S6 Table. Basic model for wellbeing response using cases with complete predictor information

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| **Fixed effect** | **Coefficient (SE)** | ***p*-value** |
| (Intercept, β0) |  |  |
| γ00 | -6.21e-02 (4.10e-02) | 0.13 |
| Control phase (β1) |  |  |
| γ10 | 1.87e-03 (2.01e-02) | 0.93 |
| Intervention phase (β2) |  |  |
| γ20 | 0.10 (2.00e-02) | 4.14e-07† |
| Follow-up phase (β3) |  |  |
| γ30 | 3.36e-02 (2.12e-02) | 0.11 |
| **Random parameter** | **SD** | |
| Level 1: |  |  |
| Residual error (ei) | 0.15 |  |
| Level 2: |  |  |
| Intercept | 0.56 |  |
| Control phase | 0.11 |  |
| Intervention phase | 0.11 |  |
| Follow-up phase | 0.16 |  |
| Level 3: |  |  |
| Intercept (U0) | 0.69 |  |
| Control phase (U1) | 0.44 |  |
| Intervention phase (U2) | 0.44 |  |
| Follow-up phase (U3) | 0.44 |  |
| AIC | 4315.29 |  |
| BIC | 4461.97 |  |
| logLik | -2132.645 |  |

\*p<.05, \*\*p<.01, \*\*\*p<.001, †p<0.0125 (Bonferroni)

N= 654 twins in 360 families, 2610 observations

*Note*. Basic piecewise hierarchical linear mixed model predicting changes in wellbeing. 3 levels incorporating repeated measures nested in twins nested in families. Individuals who had missing values for any of the predictor variables added into the interaction model as displayed in S5 Table were excluded to check the effect of discrepancies in observations used. Comparing this current results table with the basic model results as displayed in S3 Table, results were very similar, with a significant improvement in wellbeing during the intervention phase.