

## Supplementary Materials

**Table S1.** Data for each question item in the positive mood indicator.<sup>1,2</sup>

PANAS 'Positive affect'	Before intervention		During intervention	
	Placebo	L. helveticus	Placebo	L. helveticus
Active	3.5 ± 1.1	3.7 ± 1.1	3.2 ± 0.8	3.9 ± 1.0*
Proud	2.3 ± 0.9	3.1 ± 1.1*	2.5 ± 0.8	3.2 ± 1.2
Strong	2.9 ± 1.1	3.0 ± 1.3	2.6 ± 0.8	3.0 ± 1.2
Determined	3.2 ± 1.1	3.2 ± 1.2	2.9 ± 0.9	3.2 ± 1.2
Inspired	2.8 ± 1.2	3.1 ± 1.2	2.9 ± 0.8	3.5 ± 1.2
Excited	3.4 ± 1.4	4.1 ± 1.1	3.0 ± 1.1	4.0 ± 1.1*
Alert	2.8 ± 0.9	2.9 ± 1.2	2.8 ± 0.6	3.0 ± 0.9
Enthusiastic	2.2 ± 1.0	2.4 ± 1.0	2.4 ± 1.1	2.6 ± 0.9

<sup>1</sup> Values are means ± standard deviation of the mean.

<sup>2</sup> Scores of each group before and during intervention were compared by Student's t-test.

\* P < 0.05 between the two groups.

**Table S2.** Correlation analysis of the 'Friendliness' score with lifestyle responses.<sup>1,2</sup>

	Pearson's coefficient of correlation	<i>p</i> value
Age	0.114	0.268
Sex	-0.067	0.515
One-person households	-0.086	0.404
Having part-time jobs	0.225	0.027
Habitual yogurt intake	0.065	0.526

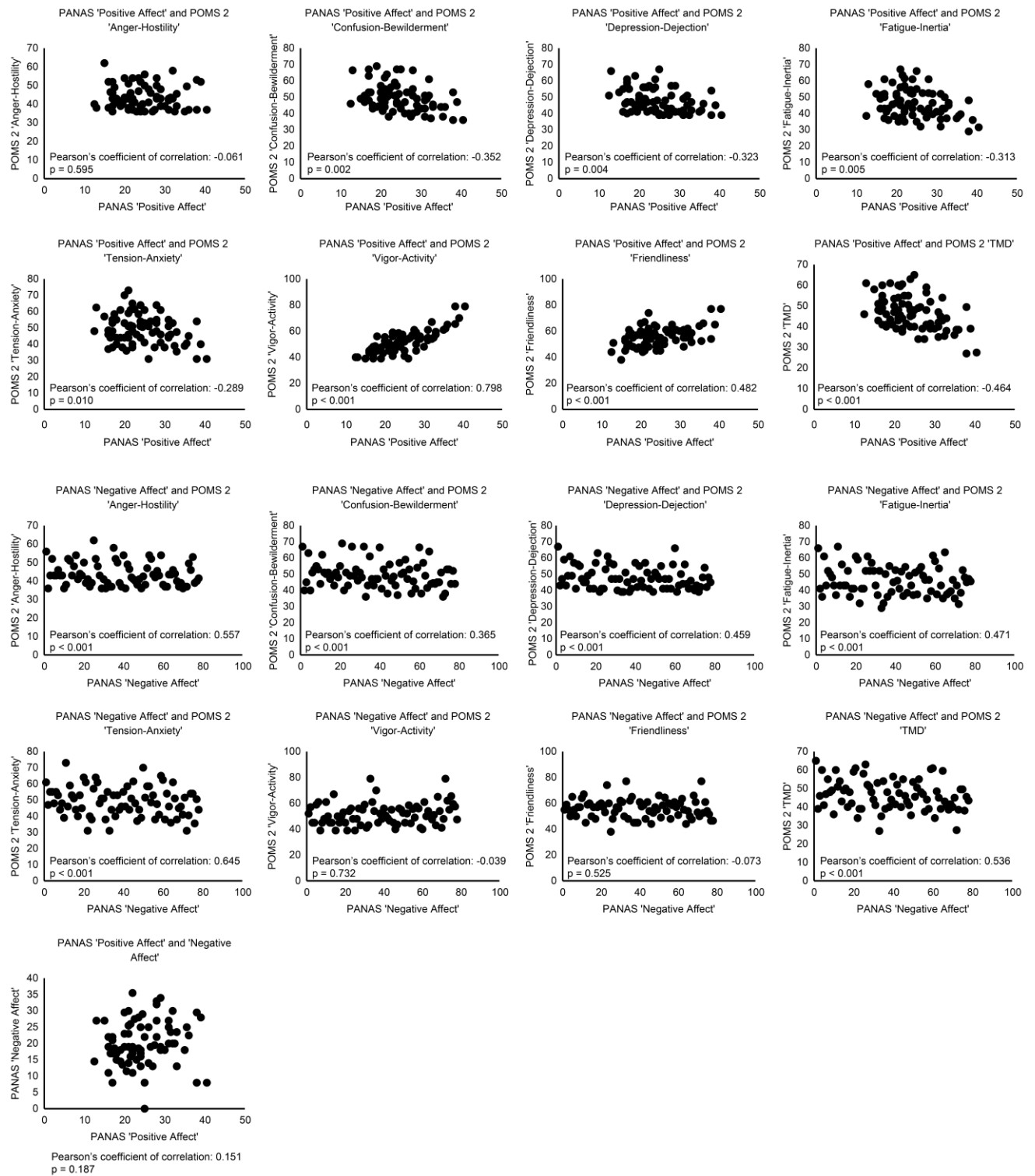
<sup>1</sup> Baseline scores from the current and previous studies [17] were used.

<sup>2</sup> Pearson's correlation analysis was performed. Smoking was excluded from the analysis because it was not suitable for inclusion due to the small number (total of 3 cases) of occurrences.

**Table S3.** Comparison of percentages of subjects with part-time jobs.<sup>1</sup>

	Current study	Previous study [17]	<i>p</i> value
Having part-time jobs (n, %)	21 (53.8 %)	19 (32.8 %)	0.039

<sup>1</sup> Chi-square test performed.



**Figure S1.** Correlation between PANAS and POMS2 items.  
 Pearson's correlation coefficients and significance probabilities were calculated for each of the PANAS and POMS 2 items.