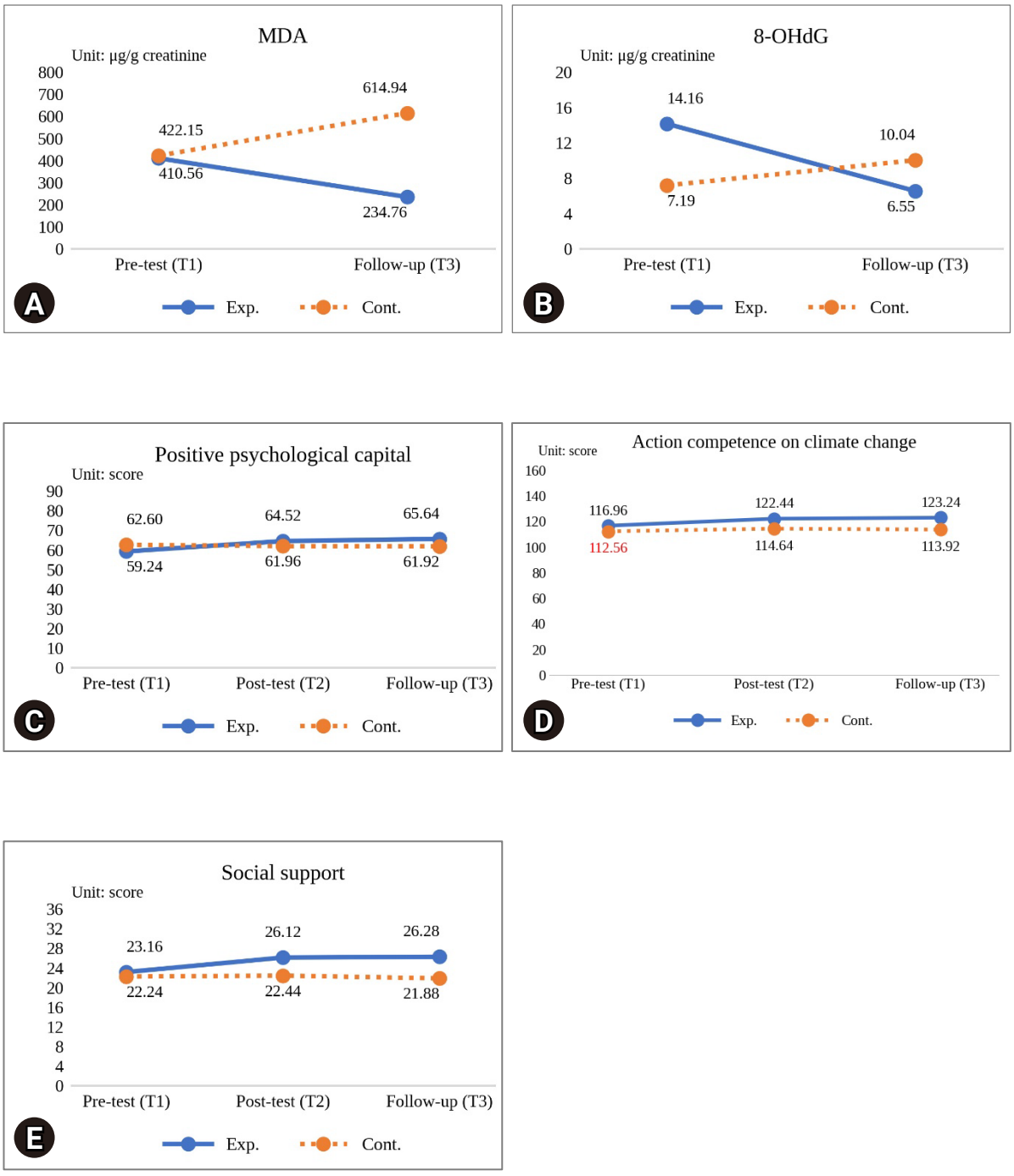


Supplementary Figure 1. Changes in outcome variables across measurement time points by group. (A) urinary oxidative stress level (malondialdehyde [MDA]), (B) urinary oxidative stress (8-hydroxydeoxyguanosine [8-OHdG]), (C) positive psychological capital, (D) action competence, and (E) social support levels over time. Urinary biomarkers (A, B) were measured at T1 and T3 only. Cont., control group; Exp., experimental group; T1, pre-test; T2, post-test; T3, 2-week follow-up.