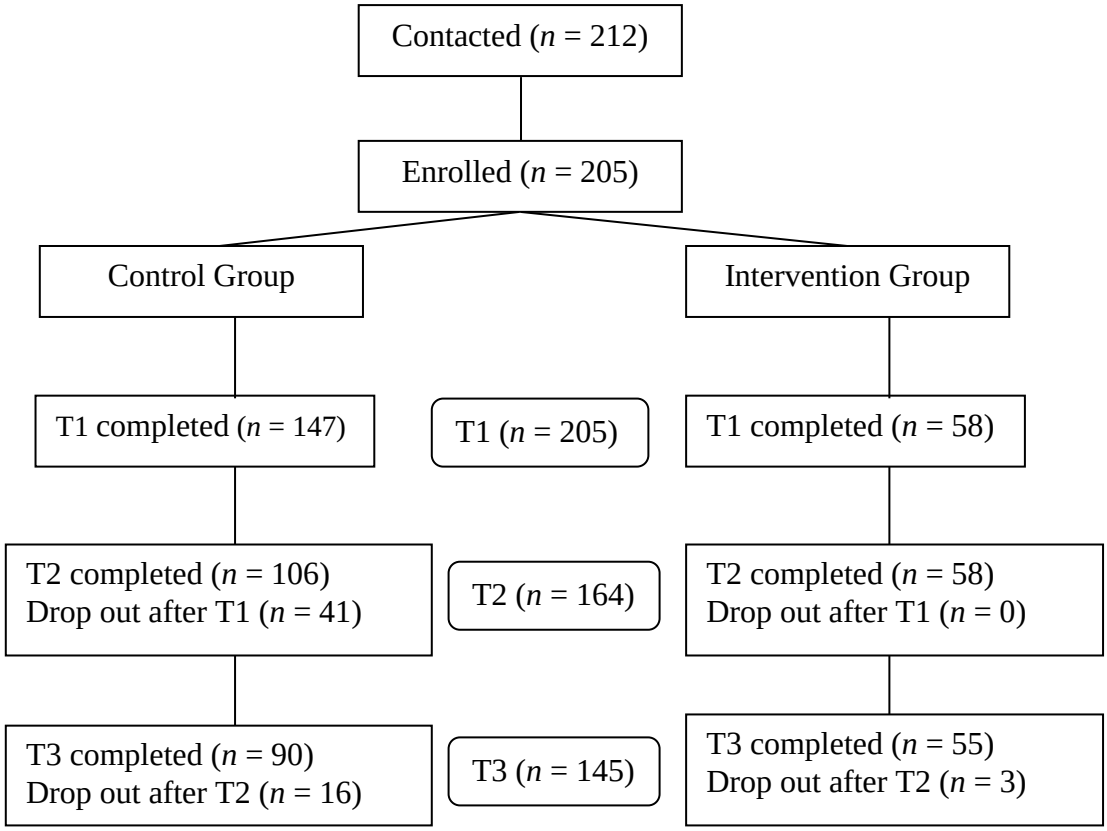
Participant Flow:



Baseline characteristics:

	Control group (*n* = 147)		Intervention group (*n* = 58)	
Variable	*N*	%	*N*	%
Age				
years (*M, SD*)	55.16	10.44	52.17	8.71
Education				
Primary school	43	29.3	16	27.6
Some high school	36	24.5	15	25.9
High school graduate	25	17.0	11	19.0
College/university graduate	31	21.1	14	24.1
Graduate degree	12	8.2	2	3.4
Employment status				
Full-time	68	46.3	32	55.2
Unemployed	30	20.4	16	27.6
Retired	41	27.9	5	8.6
Housewife	8	5.4	5	8.6
Marital status				
Married/ partnered	102	69.4	41	70.7
Divorced/ separated	16	10.9	9	15.5
Widowed	14	9.5	3	5.2
Single	15	10.2	5	8.6
Family income				
Under 10.000€	61	41.5	25	43.1
10.000€ - 20.000€	40	27.2	19	32.8
20.001€ - 37.500€	24	16.3	9	15.5
37.501€ - 70.000€	10	6.8	1	1.7
Over 70.000€	6	4.1	1	1.7
Not reported	6	4.1	3	5.2
Time since diagnosis				
Months (*M, SD*)	19.35	27.31	15.05	13.59
Phase of treatment				
On chemotherapy	24	16.3	14	24.1
On radiotherapy	13	8.8	6	10.3
On hormonal therapy	93	63.3	27	46.6
On biological therapy	14	9.5	6	10.3
On clinical surveillance	11	7.5	8	13.8
Breast cancer stage				
1	31	21.1	9	15.5
2	43	29.3	25	43.1
3	22	15.0	9	15.5
No data	49	33.3	12	20.7

M, Mean; SD, Standard Deviation.

Outcome Measures:

Variable	Assessment	CG (n = 90) (M, DP)	IG (n = 55) (M, DP)	Interaction Group * Assessment			
				F	p	Contrast	
						Assessment	p
PTG	T1	1.92 (1.20)	3.29 (1.04)	2.64	.079	T1-T3	.155
	T2	3.05 (1.08)	3.77 (.72)				
	T3	3.01 (1.14)	3.55 (.85)			T2-T3	.122
PTSD	T1	2.04 (.91)	2.47 (1.00)	3.11	.050	T1-T3	.106
	T2	2.27 (.94)	2.66 (.92)				
	T3	2.03 (.89)	2.16 (.85)			T2-T3	.004

Note. PTG – Posttraumatic Growth; PTSD – Posttraumatic Stress Disorder.

Adverse Events:

There were no adverse events associated with this trial.