**Supplement Table 1**

*Preliminary Analyses for Demographic Differences in Reaction and Learning Variables*

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|  | Attendance | Engagement | Program evaluation | Facilitator evaluation | Program enjoyment | Transfer intention | Mental skills |
| Gender | *F*(3, 270) = .58, *p* = .626, ηp2 = .01, observed power = 17% | *F*(3, 270) = 1.42, *p* = .238, ηp2 = .02, observed power = 37% | *F*(3, 104) = 1.35, *p* = .262, ηp2 = .04, observed power = 35% | *F*(3, 104) = 1.39, *p* = .252, ηp2 = .04, observed power = 36% | *F*(3, 104) = .56, *p* = .640, ηp2 = .02, observed power = 16% | *F*(3, 99) = .59, *p* = .625, ηp2 = .02, observed power = 17% | Pillai’s Trace = .12, *F*(18, 276) = .60, *p* = .900, ηp2 = .04, observed power = 43% |
| Ethnicity | *F*(5, 261) = .89, *p* = .491, ηp2 = .02, observed power = 32% | *F*(5, 260) = 1.56, *p* = .172, ηp2 = .03, observed power = 54% | *F*(4, 94) = .60, *p* = .665, ηp2 = .03, observed power = 19% | *F*(4, 94) = .13, *p* = .973, ηp2 = .01, observed power = 8% | *F*(4, 94) = .49, *p* = .746, ηp2 = .02, observed power = 16% | *F*(4, 90) = 1.11, *p* = .357, ηp2 = .05, observed power = 34% | Pillai’s Trace = .15, *F*(24, 336) = .56, *p* = .956, ηp2 = .04, observed power = 48% |
| Social inclusion | *F*(3, 249) = .89, *p* = .897, ηp2 = .01, observed power = 8% | *F*(3, 249) = 3.11,*p* = .027\*, ηp2 = .04, observed power = 72% | *F*(3, 87) = 2.12, *p* = .104, ηp2 = .07, observed power = 52% | *F*(3, 87) = 1.27, *p* = .289, ηp2 = .04, observed power = 33% | *F*(3, 87) = 3.13,*p* = .030\*, ηp2 = .10, observed power = 71% | *F*(3, 83) = 2.33, *p* = .080, ηp2 = .08, observed power = 57% | Pillai’s Trace = .30, *F*(18, 231) = 1.42, *p* = .124, ηp2 = .10, observed power = 88% |
| Learning difficulty | *F*(2, 193) = 3.10, *p* = .047\*, ηp2 = .03, observed power = 59% | *F*(2, 193) = .81, *p* = .447, ηp2 = .01, observed power = 19% | *F*(2, 63) = .17, *p* = .848, ηp2 = .01, observed power = 7% | *F*(2, 63) = .47, *p* = .625, ηp2 = .02, observed power = 12% | *F*(2, 63) = 1.75, *p* = .183, ηp2 = .05, observed power = 35% | *F*(2, 61) = 1.44, *p* = .246, ηp2 = .05, observed power = 30% | Pillai’s Trace = .18, *F*(12, 110) = .89, *p* = .564, ηp2 = .09, observed power = 49% |

*Note.* \*Became non-significant after Benjamini-Hochberg correction.