

Table 2. Mental Health Outcomes for CEDARs Intervention Group

Mental Health Domain	Time 1: Baseline (n=22)	Time 2: Midpoint (n=16)	Time 3: Post-Program (n=14)	Time 4: 1-Month Follow-Up (n=12)	P-value (within group)
<i>Depression</i>	10.3 (7.9–12.6)	8.4 (5.0–11.8)	6.0 (3.0–9.0)	5.1 (2.4–7.8)	0.0457**
<i>Anxiety</i>	9.6 (7.2–12.0)	7.1 (4.1–10.1)	4.4 (2.1–6.8)	5.3 (2.3–8.3)	0.0053**
<i>Perceived Stress</i>	8.6 (7.5–9.7)	7.9 (6.4–9.4)	6.5 (5.0–8.0)	7.3 (4.9–9.7)	0.0154
<i>Flourishing</i>	38.1 (34.1–42.1)	43.0 (37.5–48.5)	45.8 (41.6–50.0)	45.3 (41.0–49.6)	0.0252
<i>Positive affect</i>	13.6 (11.8–15.4)	16.7 (14.2–19.2)	15.6 (12.7–18.5)	16.3 (13.8–18.8)	0.0437
<i>Negative Affect</i>	14.5 (12.8–16.2)	11.9 (9.2–14.6)	9.9 (6.8–13.0)	10.8 (7.3–14.3)	0.0125
<i>Resilient Coping</i>	14.5 (13.3–15.7)	15.3 (13.8–16.8)	15.1 (13.6–16.6)	15.0 (13.5–16.5)	0.6034