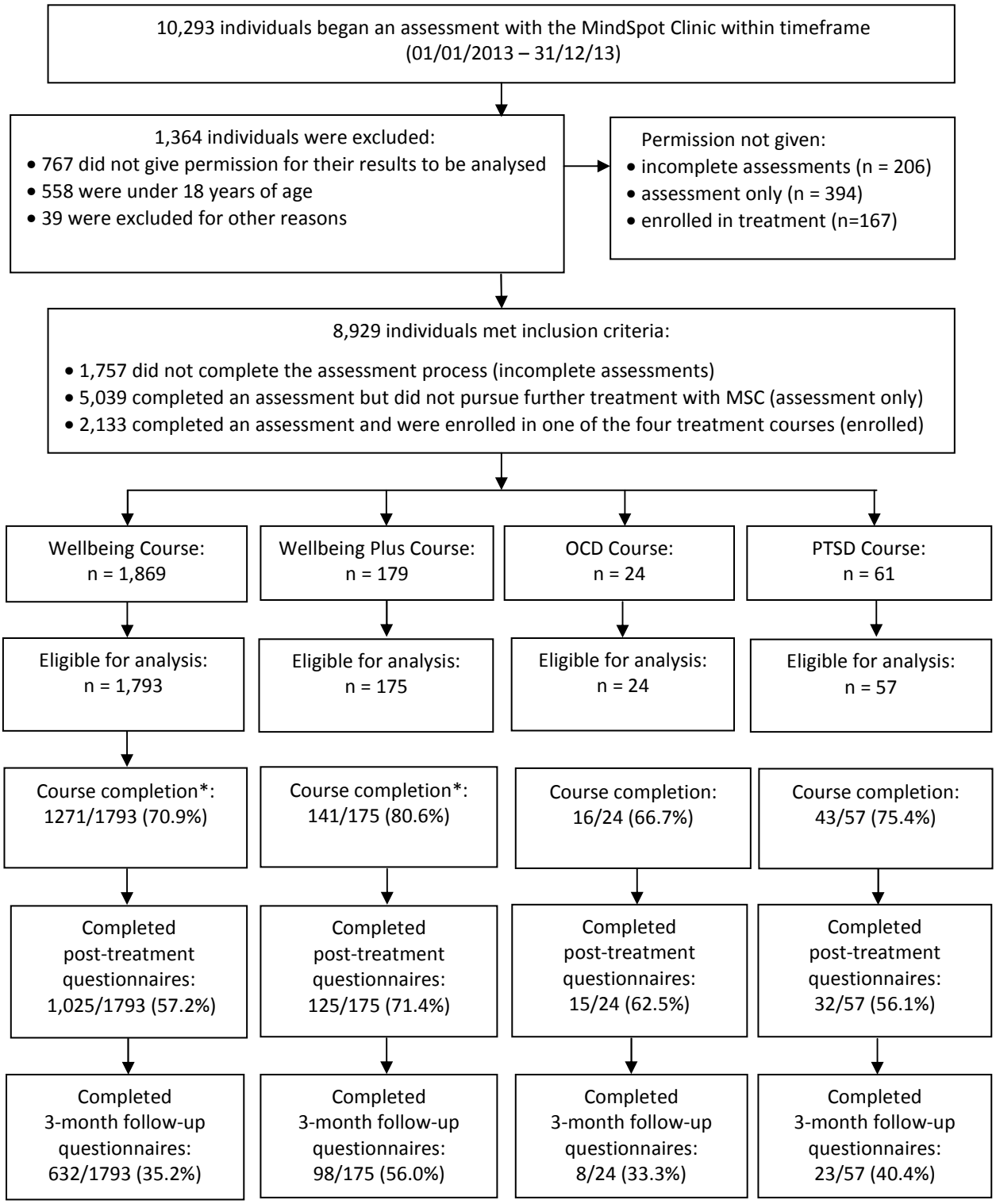

* Data not available for 2 participants in the Wellbeing Course and 5 participants in the Wellbeing Plus Course, as the courses were completed by mail.