

Table S1. *Principal components analysis component loadings and communalities of the rotated solution for wellbeing measures from Time 1 data*

	Component		
	1	2	3
Campus connectedness_Q6	0.78		
Campus connectedness_Q4	0.77		
Campus connectedness_Q9	0.76		
Campus connectedness_Q11	0.76		
Campus connectedness_Q5	0.76		
Campus connectedness_Q2	0.75		
Campus connectedness_Q3	0.74		
Campus connectedness_Q10	0.74		
Campus connectedness_Q12	0.71		
UCLA6_Q2	-0.65		
UCLA6_Q4	-0.61		
Campus connectedness_Q8	0.60		
UCLA6_Q1	-0.58	-0.40	
UCLA6_Q6	-0.56		
Campus connectedness_Q7	0.54	0.40	
UCLA6_Q3	-0.51		
UCLA6_Q5	-0.49	-0.41	
Flourishing_Q4	0.43		
Campus connectedness_Q1	0.43		
Flourishing_Q7		0.81	
SWEMWBS_Q6		0.75	
SWEMWBS_Q1		0.73	
SWEMWBS_Q4		0.68	
SWEMWBS_Q8		0.67	
SWEMWBS_Q2		0.66	
Flourishing_Q1		0.65	
Flourishing_Q3		0.64	
Flourishing_Q6		0.60	

SWEMWBS_Q3	0.59	
Flourishing_Q5	0.59	
Flourishing_Q2	0.49	0.55
SWEMWBS_Q7	0.47	0.52
Flourishing_Q8	0.49	
SCSF_Q11		0.69
SCSF_Q1		0.65
SCSF_Q12		0.65
SCSF_Q9		0.62
SCSF_Q8		0.58
SCSF_Q2		0.57
SCSF_Q3		0.54
SCSF_Q5		0.53
SCSF_Q4		0.53
SCSF_Q10		0.53
SCSF_Q7		0.53
SCSF_Q6	0.40	0.51
Loadings <0.4 suppressed		

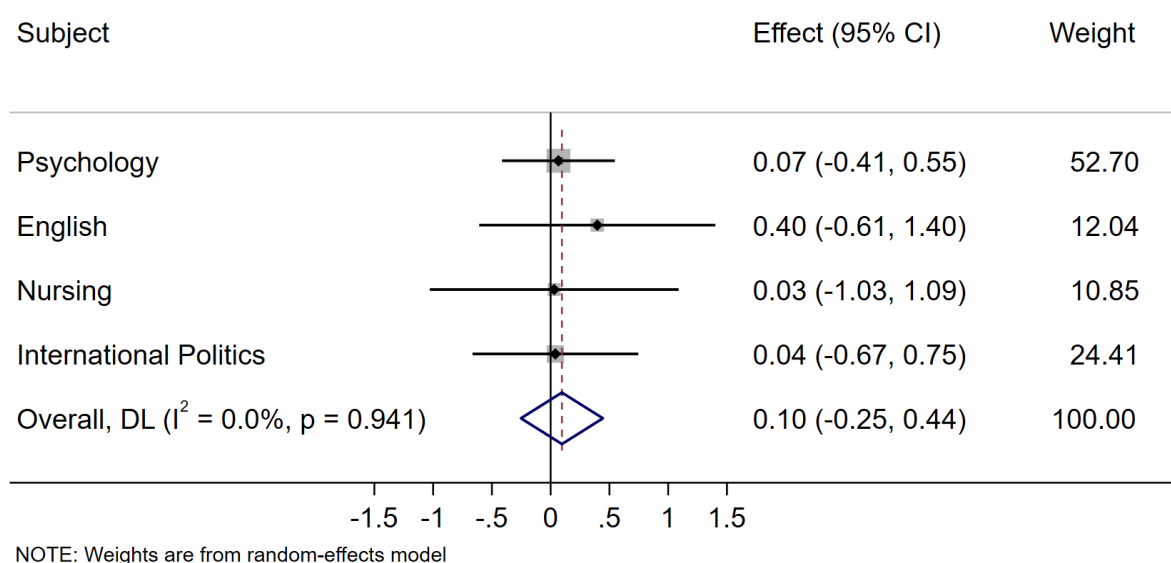


Figure S1. Forest plot for random-effects meta-analysis of standardised mean difference in mental wellbeing (SWEMWBS) of university students comparing intervention versus control groups.

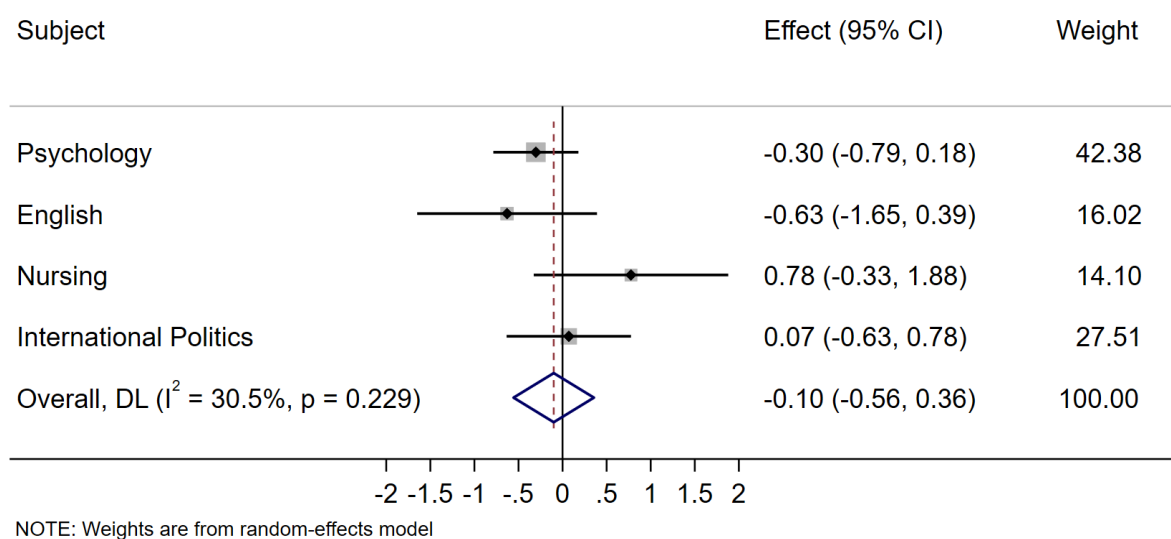


Figure S2. Forest plot for random-effects meta-analysis of standardised mean difference in loneliness (UCLA-6) of university students comparing intervention versus control groups.

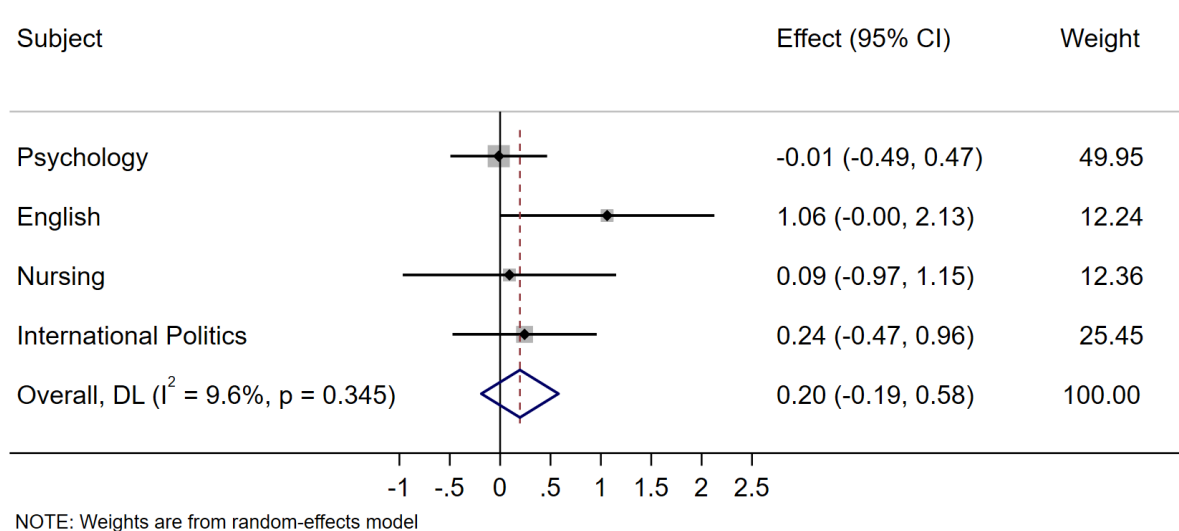


Figure S3. Forest plot for random-effects meta-analysis of standardised mean difference in self-compassion (SC-SF) of university students comparing intervention versus control groups.

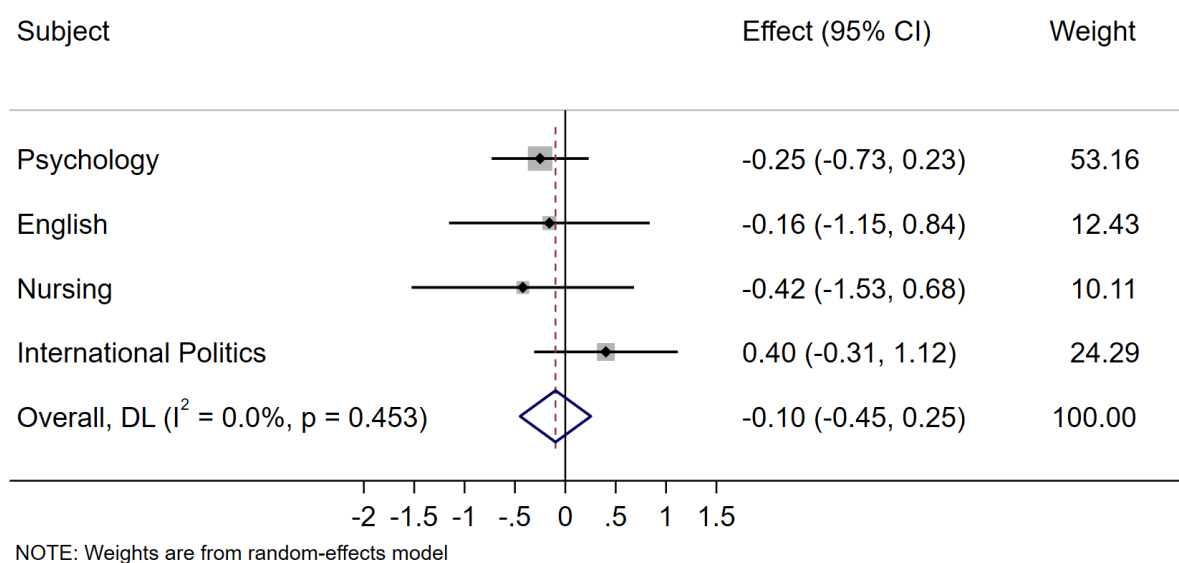


Figure S4. Forest plot for random-effects meta-analysis of standardised mean difference in burnout (short burnout) of university students comparing intervention versus control groups.

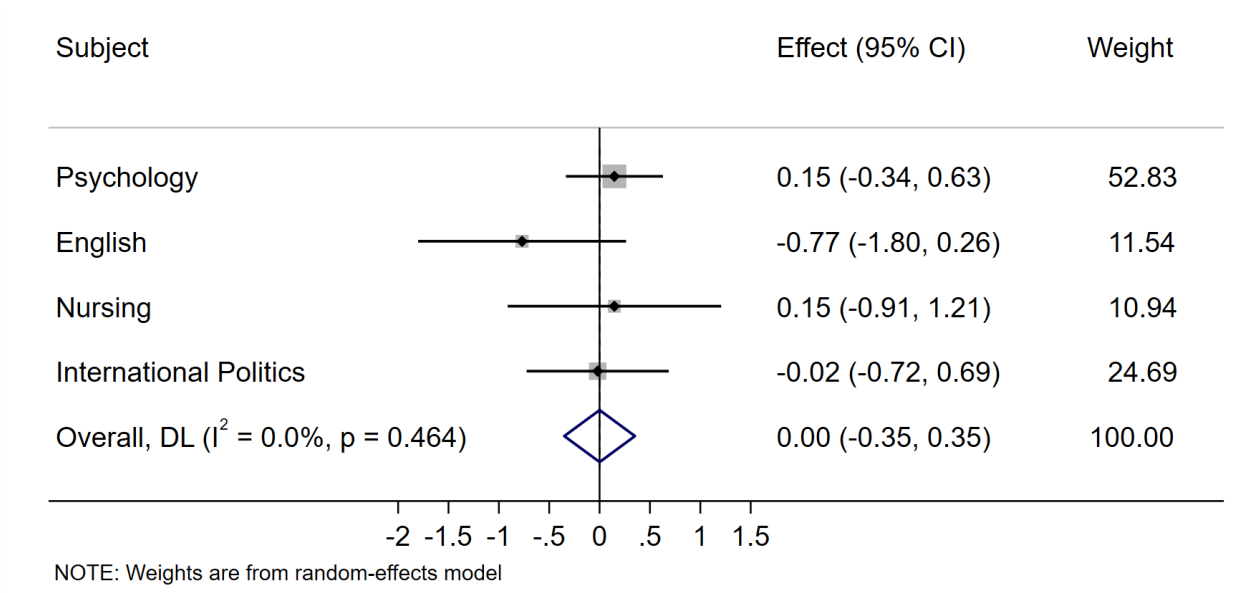


Figure S5. Forest plot for random-effects meta-analysis of standardised mean difference in self-esteem (SISE) of university students comparing intervention versus control groups.

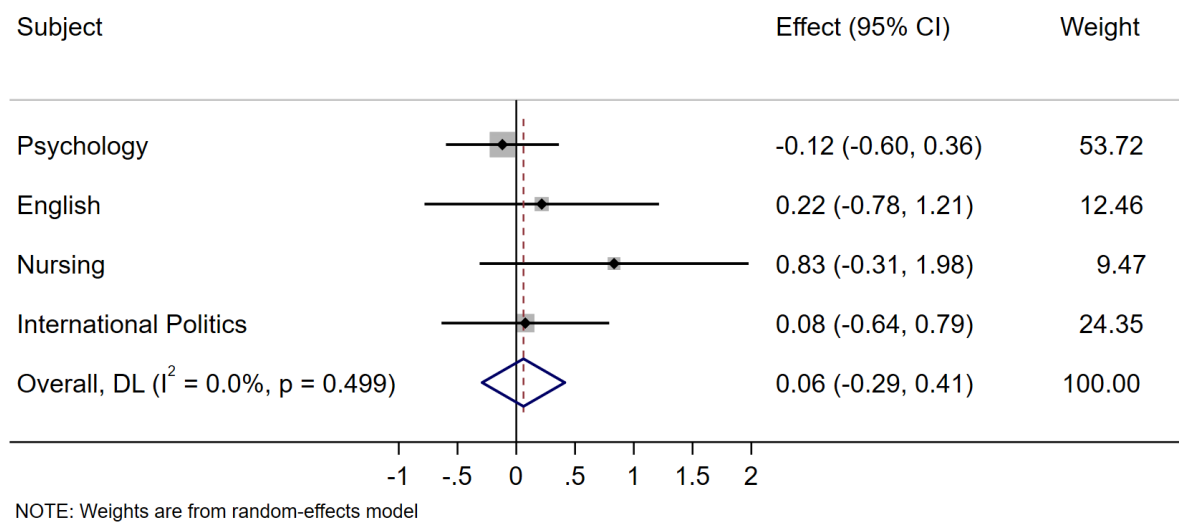


Figure S6. Forest plot for random-effects meta-analysis of standardised mean difference in deep learning (R-SPQ-2F) of university students comparing intervention versus control groups.

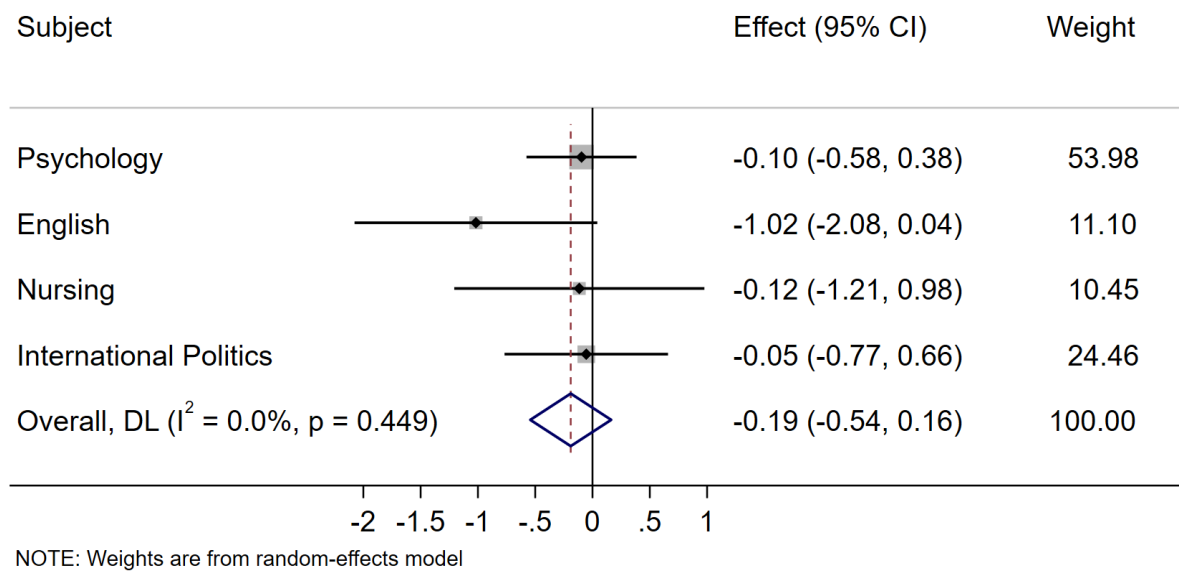


Figure S7. Forest plot for random-effects meta-analysis of standardised mean difference in surface learning (R-SPQ-2F) of university students comparing intervention versus control groups.