82]		1.35 [1.15, 2.25]		1.27 [1.15, 2.65]	
Control	19.92 [18.36, 21.49]	20.12 [18.24, 22.00]		0.10 [-0.29, 0.48]			
DARS Food							
ITT							
CBM	13.24 [12.26, 14.22]	16.96 [15.92, 18.01]		1.37 [1.09, 2.06]		0.90 [0.55, 1.89]	
Control	12.46 [11.42, 13.50]	13.76 [12.58, 14.93]		0.47 [0.11, 0.76]			
CC							
CBM	13.24 [12.31, 14.17]	17.00 [16.04, 17.96]		1.36 [1.00, 2.13]		0.99 [0.63, 2.01]	
Control	12.46 [11.32, 13.61]	14.35 [12.75, 15.96]		0.38 [0.01, 0.69]			

DARS Social							
ITT							
CBM	12.86	17.32		1.76		1.26	
	[11.95, 13.78]	[16.21, 18.43]		[1.29, 2.52]		[0.53, 1.87]	
Control	12.81	14.12		0.51			
	[11.84, 13.77]	[12.83, 15.41]		[0.02, 0.86]			
CC							
CBM	12.86	17.17		1.81		1.39	
	[11.95, 13.77]	[16.20, 18.13]		[1.27, 2.64]		[0.62, 1.99]	
Control	12.81	14.35		0.43			
	[11.79, 13.82]	[12.63, 16.08]		[-0.14, 0.89]			
DARS Sensory							
ITT							
CBM	10.72	14.67		1.84		1.72	
	[9.95, 11.50]	[13.59, 15.75]		[1.20, 2.50]		[0.66, 2.02]	
Control	11.00	11.30		0.14			
	[10.18, 11.82]	[10.03, 12.57]		[-0.36, 0.58]			
CC							
CBM	10.72	14.62		1.87		1.78	
	[9.98, 11.47]	[13.66, 15.59]		[1.19, 2.56]		[0.68, 2.07]	
Control	11.00	11.35		0.11			
	[10.12, 11.88]	[9.76, 12.95]		[-0.50, 0.67]			
PANAS- J							
ITT							
CBM	17.79	23.28	20.66	1.61	0.81		
	[16.56, 19.03]	[22.18, 24.38]	[19.30, 22.02]	[1.26, 2.29]	[0.38, 1.51]		
Control	17.38	17.18	15.99	-0.06	-0.38	1.70	1.24
	[16.08, 18.69]	[15.90, 18.47]	[14.39, 17.58]	[-0.54, 0.41]	[-1.18, 0.17]	[0.99, 2.17]	[0.35, 1.43]
CC							
CBM	17.79	23.25	20.27	1.63	0.94		
	[16.55, 19.04]	[22.03, 24.47]	[18.42, 22.13]	[1.14, 2.43]	[0.15, 2.03]	1.79	1.47
Control	17.38	17.35	16.00	-0.14	-0.44	[1.15, 2.65]	[0.29, 2.31]

	[16.05, 18.72]	[16.06, 18.65]	[14.27, 17.73]	[-0.71, 0.39]	[-1.44, 0.30]		
PANAS-SA							
ITT							
CBM	13.41 [12.54, 14.29]	16.90 [16.09, 17.71]	14.56 [13.22, 15.91]	1.45 [1.24, 2.27]	0.46 [-0.10, 1.06]		
Control	12.73 [11.81, 13.66]	12.96 [12.02, 13.89]	12.84 [11.27, 14.40]	0.09 [-0.30, 0.49]	0.04 [-0.57, 0.66]	1.37 [0.82, 1.97]	0.43 [-0.26, 0.77]
CC							
CBM	13.41 [12.58, 14.25]	16.58 [15.85, 17.32]	14.09 [12.38, 15.80]	1.57 [1.28, 2.54]	0.43 [-0.29, 1.18]		
Control	12.73 [11.73, 13.73]	12.82 [11.74, 13.90]	12.62 [10.39, 14.86]	0.14 [-0.33, 0.63]	-0.29 [-0.85, 0.29]	1.45 [1.08, 2.56]	0.77 [-0.23, 1.65]
PANAS-S							
ITT							
CBM	6.31 [5.76, 6.86]	8.49 [7.97, 9.02]	7.71 [6.99, 8.42]	1.44 [1.17, 2.42]	0.88 [0.37, 1.70]		
Control	6.73 [6.15, 7.31]	6.76 [6.13, 7.38]	6.64 [5.80, 7.48]	0.02 [-0.45, 0.48]	-0.05 [-0.70, 0.58]	1.45 [0.59, 1.70]	0.97 [0.06, 1.11]
CC							
CBM	6.31 [5.81, 6.81]	8.50 [8.03, 8.97]	7.55 [6.63, 8.46]	1.43 [1.09, 2.46]	0.92 [0.10, 2.03]		
Control	6.73 [6.08, 7.38]	6.76 [5.98, 7.55]	6.50 [5.32, 7.68]	0.00 [-0.59, 0.59]	-0.15 [-0.93, 0.61]	1.45 [0.64, 2.01]	1.13 [-0.04, 1.89]

Note. ITT = Intention to Treat, CC = Complete Case (using all available data, i.e. the mean presented at pre-training is all participants, the mean presented at post-training is from all participants who provided post-training data, and the mean presented at follow-up is from all participants who provided data at follow up. This means effect size estimates may appear not to match the means presented, as the effect size estimates only include participants who provided data at both relevant time-points), PANAS-J/SA/S = Joviality/Self-Assurance/Serenity subscale of the Positive and Negative Affect Schedule, DARS Hobbies/ Food/ Social/ Sensory= Dimensional Anhedonia Rating Scale Hobbies/ Food/ Social/ Sensory subscale.