

Online Resource

Table OR1

Sociodemographic Characteristics of Participants in the Intervention and Control Groups and Chi-Square Test

Results

	Groups			
	Intervention		Control	
Demographic Characteristics	f	%	f	%
Gender				
Female	5	50.00	5	50.00
Male	5	50.00	5	50.00
χ^2	1.00			
Age				
11	5	50.00	5	50.00
12	5	50.00	5	50.00
χ^2	1.00			
Grade Level				
6th Grade	5	50.00	5	50.00
7th Grade	5	50.00	5	50.00
χ^2	1.00			
Mother's Educational Level				
Illiterate	0	0	0	0
Literate	1	10.00	1	10.00
Primary School	1	10.00	2	20.00
Middle School	4	40.00	4	40.00
High School	3	30.00	2	20.00
University	1	10.00	1	10.00
Associate Degree	0	0	0	0
χ^2	1.00			
Father's Educational Level				
Illiterate	0	0	0	0
Literate	1	10.00	1	10.00
Primary School	2	20.00	1	10.00
Middle School	2	20.00	3	30.00
High School	4	40.0	4	40.00
University	0	0	0	0
Associate Degree	1	10.00	1	10.00
χ^2	1.00			
Family Type				
Nuclear Family	9	90.00	10	10.00
Extended Family	1	10.00	0	0
Single Parent	0	0	0	0
Institutional Care	0	0	0	0
Other	0	0	0	0
χ^2	1.00			
Parental Marital Status				
Married	10	100.00	9	90.00
Divorced	0	0	1	10.00
χ^2	1.00			
Socioeconomic Status				
High	1	10.00	2	20.00
Middle	9	90.00	8	80.00
Low	0	0	0	0
χ^2	1.00			

Table OR2

Themes, Objectives and Durations of the PP-PEP Sessions Examining the Effects on Middle School Students' Self-Compassion, Psychological Resilience and Happiness Levels

Session	Theme	Objectives	Duration
1st-Session	Introduction to the Program and Getting Acquainted	To structure program sessions, clarify expectations, set objectives, and gain an overview of positive psychology	50 minutes
2nd-Session	Gratitude	To understand gratitude, explore its benefits, and develop awareness of personal feelings of gratitude	50 minutes
3rd-Session	Positive Emotions	To understand positive emotions, enhance emotional awareness, and express and experience positive emotions	50 minutes
4th-Session	Positive Relationships	To understand positive relationships, recognize their value, and develop awareness of their contributions	50 minutes
5th-Session	Psychological Resilience	To understand psychological resilience, identify factors that strengthen it, and learn ways to cope with difficulties	50 minutes
6th-Session	Hope	To understand hope, explore its benefits, develop coping strategies, and strengthen one's own sense of hope	50 minutes
7th-Session	Self-Compassion	To understand self-compassion, recognize self-compassionate attitudes, and explore ways to enhance them	50 minutes
8th-Session	Virtues-Character Strengths	To understand virtues and character strengths, identify personal strengths, and learn to apply them in daily life	50 minutes
9th-Session	Mindfulness	To understand mindfulness, recognize personal sensations and feelings, and explore ways to cultivate mindfulness	50 minutes
10th-Session	Meaning-Purpose	To reflect on life's meaning and purpose, and find meaning and purpose in one's own experiences	50 minutes
11th-Session	Flow	To understand flow, experience it, and explore its contributions to life	50 minutes
12th-Session	Achievement	To recognize personal achievements, evaluate the impact of success, and foster optimistic perspectives on experiences	50 minutes
13th-Session	Optimism	To understand optimism and pessimism, explore views on success and failure, and express optimistic interpretations	50 minutes
14th-Session	Program Evaluation and Termination	To enable participants to evaluate the program and their developmental process	50 minutes