Wave 1

Baseline 1
- Intervention + post measure (1)
- 6-months follow-up Intervention (1)
- Booster session Intervention (1)
- 12-month follow-up Intervention (1)
- Waiting list + post measure (1)
- Waiting list 6-months follow-up/ baseline 1:2 (1)
- Intervention + post measure waiting list (1)
- 6-months follow-up waiting list (1)
- Booster session waiting list (1)
- 12-months follow-up waiting list (1)

Spring -12 | Fall -12 | Spring -13 | Fall -13 | Spring -14

Wave 2

Baseline 2
- Intervention + post measure (2)
- 6-months follow-up Intervention (2)
- Booster session Intervention (2)
- 12-month follow-up Intervention (2)
- Waiting list + post measure (2)
- Waiting list 6-months follow-up/ baseline 2:2 (2)
- Intervention + post measure waiting list (2)
- 6-months follow-up waiting list (2)
- Booster session waiting list (2)
- 12-months follow-up waiting list (2)