

Supplemental Table. Descriptive Data for Study Outcomes by Condition and Time

Outcomes	Baseline		6 Week		6 Month		Baseline to 6 week change			Baseline to 6 month change			Pattern Mixture Model Study Condition by Time		
	Mean	SD	Mean	SD	Mean	SD	t	df	p	t	df	p	t	df	p
<b>Emotional exhaustion</b>													.18	227	.85
Control	2.7	1.3	2.7	1.5	2.7	1.3	-.13	100	.90	-.44	100	.66			
BREATHE	2.8	1.3	2.6	1.5	2.5	1.4	-1.73	128	.09	-2.21	128	.03			
Total sample	2.8	1.3	2.7	1.5	2.6	1.4									
<b>Depersonalization</b>													.34	227	.73
Control	1.2	1.1	1.4	1.2	1.3	1.0	.64	100	.52	-.66	100	.51			
BREATHE	1.5	1.2	1.3	1.1	1.4	1.2	-2.06	128	.04	-1.29	128	.20			
Total sample	1.4	1.1	1.3	1.2	1.3	1.1									
<b>Personal accomplishment</b>													-1.04	227	.30
Control	4.9	.8	4.8	1.0	4.9	.8	-.84	100	.40	.27	100	.79			
BREATHE	4.9	.7	4.9	.8	4.9	.9	.50	128	.61	.90	128	.37			
Total sample	4.9	.7	4.9	.9	4.9	.9									
<b>Provider expectations for clients</b>													.82	221	.41
Control	3.5	.7	3.6	.6	3.6	.6	1.15	98	.25	.15	98	.88			
BREATHE	3.4	.6	3.5	.6	3.5	.6	1.48	124	.14	2.01	124	.05			
Total sample	3.4	.6	3.5	.6	3.5	.6									
<b>Job satisfaction</b>													.72	226	.47
Control	5.0	1.1	4.8	1.3	4.8	1.2	-1.56	99	.12	-1.89	99	.06			
BREATHE	5.0	1.4	5.0	1.5	5.1	1.4	-.17	128	.87	-.33	128	.75			
Total sample	5.0	1.3	4.9	1.4	4.9	1.3									
<b>Considered leaving job (past 6 months)</b>													-.13	226	.89
Control	4.8	1.5	4.7	1.8	4.9	1.5	-1.00	98	.32	-.85	98	.40			
BREATHE	4.7	1.7	4.7	1.9	4.8	1.7	-.08	128	.94	-.3	128	.77			
Total sample	4.7	1.6	4.7	1.9	4.8	1.6									
<b>Likely to leave job (next 6 months)</b>													-1.29	226	.20
Control	3.4	.9	3.3	1.0	3.3	.9	-.79	99	.43	-.90	99	.37			
BREATHE	3.5	.8	3.3	1.1	3.3	1.1	-1.51	128	.13	-1.67	128	.10			
Total sample	3.4	.9	3.3	1.0	3.3	1.0									
<b>Vacation hours absent (last 6 months)</b>													-.05	224	.96
Control	46.6	42.6	n/a	n/a	50.5	36.6	n/a	n/a	n/a	.81	99	.42			

BREATHE	47.3	36.9	n/a	n/a	49.5	31.5	n/a	n/a	n/a	.64	128	.52			
Total sample	47.0	39.6	n/a	n/a	49.9	33.5									
<b>Sick hours absent (last 6 months)</b>													1.84	205	.07
Control	33.3	28.6	n/a	n/a	26.2	33.6	n/a	n/a	n/a	-.49	92	.62			
BREATHE	25.9	23.1	n/a	n/a	24.1	20.4	n/a	n/a	n/a	-.44	116	.66			
Total sample	29.5	26.1	n/a	n/a	25.0	26.6									
<b>Work interferes with family</b>													-.49	225	.63
Control	2.7	1.0	2.6	1.0	2.5	.9	-.97	99	.34	-1.43	99	.15			
BREATHE	2.9	1.0	2.7	.9	2.7	1.0	-1.61	127	.11	-1.73	127	.09			
Total sample	2.8	1.0	2.7	1.0	2.6	1.0									
<b>Family interferes with work</b>													-1.83	225	.07
Control	1.9	.7	2.0	.9	2.1	.9	.92	99	.36	.88	99	.38			
BREATHE	2.1	.8	2.0	.8	1.9	.8	-1.56	127	.12	-1.43	127	.16			
Total sample	2.0	.8	2.0	.8	2.0	.8									

Notes: At Baseline, n=145; at 6 weeks, n=127; at 6 months, n=108 for the total sample.

SD=Standard Deviation; n/a=not applicable

Emotional exhaustion and depersonalization mean item scores range from 0 to 6 with higher scores indicating more burnout; Personal accomplishment mean item scores range from 0 to 6 with higher scores indicating less burnout; Provider expectation scores range from 1 to 5 with higher scores indicating more optimistic expectations; Job satisfaction scores range from 1 to 7 with higher scores indicating greater satisfaction; Turnover intention scores for considering leaving in last 6 months range from 1 to 6 with higher scores indicating less frequent consideration of leaving; Turnover intention scores for likely to leave position range from 1 to 4 with higher scores indicating lower likelihood of leaving; Family and work interference scores range from 1 to 5 with higher scores indicating more interference.