Wellbeing Study: Weekly Order of Activities

In each table below, the numbers represent the order of presentation of the activities in a given week. A dash means that the activity was omitted that week.

Parent Activities

These were the same in the pilot study and the main study.

Parent measure	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 9
SHS	1	-	-	1	-	-	1	1
Life events	2	-	-	-	-	-	-	-

Twin Activities: Pilot Study

At the start of the pilot study, twins were placed in one of two groups: "intervention" and "control". The practical activities (list of three, written task) differed for the two sets of twins in weeks 4, 5 and 6. Other than this, the activities were the same for the two groups of twins.

Intervention stages:	Baseline	Control 1	Control 2	Control 3	Intervention 1	Intervention 2	Intervention 3	Follow up
Control stages:	Baseline	Control 1	Control 2	Control 3	Control 4	Control 5	Control 6	Follow up
Twin measure	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 9
List of three results	-	1	1	1	1	1	1	-
Written task	-	2	2	2	2	2	2	-
Task feedback	-	3	3	3	3	3	3	-
Affect & satisfaction	1	4	4	4	4	4	4	1
Health	2	5	5	5	5	5	5	2
STAI	3	-	-	6	-	-	6	3
Emotional report	4	6	6	7	6	6	7	4
NSF	5	7	7	8	7	7	8	5
Subjective happiness	6	-	-	9	-	-	9	6
Life satisfaction	7	-	-	10	-	-	10	7
Personality	8	-	-	-	-	-	-	-
Moods & feelings	9	-	-	11	-	-	11	8
Fit	10	-	-	-	-	-	-	
List of three								
instructions	11	8	8	12	8	8	-	-
Study feedback	-	-	-	ı	-	-	-	9

Twin Activities: Main Study

In the main study, all twins were placed in the "intervention" group (there was no "control" group as in the pilot study). Hence, the weekly activities were the same for all twins.

Intervention stages:	Baseline	Control 1	Control 2	Control 3	Intervention 1	Intervention 2	Intervention 3	Follow up
Twin measure	Week 0	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 9
List of three results	-	1	1	1	1	1	1	-
Written task	-	2	2	2	2	2	2	-
Hedonic adaptation*	-	-	-	3	-	-	3	1
Effort*	-	3	3	4	3	3	4	-
Affect & satisfaction	1	4	4	5	4	4	5	2
Health	2	5	5	6	5	5	6	3
Emotional report	3	6	6	7	6	6	7	4
Gratitude*	4	-	-	8	-	-	8	5
NSF**	5	7	7	9	7	7	9	6
Life satisfaction**	6	-	-	10	-	-	10	7
Sensation seeking*	7	-	-	-	-	-	-	-
STAI	8	-	-	11	-	-	11	8
Meaning in life*	9	-	-	12	-	-	12	9
Subjective happiness	10	-	-	13	-	-	13	10
Personality	11	-	-	-	-	-	-	-
Prosocial*	12	-	-	14	-	-	14	11
Moods & feelings	13	-	-	15	-	-	15	12
Fit**	14	-	-	-	-	-	-	-
Task feedback	-	8	8	16	8	8	16	-
List of three								
instructions	15	9	9	17	9	9	-	-
Gratitude letter feedback*	-	-	-	-	-	-	-	13
Study feedback	-	-	-	-	-	-	-	14

^{*} These were new activities for the main study (not included in the pilot).

^{**} The items of these activities were changed from the pilot to the main study.