**Supplementary Appendix**

Appendix A: PERMA-H semantic codebook (used for inductive analysis)

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| **PERMA-H facet** | **Definition** | **Description** | **Qualifications or exclusions** | **Example** |
| **P**ositive emotions | Increase ability to initiate, experience and prolong positive emotional experiences (Norrish et al., 2013). Positive emotions aim to ‘undo’ the effect of negative emotions (Fredrickson & Levenson, 1998) | Positive emotions include joy, pride, hope, awe, gratitude, love, interest, amusement, laughter, serenity, inspiration and heart-warming | Exclusions: Negative emotions e.g., stress | “*I suppose my positive emotions have increased a bit more instead of I suppose how I was before I've definitely learned to recognise positive emotions more and actually go I feel today is a good day*” (Katie) |
| **E**ngagement | Work (e.g., participation), emotional (e.g., interest), psychological (e.g., sense of belonging) or cognitive (e.g., focused) engagement | Engagement in all aspects of life, which can be mental or active participation | Exclusions: Motivation to engage in tasks | “*I was never doing meditation and mindfulness exercises before but after this session I started it and honestly I'm like doing it every day since that day*” (Paige) |
| Positive **R**elationships | Relationships with other individuals and communities, including high quality relationships and social ties (Taylor, 2011). | Relationships to others (internal and external to the wellbeing programme), feelings of connectedness and belonging, feeling supported by others, quality of social ties, giving or supporting others without a reflection about themselves |  | “*I really enjoyed the social aspect of it [the programme] and being able to relate to other people you know even like sharing like memes and pictures*” (Mikka) |
| **M**eaning/Purpose | “Having direction in life, feeling that one’s life is valuable and worthwhile” (Butler & Kern, 2016, p. 3) | Connecting to something bigger than oneself. Supporting others with a reflection on how they view themselves or how they feel about themselves |  | “*I definitely feel greater belonging with the course and also the university and even so far as the [university city]* community” (Louise) |
| **A**ccomplishment/Achievement | “Accomplishment involves a sense of working towards and reaching goals, mastery and efficacy to complete tasks” (Butler & Kern, 2016, p. 4). | Increased productivity, greater self-esteem, feeling better or good about oneself, mastery or performance, achievement of status or an accomplishment of a goal or target |  | “*I feel like I was more productive in my work for the rest of that day and even the week really*” (Sofyia) |
| **H**ealth | Health refers physical health, including exercise, healthy eating, vitality and sleep (Kern, 2022; McQuaid, n.d). | Physical health and health behaviours such as sleep, diet/eating behaviours, movement or physical activity, vitality, or energy |  | “*I know for myself personally It makes me feel better and I feel less stressed*” (Sofiya) |

Appendix B: Flowchart of participants