

**Digital Appendix TRAIN₄Positivity – Development and Pilot Evaluation of a Mobile-Based Training
of Positivity Bias at the Level of Action Tendencies**

Appendix K4 Outliers and Extreme Values (Box-Whisker Plots)

**Appendix K4.1 Outliers and Extreme Values (Box-Whisker Plots) of Baseline Variables and
Covariates**

Figure K4.1.1

Box-Whisker Diagram for Optimism (Total Score; LOT-R) at Pretest and Posttest

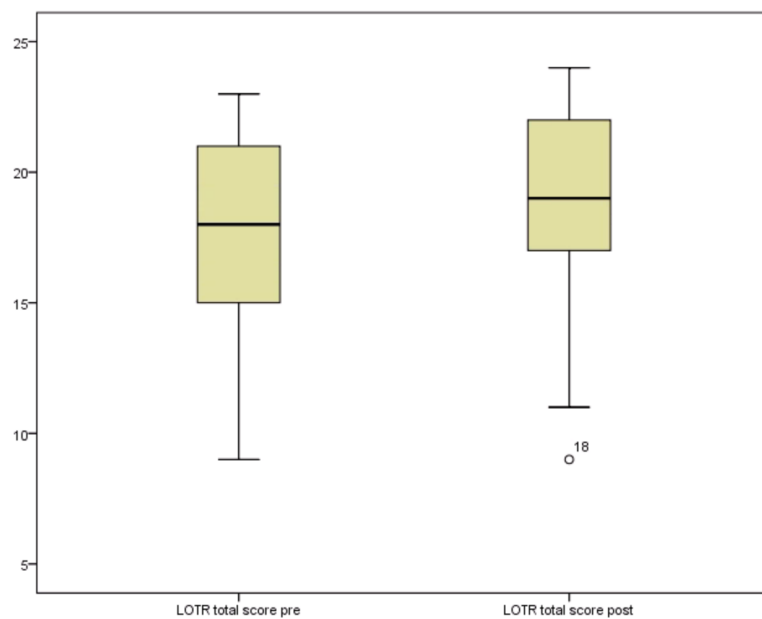


Figure K4.1.2

Box-Whisker Diagram for Empathy (SPF) at Pretest

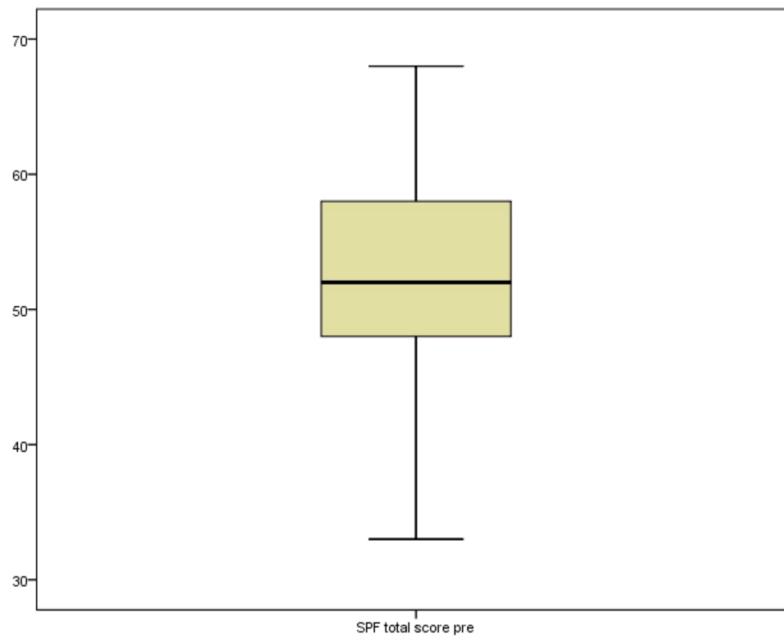


Figure K4.1.3

Box-Whisker Diagram for Social Desirability (SDS-17) at Pretest

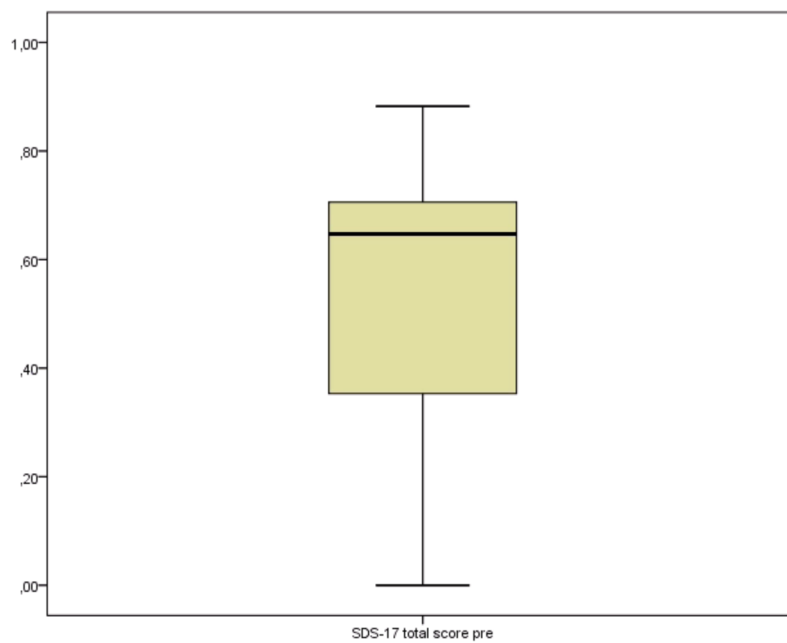


Figure K4.1.4

Box-Whisker Diagram for Attributional Style for Positive Events (ASF-E-P) at Pretest and Posttest

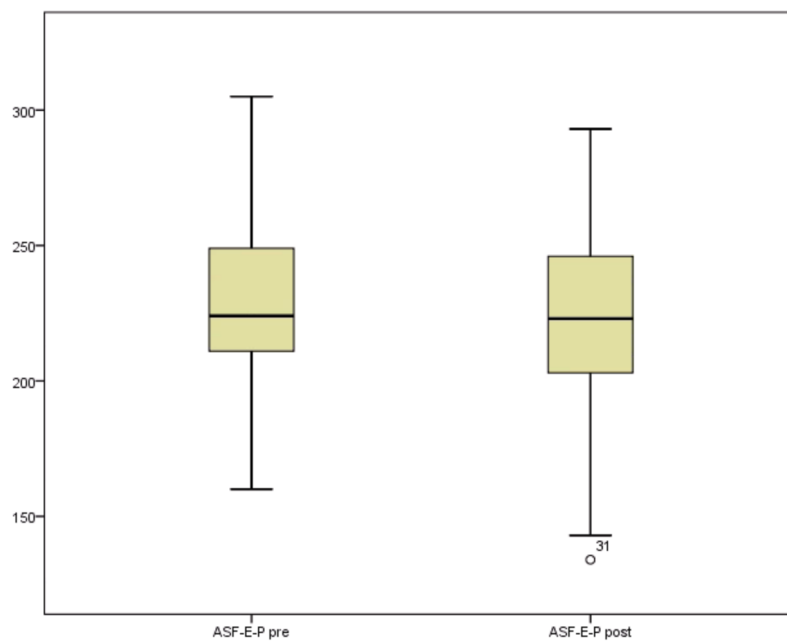


Figure K4.1.5

Box-Whisker Diagram for Attributional Style for Negative Events (ASF-E-N) at Pretest and Posttest

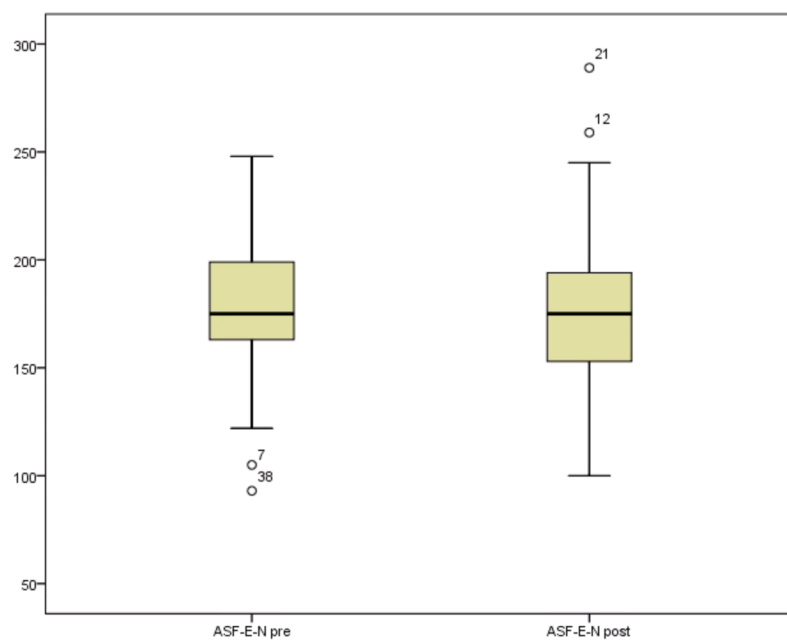


Figure K4.1.6

Box-Whisker Diagram for Macrostressors (Life Events; LE Checklist) at Pretest and Posttest, and Total Number of Macrostressors (Pretest + Posttest)

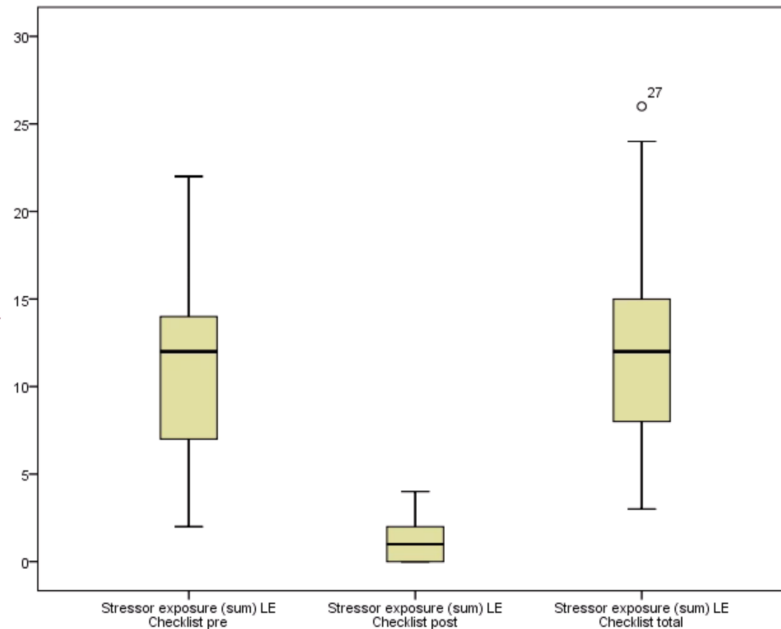
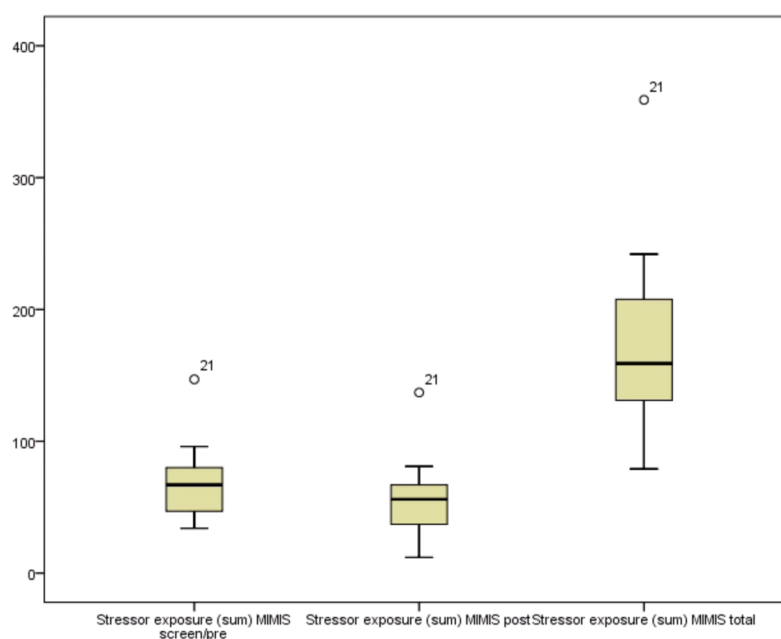


Figure K4.1.7

Box-Whisker Diagram for Microstressors (Daily Hassles; MIMIS) at Pretest, Posttest, and Sum of Microstressors at Pre- and Posttest (Without EMA)



Appendix K4.2 Outliers and Extreme Values (Box-Whisker Plots) of Primary and Secondary Outcomes

Figure K4.2.1

Box-Whisker Diagram for Perceived Stress (PSS-10) at Pretest, Posttest, and for Difference Score

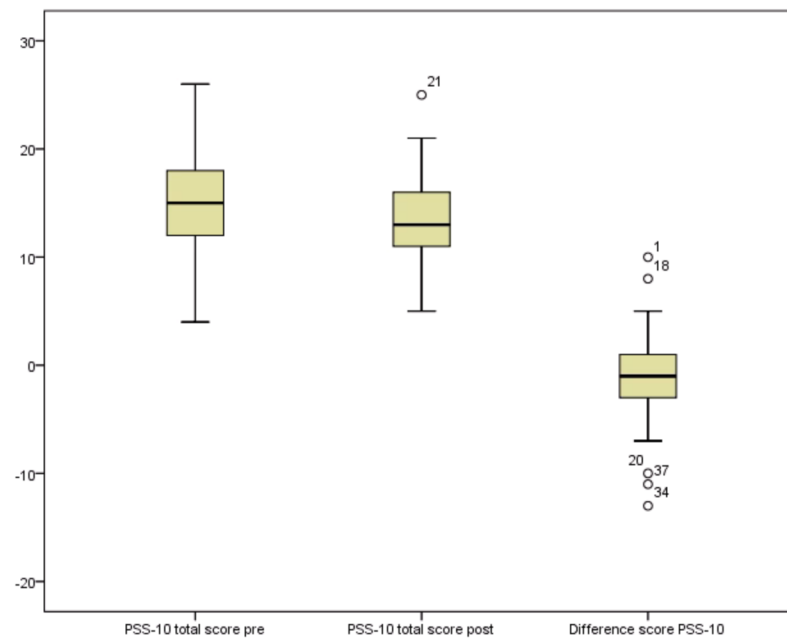


Figure K4.2.2

Box-Whisker Diagram for AAT-CS at Pretest, Posttest, and for Difference Score

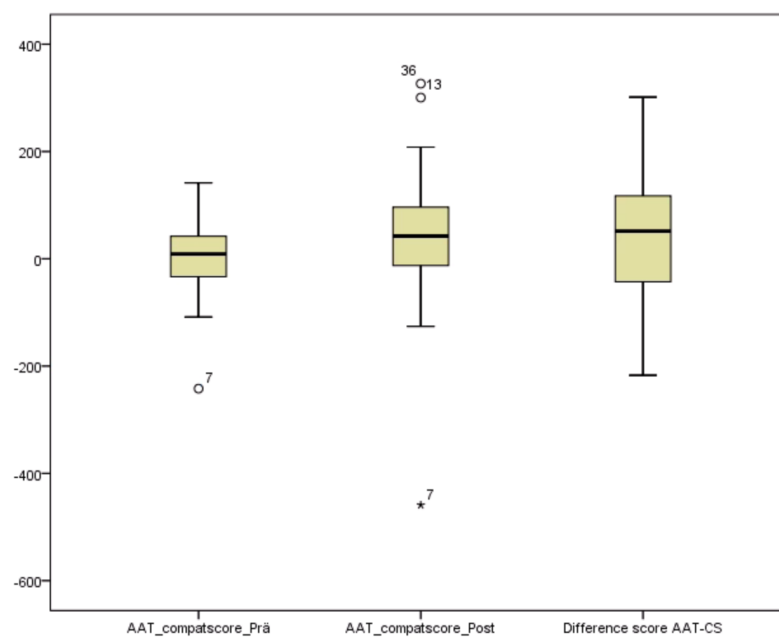


Figure K4.2.3

Box-Whisker Diagram for Mental Health (GHQ-28) at Pretest, Posttest, and for Difference Score

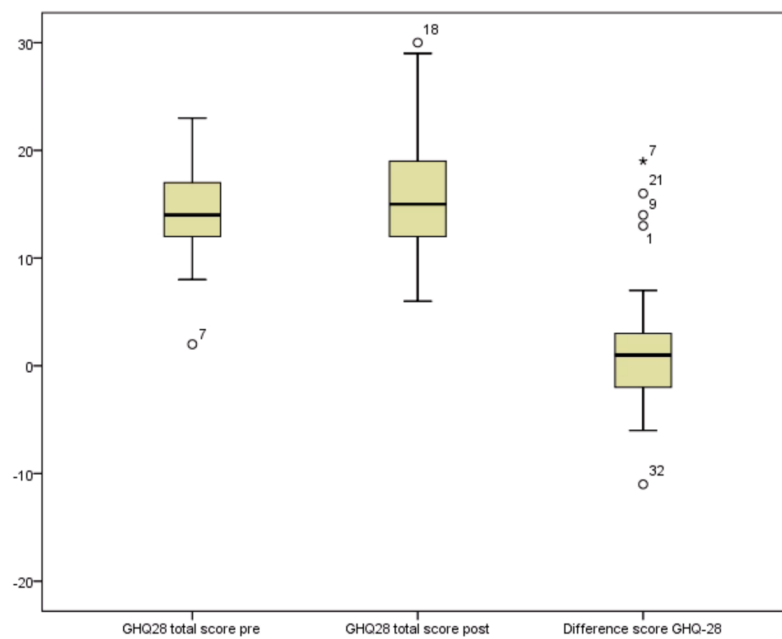


Figure K4.2.4

Box-Whisker Diagram for the Ability to Recover From Stress (BRS) at Pretest, Posttest, and for Difference Score

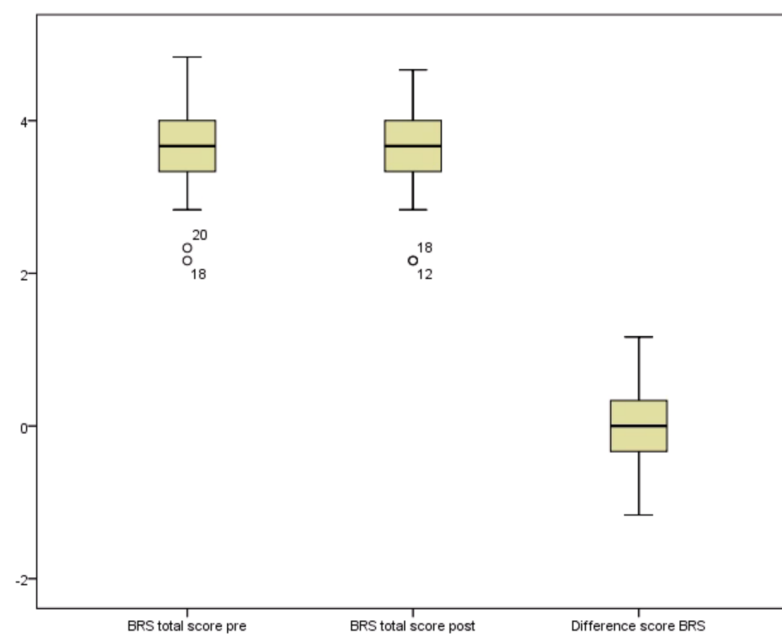


Figure K4.2.5

Box-Whisker Diagram for Well-Being (WHO-5) at Pretest, Posttest, and for Difference Score

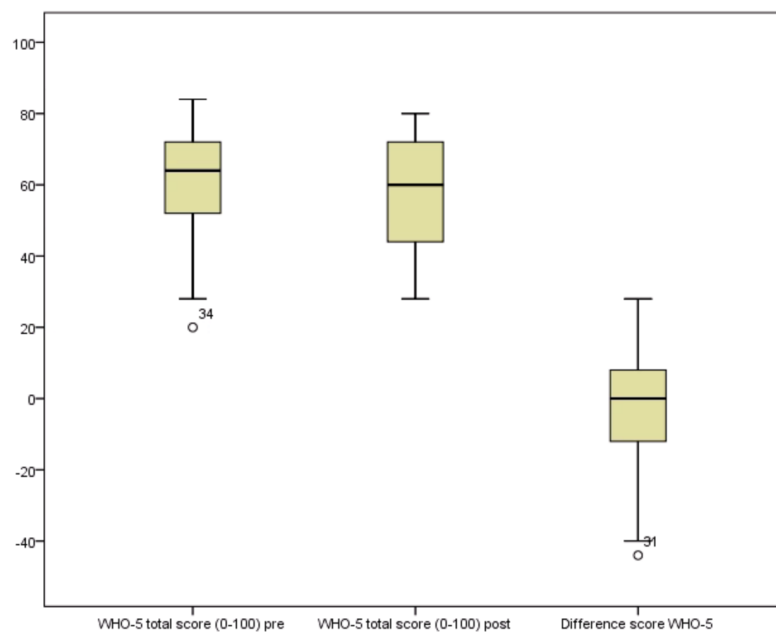


Figure K4.2.6

Box-Whisker Diagram for Reappraisal (ERQ) at Pretest, Posttest, and for Difference Score

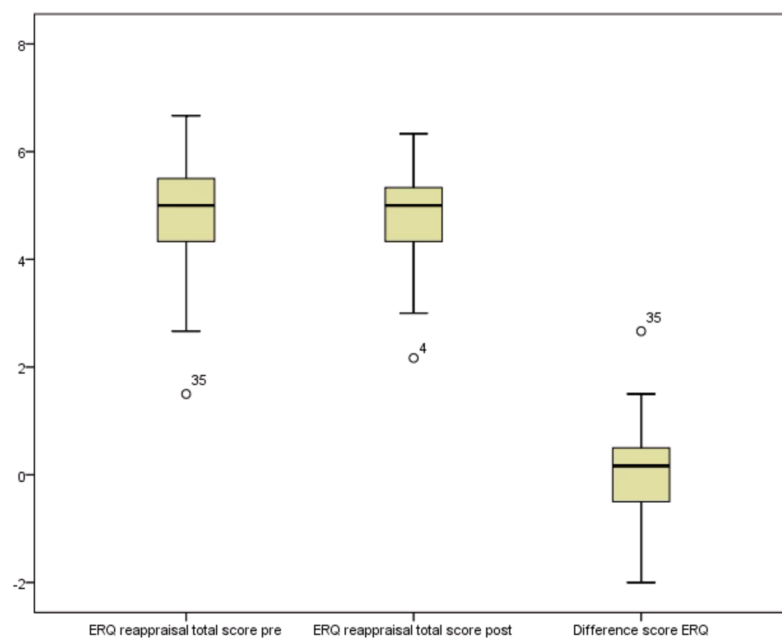


Figure K4.2.7

Box-Whisker Diagram for Positive Reappraisal (CERQ) at Pretest, Posttest, and for Difference Score

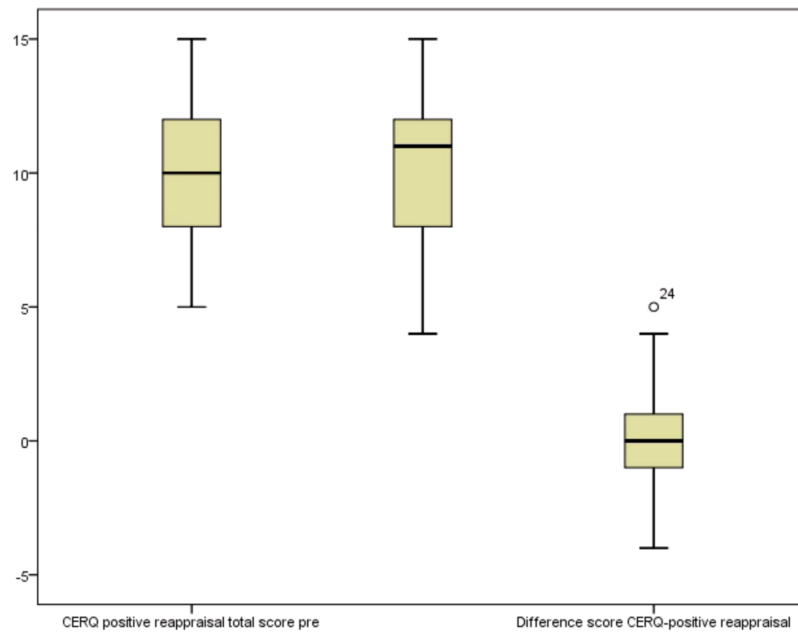


Figure K4.2.8

Box-Whisker Diagram for Positive Affect (PANAS) at Pretest, Posttest, and for Difference Score

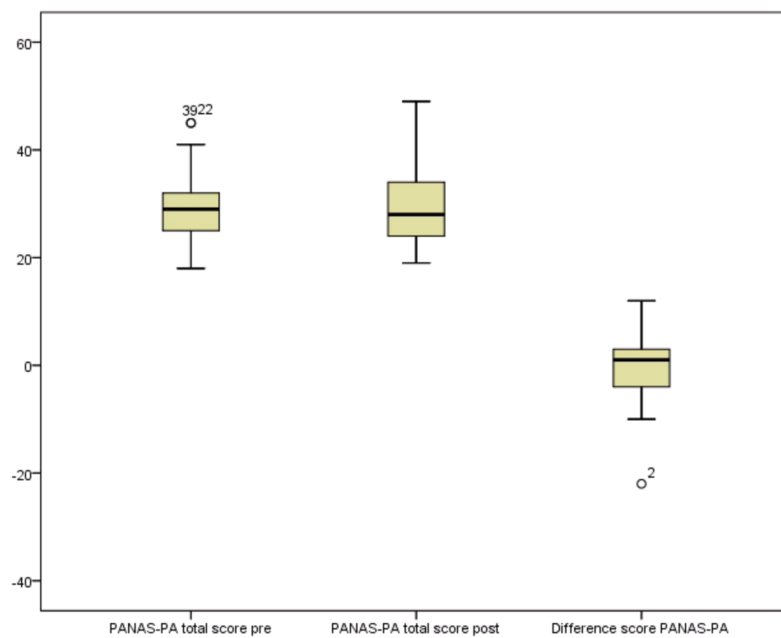


Figure K4.2.9

Box-Whisker Diagram for Negative Affect (PANAS) at Pretest, Posttest, and for Difference Score

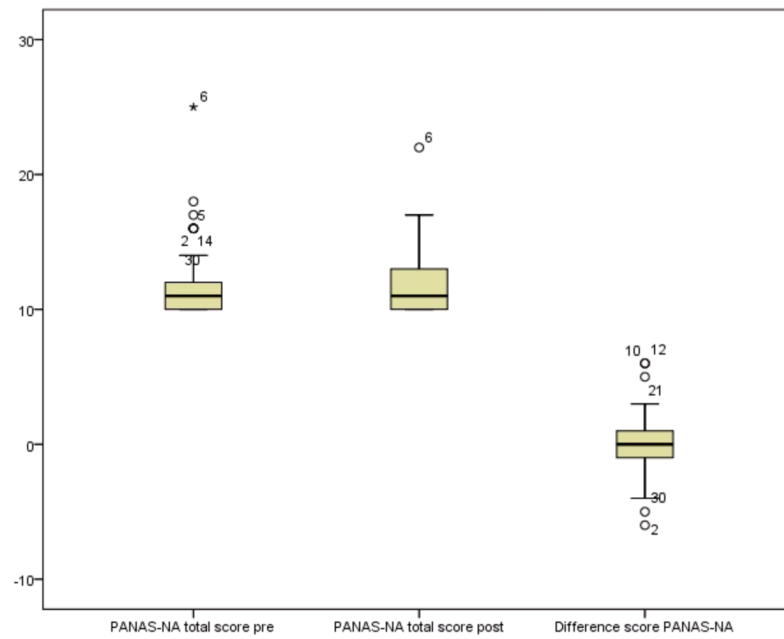


Figure K4.2.10

Box-Whisker Diagram for State Anger (STAXI) at Pretest, Posttest, and for Difference Score

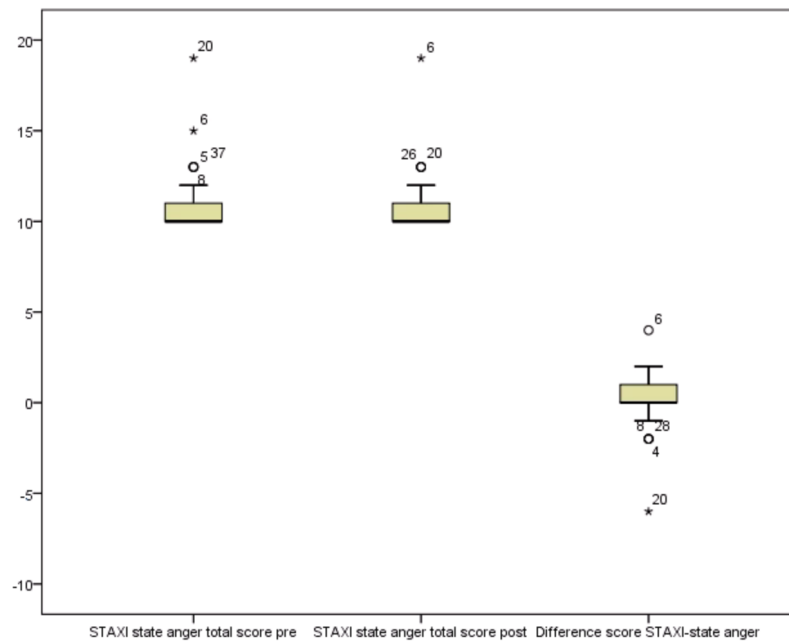


Figure K4.2.11

Box-Whisker Diagram for Anger in (STAXI) at Pretest, Posttest, and for Difference Score

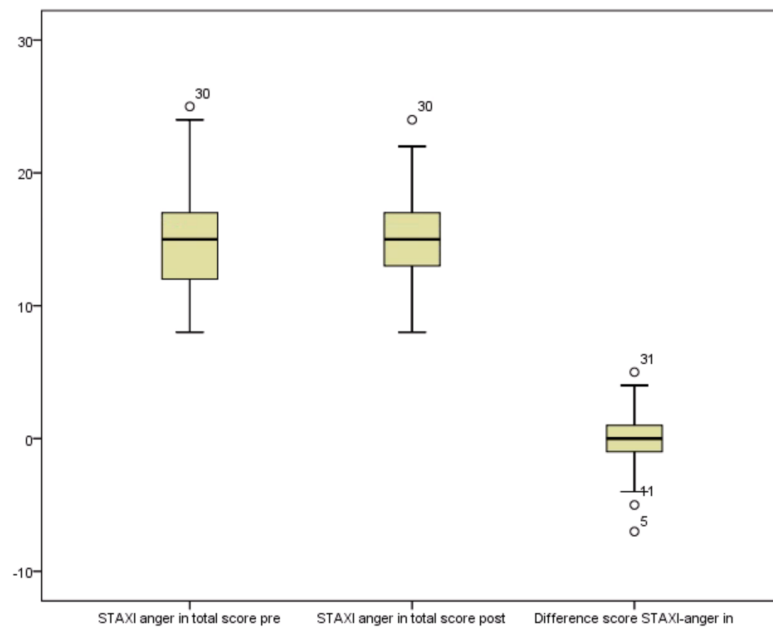


Figure K4.2.12

Box-Whisker Diagram for Anger Out (STAXI) at Pretest, Posttest, and for Difference Score

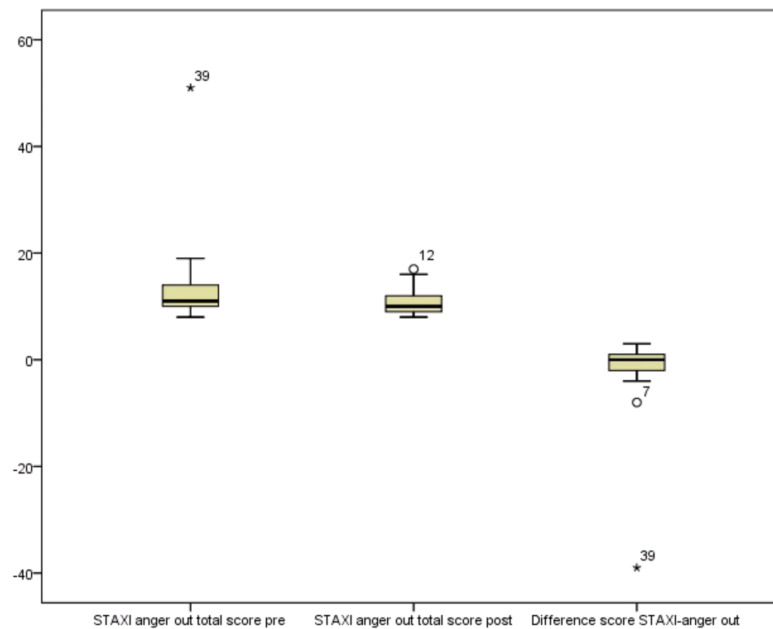


Figure K4.2.13

Box-Whisker Diagram for Anger Control (STAXI) at Pretest, Posttest, and for Difference Score

