

## INTERNATIONAL REACH FORGIVENESS INTERVENTION

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International REACH Forgiveness Intervention: A Multi-Site Randomised Controlled Trial

**SUPPLEMENTAL MATERIAL**

## Supplemental Text 1

### Primary Outcomes

#### *Unforgiveness*

Participants completed the Transgression-Related Interpersonal Motivations Inventory-18 item form (TRIM-18; McCullough et al., 1998), which contains 18 items that measure the motivations—revenge, avoidance, benevolence—assumed to underlie forgiveness. After describing a past event in which they were hurt by another person, participants responded to each item by reflecting on the person who had hurt them (e.g., “I’ll make him or her pay”). Items are rated using a five-point response format (1 = *Strongly disagree*; 5 = *Strongly agree*). In this study, we reverse scored responses to the benevolence items and then averaged responses to all items for an index of unforgiveness. Higher scores indicate greater unforgiveness.

#### *Depression and Anxiety Symptoms*

Participants responded to the anxiety and depression subscales of the Brief Symptom Inventory-18 (BSI-18; Derogatis, 2001). Each subscale contains six items that assess the severity of anxiety (e.g., “Nervousness or shakiness inside”) and depression (e.g., “Feeling no interest in things”) symptoms experienced during the past seven days. A five-point response format is used to rate each item (0 = *Not at all*; 4 = *Extremely*). Relevant items were averaged for indices of depression and anxiety symptoms, respectively, with higher scores reflecting greater psychological distress.

### Secondary Outcomes

#### *Decisional Forgiveness*

Participants completed the Decision to Forgive Scale (DTFS; Davis et al., 2015). The DTFS includes six items that measure the extent to which participants have made a decision to

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forgive someone who has transgressed against them (e.g., “I have decided to forgive him or her”). Participants responded to the DTFS by reflecting on the same hurt they described and thought about when completing the TRIM-18. A five-point response scale is used to rate each of the items (1 = *Strongly disagree*; 5 = *Strongly agree*). Responses to the items are averaged for a total score. Higher scores indicate greater decisional forgiveness.

***Forbearance***

The tendency to exhibit forbearance was measured using Forbearance Scale-Short Form (FS-SF; Ho, 2022). The FS-SF consists of eight items (e.g., “I don’t take others’ faults to heart”) that are rated using a six-point response scale (1 = *Strongly disagree*; 6 = *Strongly agree*). Responses to the items are averaged, such that higher scores denote greater forbearance.

***Secure Flourishing***

Participants completed the Secure Flourishing Index (SFI; VanderWeele, 2017). The SFI is comprised of 12 questions and statements (e.g., “Overall, how satisfied are you with life as a whole these days?”) that provide a broad assessment of well-being across 6 domains: (1) happiness & life satisfaction, (2) mental & physical health, (3) meaning & purpose, (4) character & virtue, (5) close social relationships, and (6) financial & material stability. Items are rated on an 11-point response scale (from 0 to 10), with orienting labels presented alongside anchor points. Responses to the 12 items were averaged for an index of secure flourishing. Higher scores imply greater levels of secure flourishing.

***Trait Forgivingness***

Trait Forgivingness Scale (TFS; Berry et al., 2005) was used to assess trait forgivingness. The TFS consists of 10 items that assess an individual’s tendency to forgive others across time and situations (e.g., “I am a forgiving person”). Items are rated using a five-point response

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format (1 = *Strongly disagree*; 5 = *Strongly agree*). Items were averaged for a total score, with higher scores reflecting a greater propensity to forgive others.

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Supplemental Table S1

*Baseline Sociodemographic Characteristics of Colombia Site Participants in the Immediate- and Delayed-treatment Groups*

Characteristic	Overall (n = 1,177)	Immediate-treatment group (n = 596)	Delayed-treatment group (n = 581)
Age (years), <i>Mdn</i> (IQR)	23 (20, 35)	23 (20, 34)	23 (20, 35)
Gender, n %			
Female	868 (74%)	446 (75%)	422 (73%)
Male	303 (26%)	145 (24%)	158 (27%)
Other	6 (< 1%)	5 (< 1%)	1 (< 1%)
Education, n %			
Some secondary education or below	200 (17%)	102 (17%)	98 (17%)
Completed secondary education	665 (56%)	343 (58%)	322 (55%)
Some postsecondary education or higher	311 (26%)	150 (25%)	161 (28%)
Not reported	1 (< 1%)	1 (< 1%)	0 (0%)
Household income, n %			
1 standard deviation below average	617 (52%)	311 (52%)	306 (53%)
Average	422 (36%)	213 (36%)	209 (36%)
1 standard deviation above average	95 (8%)	53 (9%)	42 (7%)
3 standard deviations above average	39 (3%)	17 (3%)	22 (4%)
Not reported	4 (< 1%)	2 (< 1%)	2 (< 1%)
Religiously affiliated, n %			
Yes	903 (77%)	451 (76%)	452 (78%)
No	273 (23%)	145 (24%)	128 (22%)
Not reported	1 (< 1%)	0 (0%)	1 (< 1%)
Marital status, n %			
Divorced	8 (< 1%)	4 (< 1%)	4 (< 1%)
In a relationship	422 (36%)	212 (36%)	210 (36%)
Married	593 (50%)	298 (50%)	295 (51%)
Single	133 (11%)	71 (12%)	62 (11%)
Widowed	18 (2%)	10 (2%)	8 (1%)
Not reported	3 (< 1%)	1 (< 1%)	2 (< 1%)

*Note.* *Mdn* = median, IQR = interquartile range. Cumulative percentages may not add up to 100% due to rounding.

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Supplemental Table S2

*Baseline Sociodemographic Characteristics of Hong Kong Site Participants in the Immediate- and Delayed-treatment Groups*

Characteristic	Overall ( <i>n</i> = 398)	Immediate-treatment group ( <i>n</i> = 199)	Delayed-treatment group ( <i>n</i> = 199)
Age (years), <i>Mdn</i> (IQR)	38 (28, 48)	38 (27.5, 46)	38 (28, 49)
Gender, <i>n</i> %			
Female	303 (76%)	153 (77%)	150 (75%)
Male	93 (23%)	45 (23%)	48 (24%)
Not reported	2 (< 1%)	1 (< 1%)	1 (< 1%)
Race/ethnicity, <i>n</i> %			
Asian	398 (100%)	199 (100%)	199 (100%)
Education, <i>n</i> %			
Some secondary education or below	12 (3%)	6 (3%)	6 (3%)
Completed secondary education	116 (29%)	47 (24%)	69 (35%)
Some postsecondary education or higher	264 (66%)	144 (72%)	120 (60%)
Not reported	6 (2%)	2 (1%)	4 (2%)
Household income, <i>n</i> %			
1 standard deviation below average	145 (36%)	68 (34%)	77 (39%)
Average	192 (48%)	96 (48%)	96 (48%)
1 standard deviation above average	42 (11%)	25 (13%)	17 (9%)
Not reported	19 (5%)	10 (5%)	9 (5%)
Religiously affiliated, <i>n</i> %			
Yes	189 (47%)	93 (47%)	96 (48%)
No	207 (52%)	105 (53%)	102 (51%)
Not reported	2 (< 1%)	1 (< 1%)	1 (< 1%)
Marital status, <i>n</i> %			
Divorced	23 (6%)	10 (5%)	13 (7%)
In a relationship	43 (11%)	18 (9%)	25 (13%)
Married	208 (52%)	100 (50%)	108 (54%)
Separated	3 (< 1%)	3 (2%)	0 (0%)
Single	106 (27%)	59 (30%)	47 (24%)
Widowed	9 (2%)	4 (2%)	5 (3%)
Not reported	6 (2%)	5 (3%)	1 (< 1%)

*Note.* *Mdn* = median, IQR = interquartile range. Cumulative percentages may not add up to 100% due to rounding.

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Supplemental Table S3

*Baseline Sociodemographic Characteristics of Indonesia Site Participants in the Immediate- and Delayed-treatment Groups*

Characteristic	Overall ( <i>n</i> = 659)	Immediate-treatment group ( <i>n</i> = 333)	Delayed-treatment group ( <i>n</i> = 326)
Age (years), <i>Mdn</i> (IQR)	21 (20, 22)	21 (20, 22)	21 (20, 22)
Gender, <i>n</i> %			
Female	539 (82%)	269 (81%)	270 (83%)
Male	119 (18%)	64 (19%)	55 (17%)
Other	1 (< 1%)	0 (0%)	1 (< 1%)
Race/ethnicity, <i>n</i> %			
Asian	658 (> 99%)	333 (100%)	325 (> 99%)
Not reported	1 (< 1%)	0 (0%)	1 (< 1%)
Education, <i>n</i> %			
Some secondary education or below	27 (4%)	12 (4%)	15 (5%)
Completed secondary education	392 (59%)	193 (58%)	199 (61%)
Some postsecondary education or higher	240 (36%)	128 (38%)	112 (34%)
Household income, <i>n</i> %			
1 standard deviation below average	125 (19%)	60 (18%)	65 (20%)
Average	283 (43%)	143 (43%)	140 (43%)
1 standard deviation above average	119 (18%)	57 (17%)	62 (19%)
3 standard deviations above average	132 (20%)	73 (22%)	59 (18%)
Religiously affiliated, <i>n</i> %			
Yes	659 (100%)	333 (100%)	326 (100%)
Marital status, <i>n</i> %			
Divorced	1 (< 1%)	0 (0%)	1 (< 1%)
In a relationship	168 (25%)	87 (26%)	81 (25%)
Married	12 (2%)	2 (< 1%)	10 (3%)
Single	476 (72%)	242 (73%)	234 (72%)
Widowed	2 (< 1%)	2 (< 1%)	0 (0%)

*Note.* *Mdn* = median, IQR = interquartile range. Cumulative percentages may not add up to 100% due to rounding.

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Supplemental Table S4

*Baseline Sociodemographic Characteristics of South Africa Site Participants in the Immediate- and Delayed-treatment Groups*

Characteristic	Overall ( <i>n</i> = 913)	Immediate-treatment group ( <i>n</i> = 463)	Delayed-treatment group ( <i>n</i> = 450)
Age (years), <i>Mdn</i> (IQR)	24 (21, 29)	25 (21, 29)	24 (21, 28)
Gender, <i>n</i> %			
Female	665 (73%)	331 (71%)	334 (74%)
Male	248 (27%)	132 (29%)	116 (26%)
Race/ethnicity <sup>a</sup> , <i>n</i> %			
Black African	882 (97%)	446 (96%)	436 (97%)
Coloured	21 (2%)	12 (3%)	9 (2%)
Indian	2 (< 1%)	1 (< 1%)	1 (< 1%)
White	6 (< 1%)	4 (< 1%)	2 (< 1%)
Other	2 (< 1%)	0 (0%)	2 (< 1%)
Education, <i>n</i> %			
Some secondary education or below	82 (9%)	45 (10%)	37 (8%)
Completed secondary education	528 (58%)	244 (53%)	284 (63%)
Some postsecondary education or higher	303 (33%)	174 (38%)	129 (29%)
Household income, <i>n</i> %			
1 standard deviation below average	360 (39%)	170 (37%)	190 (42%)
Average	362 (40%)	192 (41%)	170 (38%)
1 standard deviation above average	168 (18%)	89 (19%)	79 (18%)
3 standard deviations above average	23 (3%)	12 (3%)	11 (2%)
Religiously affiliated, <i>n</i> %			
Yes	857 (94%)	438 (95%)	419 (93%)
No	36 (4%)	17 (4%)	19 (4%)
Not reported	20 (2%)	8 (2%)	12 (3%)
Marital status, <i>n</i> %			
Divorced	11 (1%)	4 (< 1%)	7 (2%)
In a relationship	211 (23%)	116 (25%)	95 (21%)
Married	52 (6%)	29 (6%)	23 (5%)
Separated	4 (< 1%)	2 (< 1%)	2 (< 1%)
Single	630 (69%)	310 (67%)	320 (71%)
Widowed	5 (< 1%)	2 (< 1%)	3 (< 1%)

*Note.* *Mdn* = median, IQR = interquartile range. Cumulative percentages may not add up to 100% due to rounding. <sup>a</sup>Race/ethnicity categories were adopted from Statistics South Africa (2016) to maintain consistency with general reporting practices on race in South Africa.



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Supplemental Table S5

*Baseline Sociodemographic Characteristics of Ukraine (Site 1) Participants in the Immediate- and Delayed-treatment Groups*

Characteristic	Overall ( <i>n</i> = 759)	Immediate-treatment group ( <i>n</i> = 379)	Delayed-treatment group ( <i>n</i> = 380)
Age (years), <i>Mdn</i> (IQR)	38 (29, 47)	37 (29, 47)	38 (30, 46)
Gender, <i>n</i> %			
Female	530 (70%)	252 (66%)	278 (73%)
Male	229 (30%)	127 (34%)	102 (27%)
Education, <i>n</i> %			
Some secondary education or below	12 (2%)	2 (< 1%)	10 (3%)
Completed secondary education	53 (7%)	25 (7%)	28 (7%)
Some postsecondary education or higher	694 (91%)	352 (93%)	342 (90%)
Household income, <i>n</i> %			
1 standard deviation below average	205 (27%)	110 (29%)	95 (25%)
Average	283 (37%)	138 (36%)	145 (38%)
1 standard deviation above average	160 (21%)	80 (21%)	80 (21%)
3 standard deviations above average	111 (15%)	51 (13%)	60 (16%)
Religiously affiliated, <i>n</i> %			
Yes	446 (59%)	219 (58%)	227 (60%)
No	313 (41%)	160 (42%)	153 (40%)
Marital status, <i>n</i> %			
Divorced	86 (11%)	39 (10%)	47 (12%)
In a relationship	80 (11%)	45 (12%)	35 (9%)
Married	350 (46%)	178 (47%)	172 (45%)
Separated	16 (2%)	7 (2%)	9 (2%)
Single	181 (24%)	91 (24%)	90 (24%)
Widowed	46 (6%)	19 (5%)	27 (7%)

*Note.* *Mdn* = median, IQR = interquartile range. Cumulative percentages may not add up to 100% due to rounding.

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Supplemental Table S6

*Baseline Sociodemographic Characteristics of Ukraine (Site 2) Participants in the Immediate- and Delayed-treatment Groups*

Characteristic	Overall ( <i>n</i> = 692)	Immediate-treatment group ( <i>n</i> = 320)	Delayed-treatment group ( <i>n</i> = 372)
Age (years), <i>Mdn</i> (IQR)	36 (27, 45)	35 (28, 45)	36 (27, 45)
Gender, <i>n</i> %			
Female	495 (72%)	227 (71%)	268 (72%)
Male	197 (28%)	93 (29%)	104 (28%)
Race/ethnicity, <i>n</i> %			
White	692 (100%)	320 (100%)	372 (100%)
Education, <i>n</i> %			
Some secondary education or below	256 (37%)	120 (38%)	136 (37%)
Completed secondary education	436 (63%)	200 (62%)	236 (63%)
Household income, <i>n</i> %			
1 standard deviation below average	283 (41%)	138 (43%)	145 (39%)
Average	267 (39%)	128 (40%)	139 (37%)
1 standard deviation above average	102 (15%)	41 (13%)	61 (16%)
3 standard deviations above average	40 (6%)	13 (4%)	27 (7%)
Religiously affiliated, <i>n</i> %			
Yes	479 (69%)	215 (67%)	264 (71%)
No	213 (31%)	105 (33%)	108 (29%)
Marital status, <i>n</i> %			
Divorced	71 (10%)	36 (11%)	35 (9%)
In a relationship	63 (9%)	31 (10%)	32 (9%)
Married	317 (46%)	145 (45%)	172 (46%)
Separated	13 (2%)	5 (2%)	8 (2%)
Single	202 (29%)	93 (29%)	109 (29%)
Widowed	26 (4%)	10 (3%)	16 (4%)

*Note.* *Mdn* = median, IQR = interquartile range. Cumulative percentages may not add up to 100% due to rounding.

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Supplemental Table S7

*Raw Means and Standard Deviations of Primary Outcomes by Wave of Data Collection and Treatment Group*

Characteristic	T <sub>1</sub>	T <sub>2</sub>	T <sub>3</sub>
<i>Unforgiveness</i>			
All participants	50.74 (15.95)	44.36 (16.29)	39.91 (14.26)
Immediate-treatment group	50.37 (16.00)	39.37 (14.95)	39.44 (14.12)
Delayed-treatment group	51.11 (15.89)	48.99 (16.12)	40.38 (14.39)
<i>Depression symptoms</i>			
All participants	8.69 (6.23)	6.89 (5.97)	5.16 (5.50)
Immediate-treatment group	8.79 (6.24)	6.09 (5.68)	5.17 (5.49)
Delayed-treatment group	8.60 (6.23)	7.64 (6.14)	5.14 (5.51)
<i>Anxiety symptoms</i>			
All participants	8.32 (6.62)	6.52 (6.30)	4.74 (5.66)
Immediate-treatment group	8.31 (6.59)	5.73 (6.05)	4.71 (5.64)
Delayed-treatment group	8.33 (6.66)	7.26 (6.44)	4.77 (5.68)

*Note.* All variables are raw sums of scale items prior to standardization.

Supplemental Table S8

*Estimated Effectiveness of Workbook Intervention on Primary Outcomes Adjusting for Precision Covariates*

Outcome	$\beta$ [95% CI]	<i>p</i> -value
Unforgiveness	-0.50 [-0.54, -0.45]	< 0.001
Depression symptoms	-0.23 [-0.28, -0.18]	< 0.001
Anxiety symptoms	-0.21 [-0.26, -0.17]	< 0.001

*Note.*  $\beta$  = estimated difference in standardized primary outcome measure for the immediate-treatment vs. delayed-treatment conditions, CI = confidence interval. Precision covariates include age, gender, baseline values of all primary outcomes, and site.

Supplemental Table S9

*Estimated Effectiveness of Workbook Intervention on Primary Outcomes Modeling Intervention Exposure as a Categorical Time-varying Effect*

Outcome	$\beta$ [95% CI]	<i>p</i> -value
Unforgiveness	-0.49 [-0.53, -0.45]	< 0.001
Depression symptoms	-0.24 [-0.29, -0.19]	< 0.001
Anxiety symptoms	-0.22 [-0.27, -0.17]	< 0.001

*Note.*  $\beta$  = estimated difference in standardized primary outcome measure for the immediate-treatment vs. delayed-treatment conditions, CI = confidence interval.

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Supplemental Table S10

*Estimated Effectiveness of Workbook Intervention on Primary Outcomes Modeling Intervention Exposure as a Continuous Time-varying Effect*

Outcome	$\beta$ [95% CI]	<i>p</i> -value
Unforgiveness	-0.49 [-0.53, -0.45]	< 0.001
Depression symptoms	-0.24 [-0.29, -0.19]	< 0.001
Anxiety symptoms	-0.22 [-0.27, -0.17]	< 0.001

*Note.*  $\beta$  = estimated difference in standardized primary outcome measure for the immediate-treatment vs. delayed-treatment conditions, CI = confidence interval.

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Supplemental Table S11

*Assessment of Treatment Effect Modification for Primary Outcomes by Baseline Trait Forgivingness and Site*

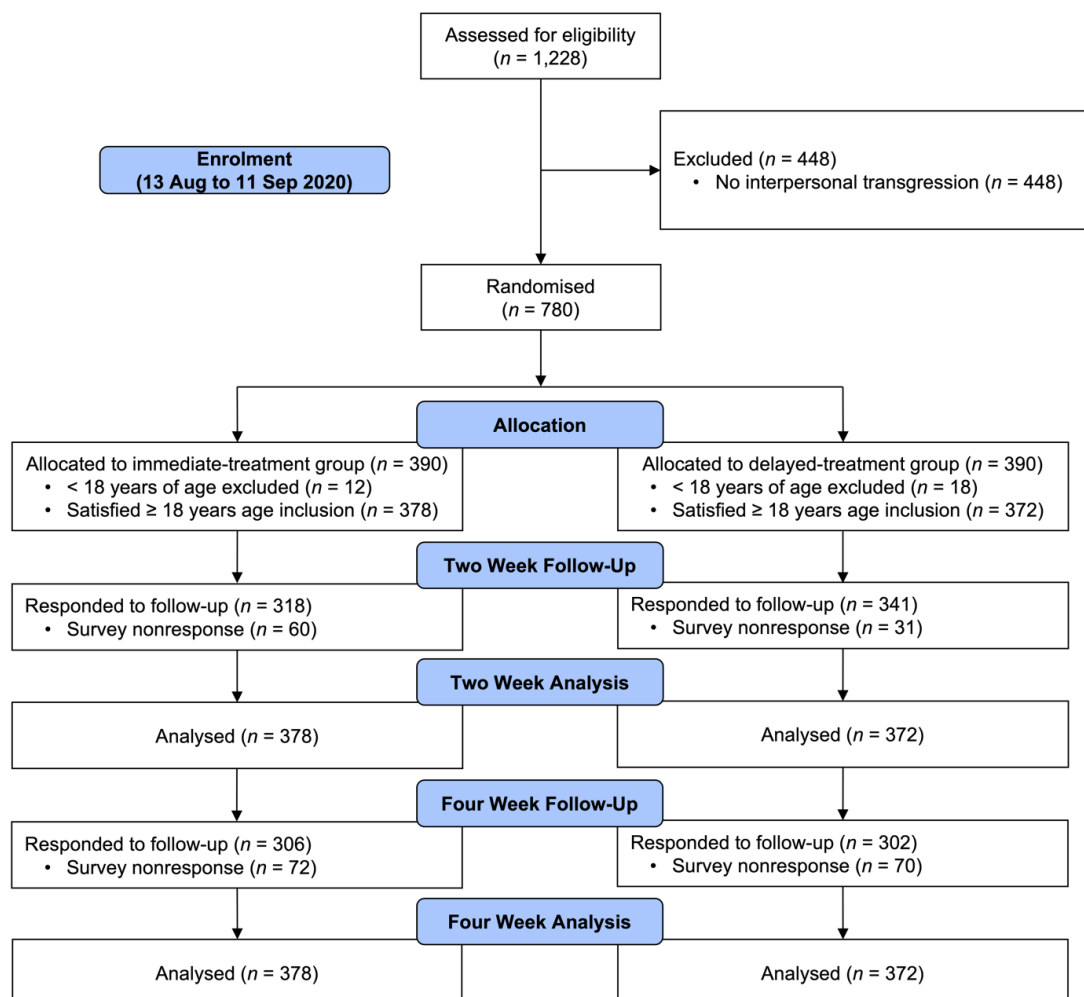
Outcome	$\beta$ [95% CI]	<i>p</i> -value
<b>Unforgiveness</b>		
Baseline trait forgivingness		
High	0.12* [0.01, 0.24]	0.041
Site		
Hong Kong	0.15 [-0.04, 0.35]	-
Indonesia	-0.13 [-0.31, 0.05]	-
South Africa	0.30 [0.12, 0.47]	-
Ukraine site 1	-0.19 [-0.38, -0.01]	-
Ukraine site 2	-0.05 [-0.23, 0.14]	-
<b>Depression symptoms</b>		
Baseline trait forgivingness		
High	0.16* [0.04, 0.28]	0.016
Site		
Hong Kong	0.12 [-0.09, 0.33]	-
Indonesia	-0.03 [-0.22, 0.17]	-
South Africa	0.27 [0.08, 0.45]	-
Ukraine site 1	-0.08 [-0.26, 0.09]	-
Ukraine site 2	0.00 [-0.18, 0.19]	-
<b>Anxiety symptoms</b>		
Baseline trait forgivingness		
High	0.16* [0.04, 0.28]	0.010
Site		
Hong Kong	0.09 [-0.12, 0.30]	-
Indonesia	-0.01 [-0.21, 0.18]	-
South Africa	0.17 [-0.01, 0.35]	-
Ukraine site 1	-0.13 [-0.31, 0.04]	-
Ukraine site 2	-0.02 [-0.21, 0.16]	-

*Note.*  $\beta$  = estimated standardized difference in intervention effectiveness for participants with vs. without the effect modifier variable, or estimated effectiveness for participants with specified level of effect modifier, CI = confidence interval. \* $p < 0.05$  before but not after Bonferroni-Holm correction for all secondary tests reported in Table 3 and Figure 2 (the  $p$ -value cutoff for Bonferroni-Holm correction was  $0.05/10 = 0.005$ ).

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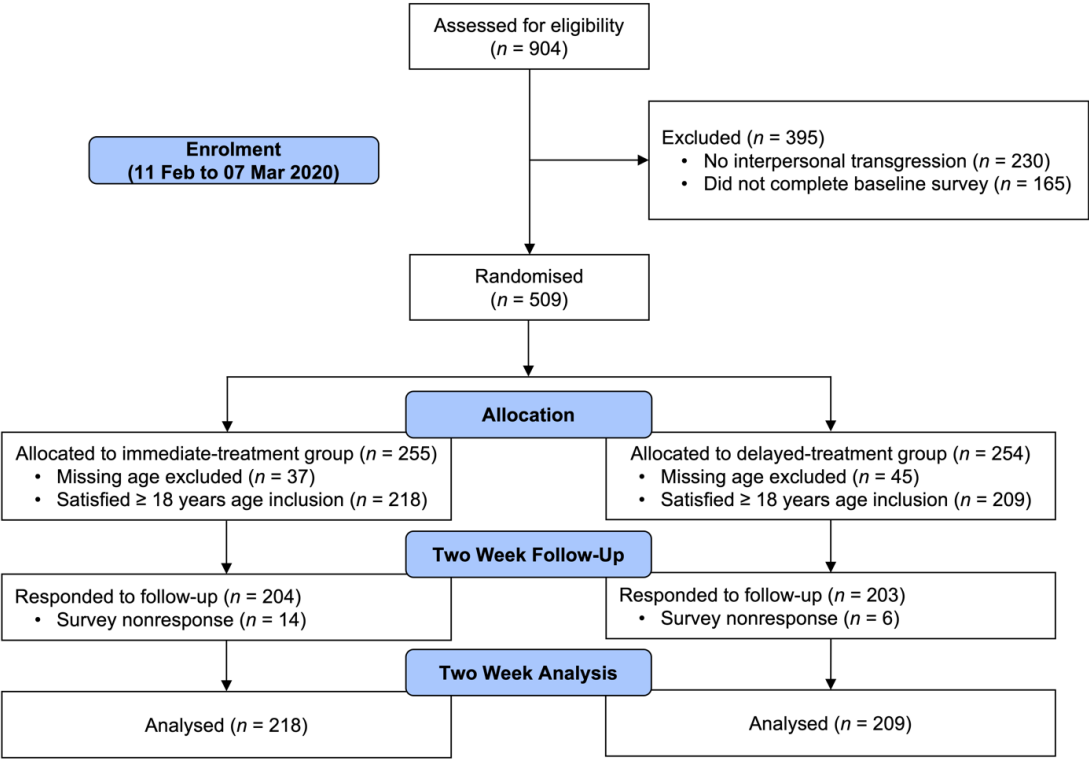
## Supplemental Figure S1

*CONSORT Flow Diagram of Colombian Student Participants Included in the Study.*



Supplemental Figure S2

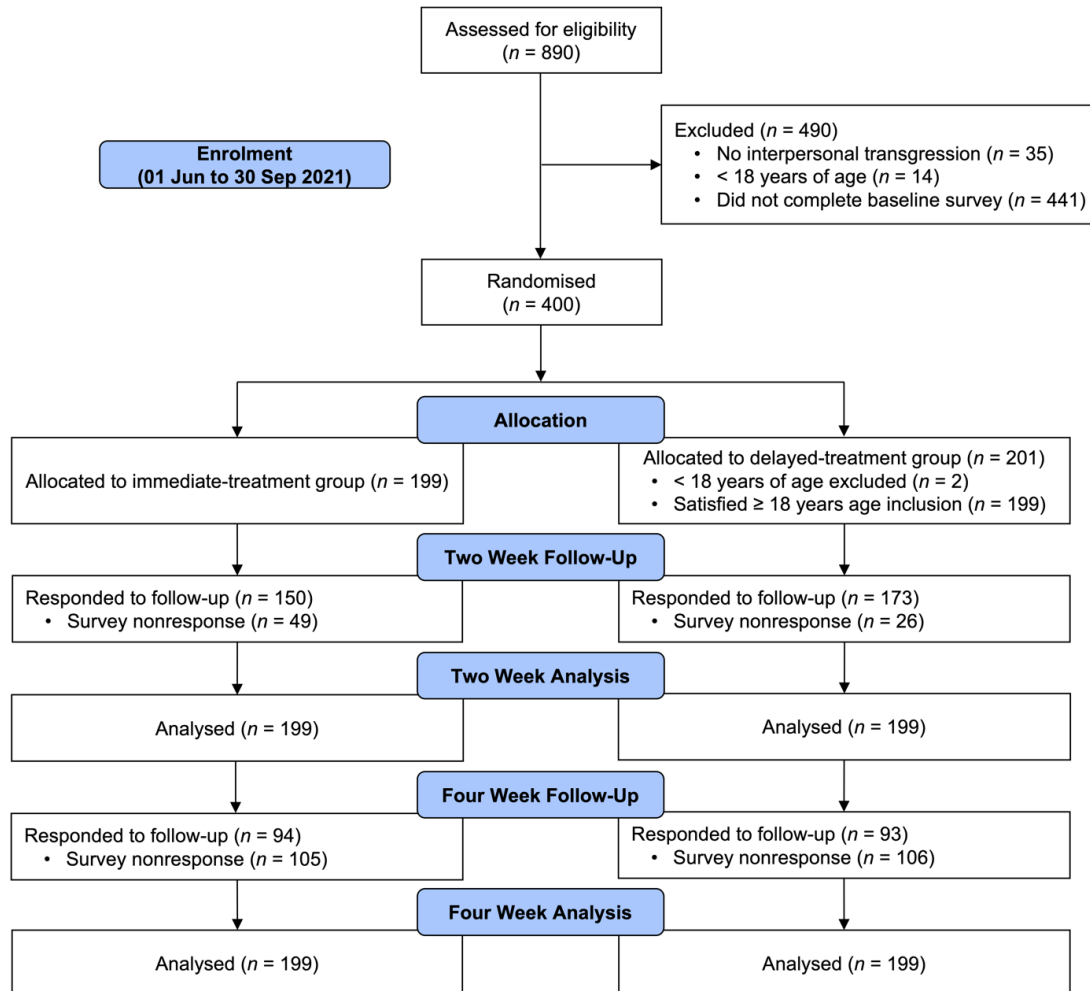
CONSORT Flow Diagram of Colombian War Survivor Participants Included in the Study.



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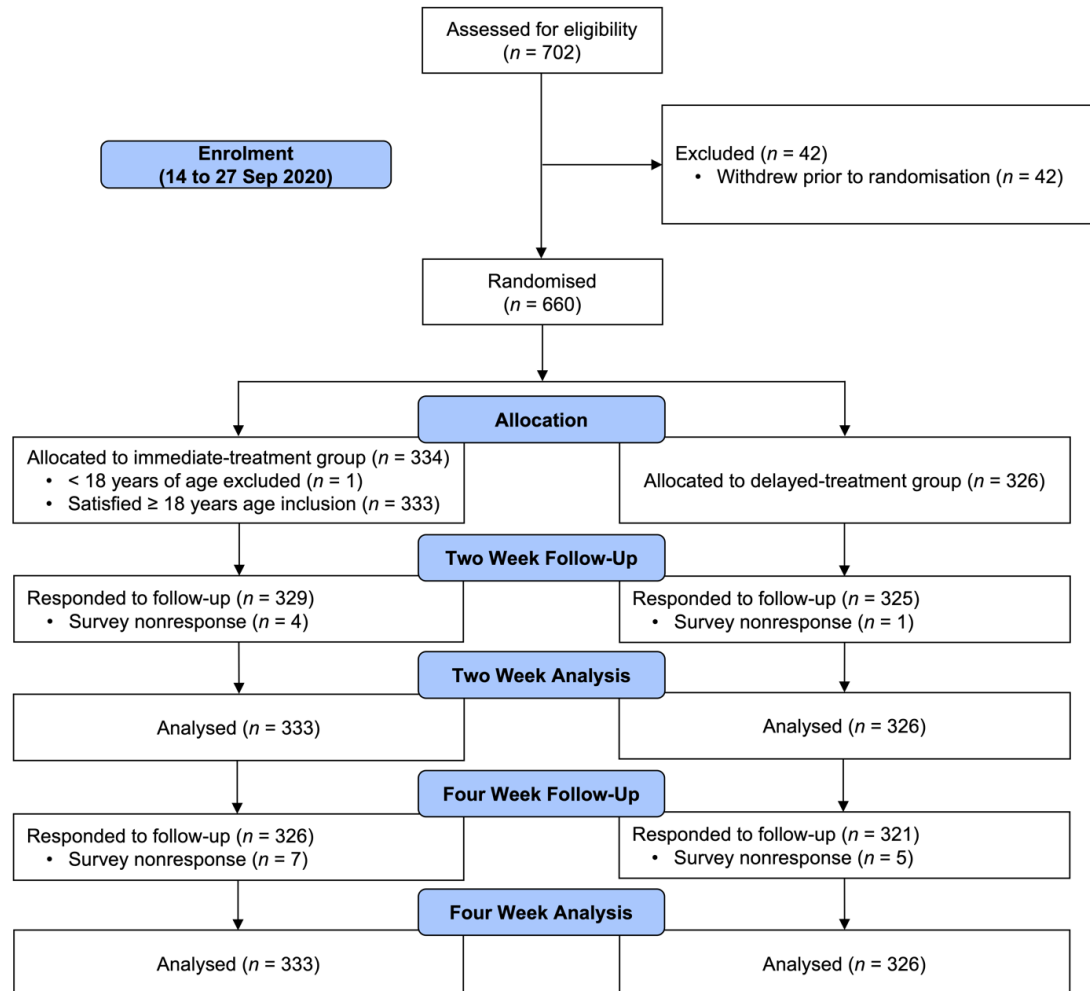
## Supplemental Figure S3

*CONSORT Flow Diagram of Hong Kong Participants Included in the Study.*

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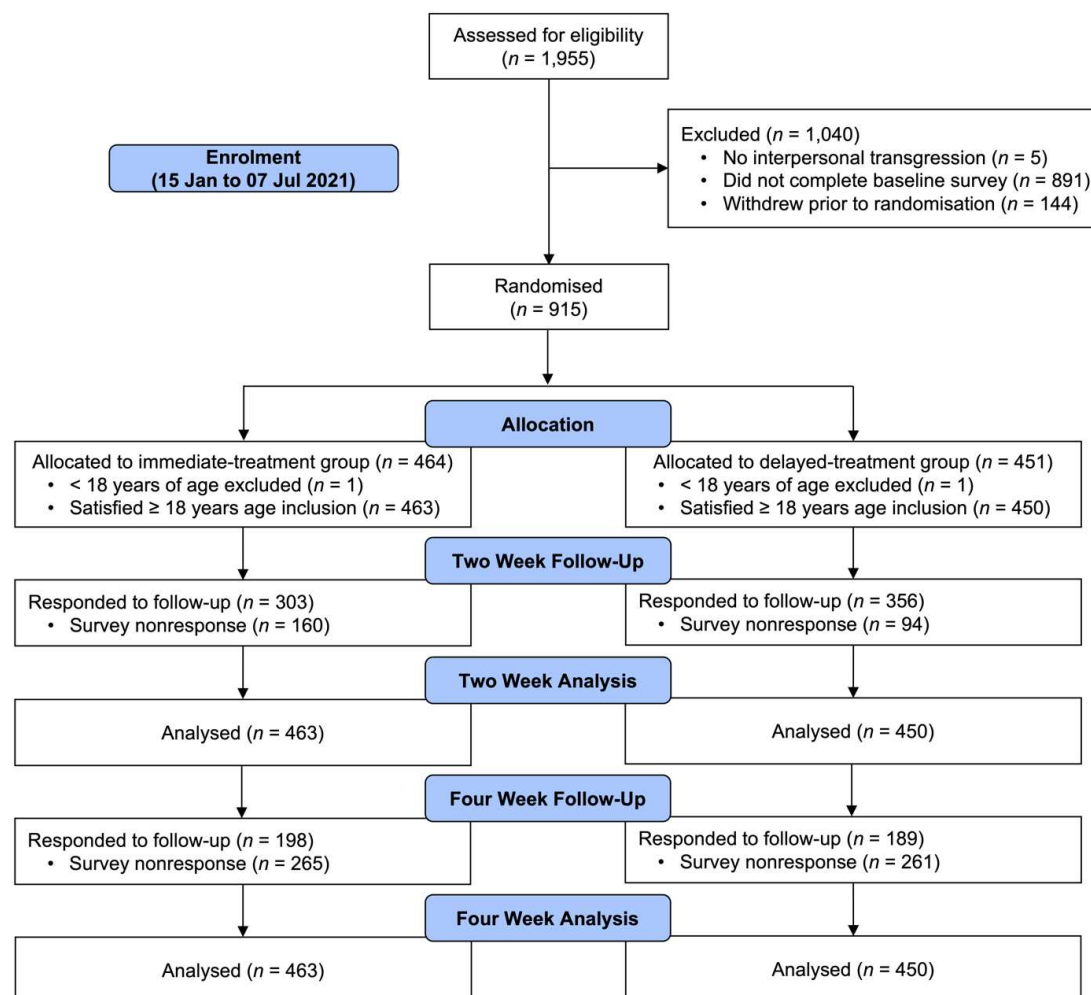
## Supplemental Figure S4

*CONSORT Flow Diagram of Indonesian Participants Included in the Study.*

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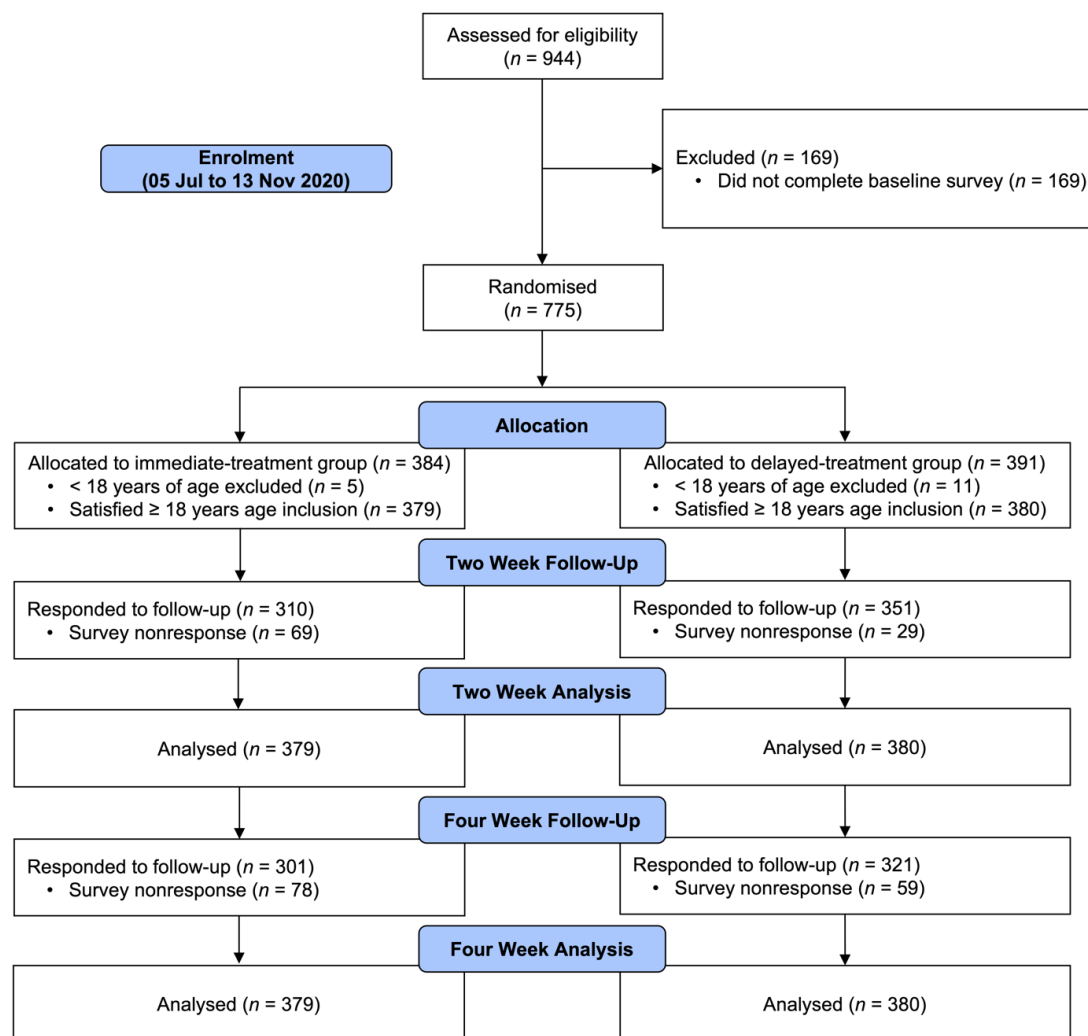
## Supplemental Figure S5

*CONSORT Flow Diagram of South African Participants Included in the Study.*

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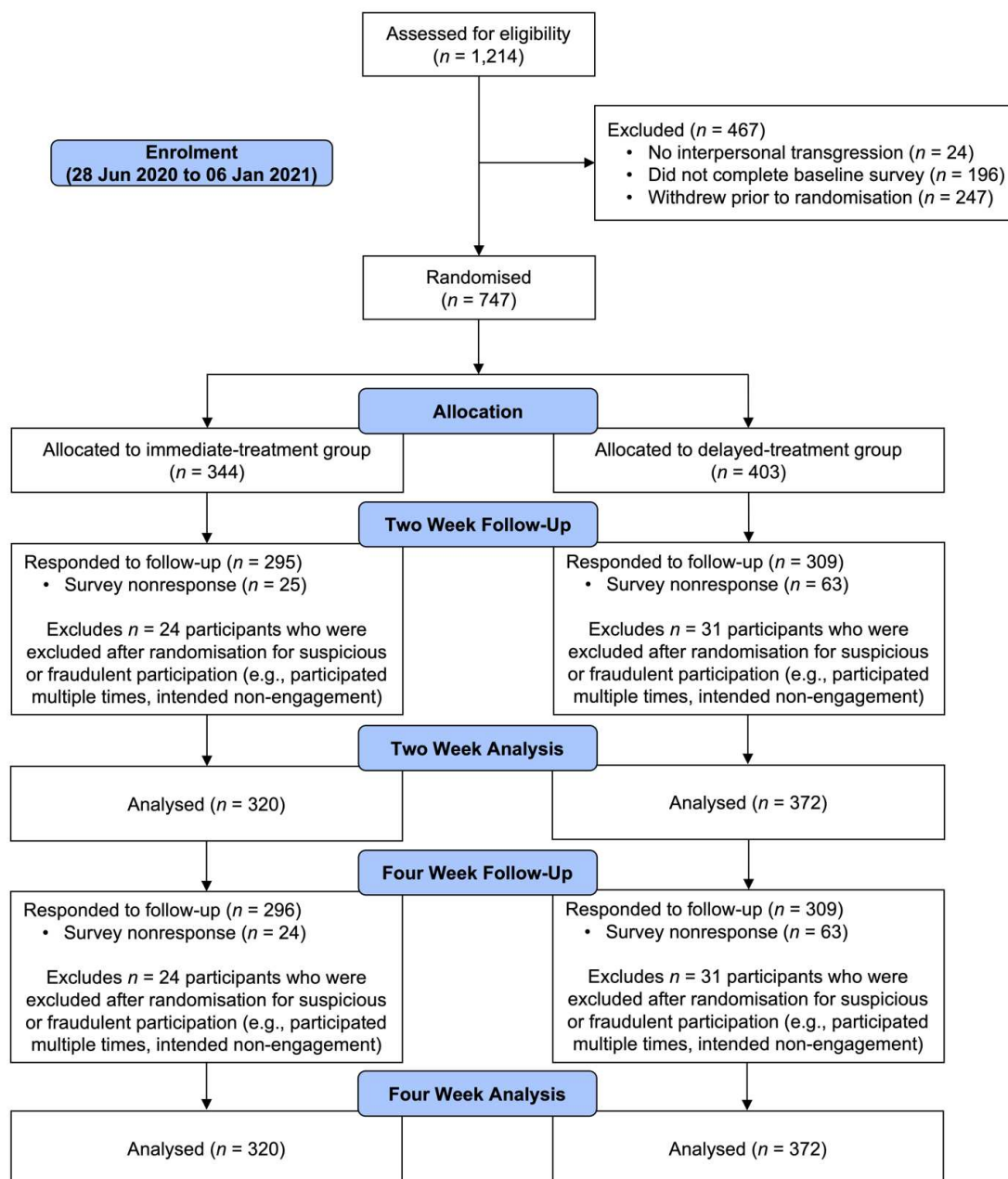
## Supplemental Figure S6

*CONSORT Flow Diagram of Ukraine Site 1 Participants Included in the Study.*

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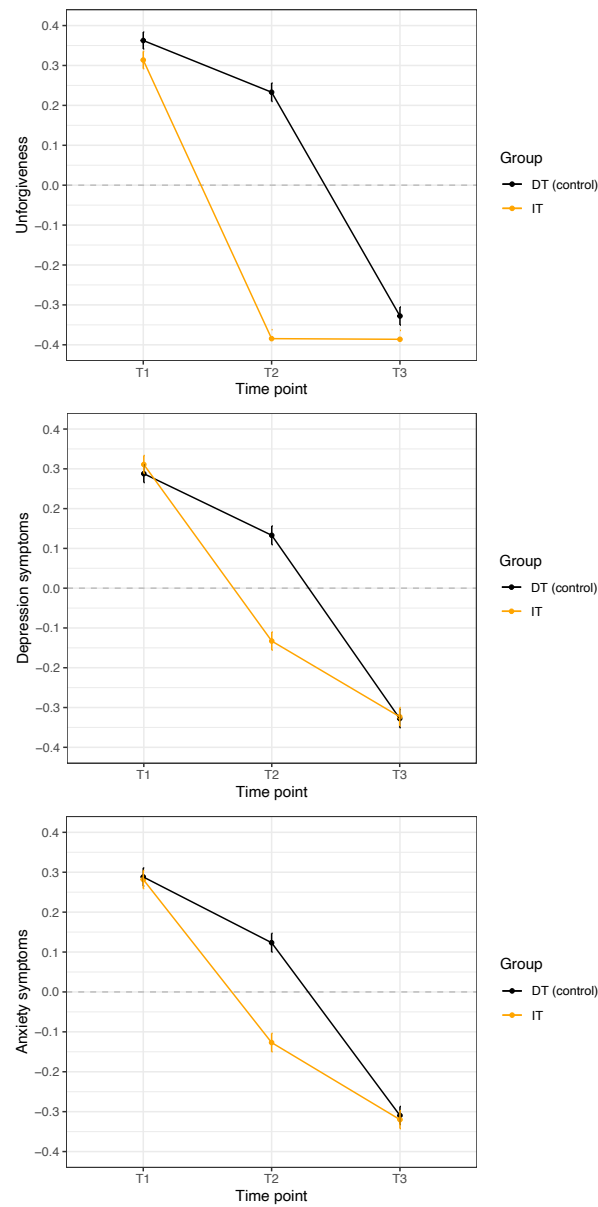
## Supplemental Figure S7

*CONSORT Flow Diagram of Ukraine Site 2 Participants Included in the Study.*

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Supplemental Figure S8

*Means and Standard Errors of Primary Outcomes at Each of the Three Timepoints for the Immediate-treatment and Delayed-treatment Groups*

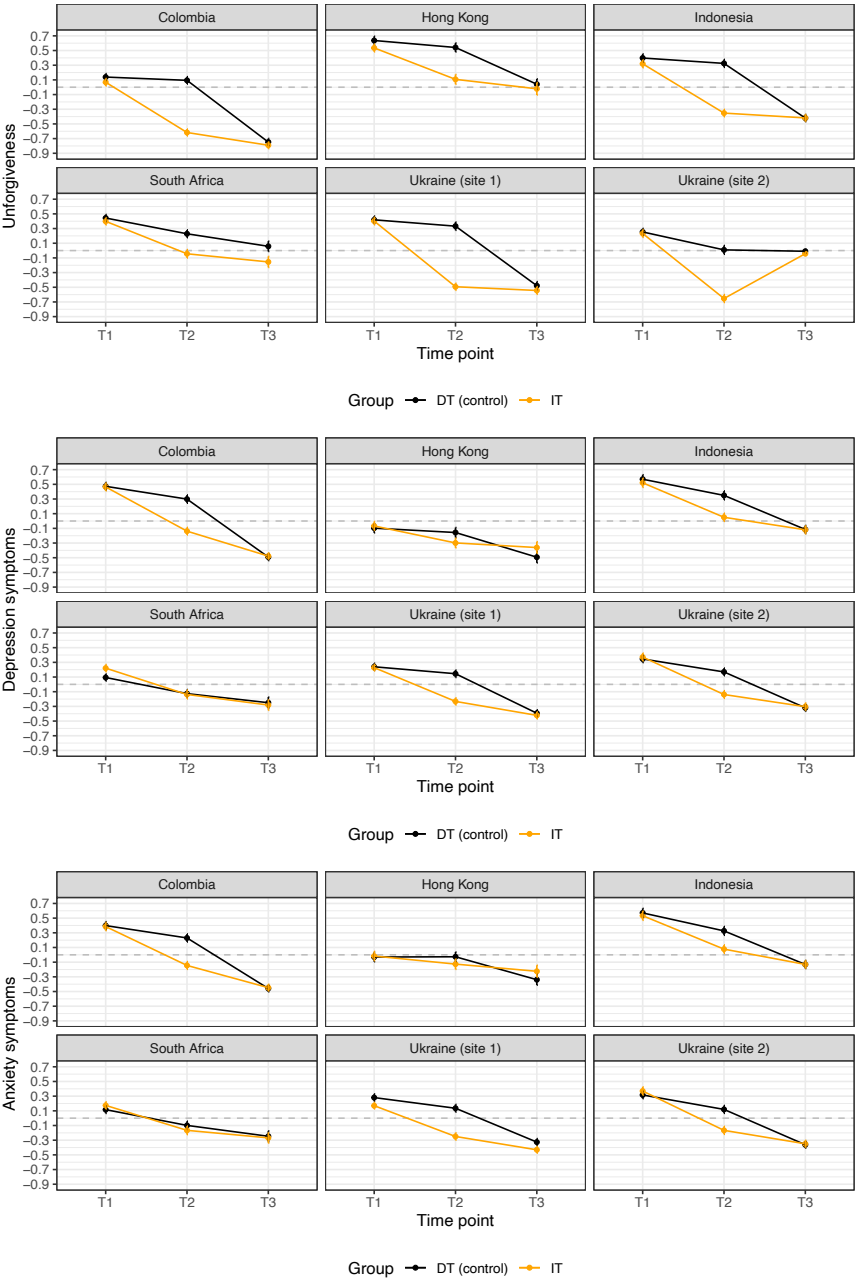


*Note.* DT = delayed-treatment, IT = immediate-treatment.

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Supplemental Figure S9

*Means and Standard Errors of Primary Outcomes at Each of the Three Timepoints for the Immediate-treatment and Delayed-treatment Groups by Site*



Note. DT = delayed-treatment, IT = immediate-treatment.



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## References

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