Table S3. Summary data for  $\Delta_{PRI}, \Delta_{SEC}, \Delta_{A}$ 

|   | $\Delta_{ m PRI}$ FTF | $\Delta_{PRI}$ TCON | $\Delta_{ m SEC}$ FTF   | $\Delta_{ m SEC}$ TCON | $\Delta_{\Lambda}$ FTF | $\Delta_{A}$ TCON   |
|---|-----------------------|---------------------|-------------------------|------------------------|------------------------|---------------------|
| Average Value   | -0.11                 | -0.08               | -0.10                   | -0.08                  | -0.09                  | -0.10               |
| Median Value  | 0.00                  | 0.00                | 0.00                    | 0.00                   | -0.07                  | -0.07               |
| Range of Values   | -1.5 to 2.0           | -1.2 to 1.1         | 1.5 to 2.4              | -2.4 to 1.0            | -1.1 to 1.0            | -1.0 to 0.7         |
| % of scores that improved $(+\Delta)$ / average / median  | 18.5% / 0.4 /<br>0.3  | 13.2% / 0.3 / 0.3   | 20.0% / 0.5 /<br>0.3    | 17.5% / 0.3 /<br>0.3   | 26.2% / 0.3 /<br>0.2   | 20.8% / 0.2 / 0.1   |
| % of scores that stayed the same $(\Delta = 0)$           | 38.8%                 | 55.7%               | 41.5%                   | 51.9%                  | 20.4%                  | 22.6%               |
| % of scores that became worse (-<br>Δ) / average / median | 42.7% / -0.4 / -      | 31.1% / -0.4 / -    | 38.5% / -0.5 / -<br>0.4 | 30.7% / -0.4 / -       | 53.5% / -0.3 / -       | 56.6% / -0.2 / -0.2 |
| % of Δ in high / moderate / low                           | 10.8% / 28.5% /       | 6.6% / 18.9% /      | 15.4% / 26.5% /         | 8.0% / 20.3 % /        | 8.5% / 26.5% /         | 3.3% / 22.2% /      |
| ranges  | 21.9%                 | 18.9%               | 16.5%                   | 19.8%                  | 44.6%                  | 51.9%               |

high shift = (>|0.5|; moderate shift = |0.3| to |0.5|; low shift = |0.1| to |0.2|  $\Delta = 0$  is included in row labeled "% of scores that stayed the same ( $\Delta = 0$ )"

FTF = face-to-face; TCON = teleconference