

Table 1. Post Hoc Tests - Differences of Least Squares Means (Baseline, Post-Course and Two-month measures)

Composite Index	Difference		Estimate	Std Error	DF	t Value	Pr > t	Tukey Adj P
	Pre_Post	_Pre_Post						
Cognitive Resources	baseline	post_course	-0.428	0.129	61	-3.31	0.002	0.004
	baseline	two_month	-0.334	0.133	61	-2.51	0.015	0.039
	post_course	two_month	0.093	0.142	61	0.66	0.513	0.788
Positive Emotions	baseline	post_course	-0.519	0.169	59	-3.07	0.003	0.009
	baseline	two_month	-0.415	0.176	59	-2.35	0.022	0.056
	post_course	two_month	0.104	0.192	59	0.54	0.590	0.851
Negative Emotions	baseline	post_course	0.684	0.217	59	3.16	0.003	0.007
	baseline	two_month	0.644	0.226	59	2.85	0.006	0.016
	post_course	two_month	-0.040	0.246	59	-0.16	0.870	0.985
Total Happiness	baseline	post_course	-0.537	0.208	61	-2.58	0.012	0.033
	baseline	two_month	-0.527	0.215	61	-2.45	0.017	0.044
	post_course	two_month	0.010	0.229	61	0.04	0.967	0.999