**Table S2.**

*Lifestyle behaviors*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Lifestyle habit | Clinical subsample |  | Subclinical subsample |  | Total sample |
|  | Baseline | Post |  | Baseline | Post |  | Baseline | Post |
| At least one unhealthy lifestyle behavior | 51%(36/71) | 48%(32/67) |  | 20%(4/20) | 21%(4/19) |  | 44%(40/91) | 42% (36/86) |
| Daily smoking | 3%(2/71) | 3.0%(2/67) |  | 0%(0/71) | 0%(0/19) |  | 2%(2/91) | 2%(2/86) |
| Binge drinking more than once a month OR more than 9/14 (w/m)glasses/week | 22%(16/71) | 22%(14/67) |  | 5%(1/20) | 5%(1/19)  |  | 19%(17/91) | 17%(15/86) |
| insufficient physical activity, less than 150 minutes/week | 28%20/71 | 24%(16/67 |  | 10%2/20 | 16%(3/19) |  | 24%(22/91) | 26%(22/86) |
| Notably unhealthy dietary habits (diet index 0-4) | 13%9/71 | 21%14/67 |  | 10%2/20 | 5%1/19 |  | 12%11/91 | 17%15/86 |

*Note*. Risky lifestyle behavior was defined as daily smoking, binge drinking of 4/5 (women/men) drinks at one occasion more than once a month and/or more than 9/14 (women/men) standard glasses of alcohol weekly, insufficient physical activity (<150 minutes/week) or significantly unhealthy diet habits (a score of 0-4 on a diet index in the questionnaire, ranging from 0-12).