

Table 2. Summary of Post Hoc Tests for Individual Measures

Composite Index	Measure	Test of Difference from Baseline (Tukey Adj p-value)	
		post_course	two_month
Cognitive Resources	Savoring Beliefs Inventory	0.001	0.001
	Mindful Attention Awareness Scale	0.214	0.283
	Self-Compassion Scale	0.013	0.024
	Emotion Regulation Questionnaire - Reappraisal	0.016	0.023
	Emotion Regulation Questionnaire - Suppression	0.261	0.510
	Gratitude Questionnaire	0.015	0.121
	Rosenberg Self-Esteem Scale	0.069	0.105
	Positive Rumination Scales - Emotion Focus	0.009	0.342
	Positive Rumination Scales - Dampening Focus	0.306	0.164
	Positive Rumination Scales - Self Focus	0.099	0.425
Positive Emotions	Dispositional Positive Emotion Scales - Joy	0.006	0.033
	Dispositional Positive Emotion Scales - Contentment	0.006	0.023
	Dispositional Positive Emotion Scales - Pride	0.100	0.365
	Dispositional Positive Emotion Scales - Love	0.027	0.146
	Dispositional Positive Emotion Scales - Compassion	0.303	0.795
	Dispositional Positive Emotion Scales - Amusement	0.306	0.555
	Dispositional Positive Emotion Scales - Awe	0.308	0.319
Negative Emotions	Beck Anxiety Inventory	0.121	0.164
	Beck Depression Inventory	0.002	0.010
Total Happiness	Subjective Happiness Scale	0.056	0.071
	Satisfaction with Life Scale	0.078	0.092