

Supplementary Materials

Manuscript title:
What Explains Personality Change Intervention Effects?

Supplementary Tables

Table S1

Internal consistencies

Trait	α (current)	α (ideal)	ω_t (current)	ω_t (ideal)	ω_h (current)	ω_h (ideal)
<i>Study 1</i>						
Life Satisfaction	0.860		0.890		0.720	
Meaning in Life	0.918		0.924		0.891	
Self-Esteem	0.904		0.921		0.704	
Self-Concept Clarity	0.879		0.900		0.748	
Extraversion	0.831	0.695	0.867	0.754	0.639	0.462
Agreeableness	0.777	0.768	0.831	0.822	0.573	0.636
Conscientiousness	0.876	0.793	0.899	0.827	0.726	0.682
Neuroticism	0.894	0.762	0.913	0.808	0.733	0.674
Openness	0.777	0.718	0.834	0.797	0.580	0.554
<i>Study 2</i>						
Life Satisfaction	0.881		0.897		0.794	
Meaning in Life	0.927		0.934	(not converged)		
Self-Esteem	0.908		0.925		0.718	
Self-Concept Clarity	0.902		0.919		0.848	
Extraversion	0.835	0.697	0.872	0.746	0.651	0.512
Agreeableness	0.779	0.775	0.836	0.830	0.521	0.654
Conscientiousness	0.878	0.813	0.903	0.854	0.699	0.692
Neuroticism	0.901	0.781	0.918	0.828	0.771	0.692
Openness	0.814	0.769	0.856	0.826	0.618	0.579
<i>Study 3</i>						
Life Satisfaction	0.874		0.895		0.827	
Meaning in Life	0.918		0.932		0.875	
Self-Esteem	0.908		0.936		0.832	
Self-Concept Clarity	0.893		0.914		0.863	
Extraversion	0.862	0.730	0.894	0.773	0.688	0.481
Agreeableness	0.790	0.740	0.843	0.805	0.585	0.594
Conscientiousness	0.872	0.732	0.897	0.797	0.687	0.572
Neuroticism	0.913	0.750	0.927	0.804	0.758	0.555
Openness	0.813	0.745	0.855	0.808	0.693	0.601

Note. α = Cronbach's alpha, ω_t = McDonald's omega total (McNeish, 2018; Revelle, 2021), ω_h = omega hierarchical. Some of the omega computations for the well-being measures only converged with error messages (or did not converge in the case of meaning in life in Study 2). These constructs were not necessarily intended to be tested in this multidimensional manner for internal consistency. For internal consistency of the facets, see html-documents section 5.3 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6.

Table S2*Current- and Ideal-Self Trait Mean Levels Across Intervention Groups and Time in Study 1*

Trait	Reference	Group	Time	N	M [95% CI]	SD
Extraversion	Current Self	Self-Acceptance	1	342	2.80 [2.72; 2.87]	0.74
Extraversion	Current Self	Self-Acceptance	2	326	2.96 [2.89; 3.04]	0.71
Extraversion	Current Self	Self-Improvement	1	362	2.79 [2.72; 2.86]	0.68
Extraversion	Current Self	Self-Improvement	2	338	2.93 [2.86; 3.00]	0.68
Extraversion	Ideal Self	Self-Acceptance	1	342	3.92 [3.87; 3.97]	0.48
Extraversion	Ideal Self	Self-Acceptance	2	326	3.89 [3.84; 3.94]	0.45
Extraversion	Ideal Self	Self-Improvement	1	362	3.89 [3.84; 3.94]	0.50
Extraversion	Ideal Self	Self-Improvement	2	338	3.87 [3.81; 3.92]	0.53
Sociability	Current Self	Self-Acceptance	1	342	2.47 [2.37; 2.58]	1.00
Sociability	Current Self	Self-Acceptance	2	326	2.66 [2.55; 2.76]	0.96
Sociability	Current Self	Self-Improvement	1	362	2.43 [2.34; 2.53]	0.94
Sociability	Current Self	Self-Improvement	2	338	2.60 [2.51; 2.70]	0.91
Sociability	Ideal Self	Self-Acceptance	1	342	3.79 [3.72; 3.87]	0.70
Sociability	Ideal Self	Self-Acceptance	2	326	3.70 [3.63; 3.77]	0.68
Sociability	Ideal Self	Self-Improvement	1	362	3.72 [3.65; 3.79]	0.70
Sociability	Ideal Self	Self-Improvement	2	338	3.67 [3.59; 3.75]	0.72
Assertiveness	Current Self	Self-Acceptance	1	342	2.85 [2.75; 2.94]	0.89
Assertiveness	Current Self	Self-Acceptance	2	326	2.98 [2.88; 3.07]	0.87
Assertiveness	Current Self	Self-Improvement	1	362	2.88 [2.79; 2.96]	0.84
Assertiveness	Current Self	Self-Improvement	2	338	2.95 [2.86; 3.04]	0.84
Assertiveness	Ideal Self	Self-Acceptance	1	342	3.84 [3.77; 3.91]	0.69
Assertiveness	Ideal Self	Self-Acceptance	2	326	3.79 [3.72; 3.86]	0.67
Assertiveness	Ideal Self	Self-Improvement	1	362	3.82 [3.75; 3.88]	0.66
Assertiveness	Ideal Self	Self-Improvement	2	338	3.76 [3.69; 3.84]	0.70
Energy	Current Self	Self-Acceptance	1	342	3.06 [2.97; 3.16]	0.87
Energy	Current Self	Self-Acceptance	2	326	3.26 [3.16; 3.35]	0.87
Energy	Current Self	Self-Improvement	1	362	3.06 [2.97; 3.14]	0.84
Energy	Current Self	Self-Improvement	2	338	3.23 [3.14; 3.32]	0.84
Energy	Ideal Self	Self-Acceptance	1	342	4.13 [4.06; 4.20]	0.63
Energy	Ideal Self	Self-Acceptance	2	326	4.19 [4.13; 4.25]	0.58
Energy	Ideal Self	Self-Improvement	1	362	4.14 [4.07; 4.20]	0.65
Energy	Ideal Self	Self-Improvement	2	338	4.16 [4.10; 4.23]	0.65
Agreeableness	Current Self	Self-Acceptance	1	342	3.55 [3.49; 3.62]	0.62
Agreeableness	Current Self	Self-Acceptance	2	326	3.63 [3.56; 3.69]	0.60

Agreeableness	Current Self	Self-Improvement	1	362	3.56 [3.50; 3.62]	0.60
Agreeableness	Current Self	Self-Improvement	2	338	3.66 [3.60; 3.72]	0.59
Agreeableness	Ideal Self	Self-Acceptance	1	342	4.02 [3.96; 4.08]	0.56
Agreeableness	Ideal Self	Self-Acceptance	2	326	4.01 [3.95; 4.07]	0.55
Agreeableness	Ideal Self	Self-Improvement	1	362	4.01 [3.96; 4.07]	0.54
Agreeableness	Ideal Self	Self-Improvement	2	338	4.06 [4.00; 4.12]	0.54
Compassion	Current Self	Self-Acceptance	1	342	3.67 [3.59; 3.75]	0.77
Compassion	Current Self	Self-Acceptance	2	326	3.73 [3.65; 3.80]	0.72
Compassion	Current Self	Self-Improvement	1	362	3.70 [3.62; 3.77]	0.73
Compassion	Current Self	Self-Improvement	2	338	3.77 [3.70; 3.85]	0.69
Compassion	Ideal Self	Self-Acceptance	1	342	3.96 [3.88; 4.03]	0.73
Compassion	Ideal Self	Self-Acceptance	2	326	3.96 [3.88; 4.04]	0.71
Compassion	Ideal Self	Self-Improvement	1	362	3.93 [3.85; 4.00]	0.71
Compassion	Ideal Self	Self-Improvement	2	338	3.98 [3.91; 4.06]	0.71
Respectfulness	Current Self	Self-Acceptance	1	342	3.95 [3.87; 4.03]	0.75
Respectfulness	Current Self	Self-Acceptance	2	326	4.02 [3.95; 4.10]	0.73
Respectfulness	Current Self	Self-Improvement	1	362	3.92 [3.84; 4.00]	0.77
Respectfulness	Current Self	Self-Improvement	2	338	4.00 [3.92; 4.07]	0.71
Respectfulness	Ideal Self	Self-Acceptance	1	342	4.37 [4.31; 4.43]	0.58
Respectfulness	Ideal Self	Self-Acceptance	2	326	4.37 [4.31; 4.44]	0.62
Respectfulness	Ideal Self	Self-Improvement	1	362	4.37 [4.31; 4.43]	0.62
Respectfulness	Ideal Self	Self-Improvement	2	338	4.40 [4.34; 4.46]	0.57
Trust	Current Self	Self-Acceptance	1	342	3.04 [2.95; 3.13]	0.83
Trust	Current Self	Self-Acceptance	2	326	3.13 [3.04; 3.22]	0.81
Trust	Current Self	Self-Improvement	1	362	3.07 [2.98; 3.15]	0.81
Trust	Current Self	Self-Improvement	2	338	3.22 [3.13; 3.30]	0.80
Trust	Ideal Self	Self-Acceptance	1	342	3.74 [3.66; 3.82]	0.73
Trust	Ideal Self	Self-Acceptance	2	326	3.71 [3.63; 3.79]	0.72
Trust	Ideal Self	Self-Improvement	1	362	3.74 [3.67; 3.82]	0.72
Trust	Ideal Self	Self-Improvement	2	338	3.79 [3.72; 3.87]	0.72
Conscientiousness	Current Self	Self-Acceptance	1	342	3.32 [3.24; 3.41]	0.80
Conscientiousness	Current Self	Self-Acceptance	2	326	3.47 [3.39; 3.56]	0.80
Conscientiousness	Current Self	Self-Improvement	1	362	3.38 [3.31; 3.46]	0.76
Conscientiousness	Current Self	Self-Improvement	2	338	3.52 [3.44; 3.59]	0.72
Conscientiousness	Ideal Self	Self-Acceptance	1	342	4.39 [4.34; 4.45]	0.50
Conscientiousness	Ideal Self	Self-Acceptance	2	326	4.42 [4.37; 4.47]	0.47
Conscientiousness	Ideal Self	Self-Improvement	1	362	4.39 [4.34; 4.44]	0.49
Conscientiousness	Ideal Self	Self-Improvement	2	338	4.41 [4.36; 4.46]	0.46

Organization	Current Self	Self-Acceptance	1	342	3.43 [3.31; 3.54]	1.05
Organization	Current Self	Self-Acceptance	2	326	3.55 [3.44; 3.66]	1.02
Organization	Current Self	Self-Improvement	1	362	3.49 [3.39; 3.60]	1.02
Organization	Current Self	Self-Improvement	2	338	3.64 [3.54; 3.75]	0.94
Organization	Ideal Self	Self-Acceptance	1	342	4.41 [4.35; 4.47]	0.57
Organization	Ideal Self	Self-Acceptance	2	326	4.42 [4.36; 4.48]	0.55
Organization	Ideal Self	Self-Improvement	1	362	4.39 [4.33; 4.46]	0.60
Organization	Ideal Self	Self-Improvement	2	338	4.46 [4.40; 4.52]	0.56
Productiveness	Current Self	Self-Acceptance	1	342	3.09 [2.99; 3.19]	0.92
Productiveness	Current Self	Self-Acceptance	2	326	3.28 [3.18; 3.39]	0.94
Productiveness	Current Self	Self-Improvement	1	362	3.16 [3.07; 3.25]	0.90
Productiveness	Current Self	Self-Improvement	2	338	3.33 [3.24; 3.42]	0.85
Productiveness	Ideal Self	Self-Acceptance	1	342	4.51 [4.46; 4.57]	0.55
Productiveness	Ideal Self	Self-Acceptance	2	326	4.56 [4.50; 4.61]	0.51
Productiveness	Ideal Self	Self-Improvement	1	362	4.50 [4.44; 4.56]	0.59
Productiveness	Ideal Self	Self-Improvement	2	338	4.53 [4.47; 4.58]	0.53
Responsibility	Current Self	Self-Acceptance	1	342	3.45 [3.37; 3.54]	0.80
Responsibility	Current Self	Self-Acceptance	2	326	3.58 [3.50; 3.67]	0.77
Responsibility	Current Self	Self-Improvement	1	362	3.50 [3.42; 3.58]	0.78
Responsibility	Current Self	Self-Improvement	2	338	3.58 [3.49; 3.66]	0.78
Responsibility	Ideal Self	Self-Acceptance	1	342	4.26 [4.19; 4.33]	0.65
Responsibility	Ideal Self	Self-Acceptance	2	326	4.29 [4.22; 4.36]	0.62
Responsibility	Ideal Self	Self-Improvement	1	362	4.27 [4.21; 4.34]	0.62
Responsibility	Ideal Self	Self-Improvement	2	338	4.26 [4.19; 4.32]	0.62
Neuroticism	Current Self	Self-Acceptance	1	342	3.31 [3.22; 3.40]	0.84
Neuroticism	Current Self	Self-Acceptance	2	326	3.13 [3.04; 3.22]	0.84
Neuroticism	Current Self	Self-Improvement	1	362	3.29 [3.20; 3.37]	0.85
Neuroticism	Current Self	Self-Improvement	2	338	3.08 [2.99; 3.17]	0.83
Neuroticism	Ideal Self	Self-Acceptance	1	342	1.75 [1.70; 1.80]	0.46
Neuroticism	Ideal Self	Self-Acceptance	2	326	1.76 [1.71; 1.81]	0.47
Neuroticism	Ideal Self	Self-Improvement	1	362	1.77 [1.72; 1.82]	0.52
Neuroticism	Ideal Self	Self-Improvement	2	338	1.72 [1.67; 1.78]	0.51
Anxiety	Current Self	Self-Acceptance	1	342	3.60 [3.51; 3.70]	0.89
Anxiety	Current Self	Self-Acceptance	2	326	3.48 [3.38; 3.58]	0.90
Anxiety	Current Self	Self-Improvement	1	362	3.59 [3.49; 3.68]	0.91
Anxiety	Current Self	Self-Improvement	2	338	3.39 [3.30; 3.48]	0.86
Anxiety	Ideal Self	Self-Acceptance	1	342	1.94 [1.88; 2.01]	0.62
Anxiety	Ideal Self	Self-Acceptance	2	326	1.97 [1.90; 2.04]	0.62

Anxiety	Ideal Self	Self-Improvement	1	362	2.00 [1.92; 2.07]	0.70
Anxiety	Ideal Self	Self-Improvement	2	338	1.91 [1.84; 1.97]	0.64
Depression	Current Self	Self-Acceptance	1	342	3.23 [3.11; 3.34]	1.04
Depression	Current Self	Self-Acceptance	2	326	2.96 [2.85; 3.07]	1.02
Depression	Current Self	Self-Improvement	1	362	3.20 [3.10; 3.30]	0.98
Depression	Current Self	Self-Improvement	2	338	2.95 [2.84; 3.05]	1.00
Depression	Ideal Self	Self-Acceptance	1	342	1.53 [1.47; 1.58]	0.51
Depression	Ideal Self	Self-Acceptance	2	326	1.50 [1.45; 1.56]	0.52
Depression	Ideal Self	Self-Improvement	1	362	1.54 [1.48; 1.60]	0.58
Depression	Ideal Self	Self-Improvement	2	338	1.51 [1.45; 1.57]	0.56
Volatility	Current Self	Self-Acceptance	1	342	3.09 [2.98; 3.20]	1.03
Volatility	Current Self	Self-Acceptance	2	326	2.96 [2.85; 3.06]	0.99
Volatility	Current Self	Self-Improvement	1	362	3.08 [2.97; 3.18]	1.01
Volatility	Current Self	Self-Improvement	2	338	2.90 [2.79; 3.00]	0.98
Volatility	Ideal Self	Self-Acceptance	1	342	1.78 [1.71; 1.84]	0.59
Volatility	Ideal Self	Self-Acceptance	2	326	1.80 [1.74; 1.87]	0.62
Volatility	Ideal Self	Self-Improvement	1	362	1.77 [1.71; 1.83]	0.61
Volatility	Ideal Self	Self-Improvement	2	338	1.75 [1.68; 1.82]	0.63
Openness	Current Self	Self-Acceptance	1	342	3.65 [3.59; 3.72]	0.63
Openness	Current Self	Self-Acceptance	2	326	3.75 [3.68; 3.81]	0.61
Openness	Current Self	Self-Improvement	1	362	3.61 [3.55; 3.67]	0.59
Openness	Current Self	Self-Improvement	2	338	3.69 [3.63; 3.76]	0.63
Openness	Ideal Self	Self-Acceptance	1	342	4.10 [4.05; 4.16]	0.52
Openness	Ideal Self	Self-Acceptance	2	326	4.11 [4.05; 4.17]	0.54
Openness	Ideal Self	Self-Improvement	1	362	4.05 [3.99; 4.10]	0.53
Openness	Ideal Self	Self-Improvement	2	338	4.06 [4.01; 4.12]	0.53
Curiosity	Current Self	Self-Acceptance	1	342	3.77 [3.69; 3.85]	0.76
Curiosity	Current Self	Self-Acceptance	2	326	3.90 [3.82; 3.98]	0.71
Curiosity	Current Self	Self-Improvement	1	362	3.74 [3.66; 3.81]	0.75
Curiosity	Current Self	Self-Improvement	2	338	3.82 [3.73; 3.90]	0.76
Curiosity	Ideal Self	Self-Acceptance	1	342	4.09 [4.02; 4.16]	0.66
Curiosity	Ideal Self	Self-Acceptance	2	326	4.12 [4.05; 4.19]	0.64
Curiosity	Ideal Self	Self-Improvement	1	362	4.03 [3.96; 4.10]	0.69
Curiosity	Ideal Self	Self-Improvement	2	338	4.04 [3.97; 4.11]	0.69
Aesthetic	Current Self	Self-Acceptance	1	342	3.57 [3.48; 3.66]	0.84
Aesthetic	Current Self	Self-Acceptance	2	326	3.63 [3.54; 3.72]	0.79
Aesthetic	Current Self	Self-Improvement	1	362	3.50 [3.42; 3.58]	0.79
Aesthetic	Current Self	Self-Improvement	2	338	3.57 [3.49; 3.66]	0.81

Aesthetic	Ideal Self	Self-Acceptance	1	342	3.82 [3.74; 3.89]	0.71
Aesthetic	Ideal Self	Self-Acceptance	2	326	3.87 [3.79; 3.95]	0.73
Aesthetic	Ideal Self	Self-Improvement	1	362	3.81 [3.74; 3.88]	0.68
Aesthetic	Ideal Self	Self-Improvement	2	338	3.78 [3.71; 3.86]	0.73
Imagination	Current Self	Self-Acceptance	1	342	3.62 [3.54; 3.71]	0.83
Imagination	Current Self	Self-Acceptance	2	326	3.71 [3.62; 3.80]	0.81
Imagination	Current Self	Self-Improvement	1	362	3.58 [3.50; 3.66]	0.77
Imagination	Current Self	Self-Improvement	2	338	3.69 [3.60; 3.78]	0.82
Imagination	Ideal Self	Self-Acceptance	1	342	4.40 [4.34; 4.47]	0.61
Imagination	Ideal Self	Self-Acceptance	2	326	4.35 [4.28; 4.42]	0.63
Imagination	Ideal Self	Self-Improvement	1	362	4.31 [4.24; 4.38]	0.67
Imagination	Ideal Self	Self-Improvement	2	338	4.37 [4.30; 4.43]	0.61

Note. See Figure 2 and html-document section 7.4 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for a visualization of this table.

Table S3*Mean Levels of Well-Being Across Intervention Groups and Time in Study 1*

Trait	Group	Time	N	M [95% CI]	SD
Life Satisfaction	Self-Acceptance	1	340	2.65 [2.54; 2.75]	0.95
Life Satisfaction	Self-Acceptance	2	326	2.92 [2.81; 3.02]	0.98
Life Satisfaction	Self-Improvement	1	357	2.68 [2.58; 2.77]	0.92
Life Satisfaction	Self-Improvement	2	338	2.93 [2.82; 3.03]	0.98
Meaning in Life	Self-Acceptance	1	340	4.12 [3.95; 4.28]	1.52
Meaning in Life	Self-Acceptance	2	326	4.43 [4.26; 4.60]	1.58
Meaning in Life	Self-Improvement	1	357	4.05 [3.90; 4.20]	1.46
Meaning in Life	Self-Improvement	2	338	4.54 [4.38; 4.70]	1.51
Self-Esteem	Self-Acceptance	1	340	3.14 [3.04; 3.23]	0.9
Self-Esteem	Self-Acceptance	2	326	3.46 [3.37; 3.56]	0.89
Self-Esteem	Self-Improvement	1	357	3.14 [3.06; 3.23]	0.82
Self-Esteem	Self-Improvement	2	338	3.45 [3.36; 3.54]	0.86
Self-Concept Clarity	Self-Acceptance	1	340	2.94 [2.85; 3.03]	0.84
Self-Concept Clarity	Self-Acceptance	2	326	3.15 [3.05; 3.24]	0.86
Self-Concept Clarity	Self-Improvement	1	357	2.95 [2.87; 3.03]	0.8
Self-Concept Clarity	Self-Improvement	2	338	3.22 [3.13; 3.31]	0.85

Note. See Figure 3 and html-document section 7.4 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for a visualization of this table.

Table S4*Change in Squared Differences Between Current and Ideal Personality Ratings (T1 to T2) in Study 1*

Trait	Estimate [95% CI]	<i>t</i> -statistic	<i>p</i> -value	<i>d</i>
<i>Domains</i>				
Extraversion	-0.504 [-0.632; -0.376]	-7.743	< .001	-0.274
Agreeableness	-0.161 [-0.220; -0.102]	-5.348	< .001	-0.183
Conscientiousness	-0.323 [-0.448; -0.197]	-5.037	< .001	-0.176
Neuroticism	-0.672 [-0.860; -0.485]	-7.043	< .001	-0.192
Openness	-0.118 [-0.173; -0.064]	-4.269	< .001	-0.163
<i>Facets</i>				
Sociability	-0.814 [-1.010; -0.618]	-8.158	< .001	-0.268
Assertiveness	-0.491 [-0.661; -0.320]	-5.652	< .001	-0.214
Energy	-0.490 [-0.674; -0.307]	-5.238	< .001	-0.217
Compassion	-0.150 [-0.225; -0.075]	-3.933	< .001	-0.166
Respectfulness	-0.165 [-0.247; -0.082]	-3.930	< .001	-0.145
Trust	-0.354 [-0.490; -0.217]	-5.091	< .001	-0.195
Organization	-0.374 [-0.556; -0.193]	-4.056	< .001	-0.160
Productiveness	-0.529 [-0.722; -0.336]	-5.388	< .001	-0.184
Responsibility	-0.245 [-0.377; -0.114]	-3.659	< .001	-0.138
Anxiety	-0.699 [-0.975; -0.423]	-4.979	< .001	-0.151
Depression	-0.901 [-1.143; -0.660]	-7.331	< .001	-0.233
Volatility	-0.617 [-0.833; -0.402]	-5.618	< .001	-0.169
Curiosity	-0.156 [-0.245; -0.067]	-3.434	0.001	-0.145
Aesthetic	-0.129 [-0.216; -0.041]	-2.877	0.004	-0.152
Imagination	-0.238 [-0.369; -0.107]	-3.573	< .001	-0.118

Note. *d* = Cohen's *d* standardized effect size.

Table S5

Latent change score of personality in the self-improvement group and moderation by improvement goals or frequency of self-improvement behavior

Trait	Moderator	b_{main}	β_{main}	p_{main}	b_{mod}	β_{mod}	p_{mod}
<i>Study 1: Current-self</i>							
Extraversion	Goals	0.134	0.380	0.000	0.156	0.264	0.022
Extraversion	Frequency	0.132	0.381	0.000	0.038	0.080	0.361
Agreeableness	Goals	0.075	0.355	0.000	0.069	0.198	0.057
Agreeableness	Frequency	0.078	0.358	0.000	0.048	0.164	0.108
Conscientiousness	Goals	0.123	0.342	0.000	0.085	0.195	0.010
Conscientiousness	Frequency	0.124	0.342	0.000	0.064	0.130	0.079
Neuroticism	Goals	-0.211	-0.425	0.000	-0.070	-0.108	0.153
Neuroticism	Frequency	-0.211	-0.429	0.000	-0.077	-0.115	0.157
Openness	Goals	0.058	0.294	0.001	0.119	0.290	0.007
Openness	Frequency	0.056	0.291	0.002	0.068	0.254	0.032
<i>Study 1: Ideal-self</i>							
Extraversion	Goals	-0.029	-0.099	0.258	-0.002	-0.004	0.978
Extraversion	Frequency	-0.028	-0.095	0.277	0.034	0.086	0.412
Agreeableness	Goals	0.032	0.115	0.101	-0.039	-0.091	0.302
Agreeableness	Frequency	0.032	0.114	0.105	-0.005	-0.013	0.872
Conscientiousness	Goals	0.024	0.071	0.319	-0.007	-0.016	0.852
Conscientiousness	Frequency	0.024	0.071	0.320	-0.002	-0.004	0.958
Neuroticism	Goals	-0.042	-0.127	0.062	-0.006	-0.014	0.861
Neuroticism	Frequency	-0.042	-0.128	0.062	-0.067	-0.153	0.064
Openness	Goals	0.004	0.015	0.858	0.057	0.110	0.266
Openness	Frequency	0.003	0.013	0.876	0.035	0.100	0.296
<i>Study 2: Current-self</i>							
Extraversion	Goals	0.098	0.335	0.000	0.085	0.173	0.209
Extraversion	Frequency	0.096	0.333	0.001	0.113	0.265	0.005
Agreeableness	Goals	0.020	0.100	0.261	0.042	0.139	0.205
Agreeableness	Frequency	0.022	0.101	0.269	0.013	0.040	0.714
Conscientiousness	Goals	0.106	0.256	0.000	0.048	0.093	0.195
Conscientiousness	Frequency	0.103	0.252	0.000	0.043	0.072	0.398
Neuroticism	Goals	-0.179	-0.387	0.000	-0.106	-0.173	0.025
Neuroticism	Frequency	-0.180	-0.391	0.000	-0.035	-0.051	0.528
Openness	Goals	0.080	0.299	0.001	0.009	0.020	0.839
Openness	Frequency	0.077	0.291	0.001	0.041	0.106	0.288
<i>Study 2: Ideal-self</i>							
Extraversion	Goals	-0.019	-0.080	0.388	0.037	0.071	0.691
Extraversion	Frequency	-0.019	-0.079	0.393	0.035	0.103	0.351
Agreeableness	Goals	-0.030	-0.111	0.178	0.019	0.048	0.657
Agreeableness	Frequency	-0.030	-0.112	0.175	-0.032	-0.084	0.427

Conscientiousness	Goals	0.009	0.035	0.673	-0.046	-0.136	0.145
Conscientiousness	Frequency	0.010	0.037	0.658	0.031	0.082	0.323
Neuroticism	Goals	0.042	0.116	0.123	0.071	0.142	0.129
Neuroticism	Frequency	0.042	0.114	0.127	-0.004	-0.008	0.931
Openness	Goals	0.016	0.109	0.258	0.000	0.000	0.999
Openness	Frequency	0.017	0.110	0.259	0.011	0.049	0.659

Note. β = standardized effect size based on *std.all* estimate in *lavaan*; *main* = main effect, that is, the latent change score; *mod* = moderation effect (regression on the latent change score). For facet-level results, see html-documents section 6.6 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6.

Table S6

Latent change score of personality and moderation by acceptance goals or frequency of self-acceptance behavior in the self-acceptance group

Trait	Moderator	b_{main}	β_{main}	p_{main}	b_{mod}	β_{mod}	p_{mod}
<i>Study 1: Ideal-self</i>							
Extraversion	Goals	-0.038	-0.096	0.207	-0.059	-0.100	0.383
Extraversion	Frequency	-0.037	-0.096	0.210	0.012	0.023	0.788
Agreeableness	Goals	-0.012	-0.037	0.609	0.044	0.076	0.491
Agreeableness	Frequency	-0.011	-0.035	0.627	0.036	0.082	0.304
Conscientiousness	Goals	0.017	0.050	0.484	-0.001	-0.001	0.985
Conscientiousness	Frequency	0.018	0.051	0.476	0.024	0.048	0.558
Neuroticism	Goals	0.011	0.034	0.656	0.081	0.136	0.144
Neuroticism	Frequency	0.011	0.032	0.669	-0.018	-0.038	0.642
Openness	Goals	-0.013	-0.057	0.506	0.026	0.061	0.499
Openness	Frequency	-0.013	-0.056	0.515	0.022	0.065	0.493
<i>Study 1: Current-self</i>							
Extraversion	Goals	0.168	0.455	0.000	0.202	0.360	0.000
Extraversion	Frequency	0.166	0.452	0.000	0.203	0.372	0.000
Agreeableness	Goals	0.042	0.200	0.018	0.075	0.200	0.077
Agreeableness	Frequency	0.043	0.201	0.019	0.057	0.176	0.087
Conscientiousness	Goals	0.153	0.432	0.000	0.040	0.087	0.257
Conscientiousness	Frequency	0.153	0.436	0.000	0.147	0.272	0.002
Neuroticism	Goals	-0.183	-0.408	0.000	-0.119	-0.180	0.032
Neuroticism	Frequency	-0.182	-0.409	0.000	-0.222	-0.352	0.000
Openness	Goals	0.076	0.249	0.001	0.092	0.170	0.042
Openness	Frequency	0.074	0.246	0.001	0.141	0.327	0.000
<i>Study 2: Ideal-self</i>							
Extraversion	Goals	-0.020	-0.076	0.438	-0.042	-0.103	0.390
Extraversion	Frequency	-0.019	-0.072	0.465	0.010	0.026	0.823
Agreeableness	Goals	0.006	0.021	0.795	-0.017	-0.040	0.682
Agreeableness	Frequency	0.006	0.023	0.770	0.031	0.078	0.422
Conscientiousness	Goals	0.026	0.081	0.273	-0.056	-0.132	0.118
Conscientiousness	Frequency	0.027	0.085	0.248	0.060	0.131	0.111
Neuroticism	Goals	-0.007	-0.019	0.817	-0.014	-0.027	0.741
Neuroticism	Frequency	-0.006	-0.018	0.821	0.029	0.057	0.569
Openness	Goals	0.014	0.068	0.381	0.027	0.073	0.344
Openness	Frequency	0.015	0.069	0.368	0.010	0.032	0.717
<i>Study 2: Current-self</i>							
Extraversion	Goals	0.092	0.345	0.000	0.052	0.139	0.244
Extraversion	Frequency	0.089	0.342	0.000	0.041	0.108	0.310
Agreeableness	Goals	0.024	0.120	0.175	-0.048	-0.163	0.154
Agreeableness	Frequency	0.027	0.129	0.144	0.032	0.109	0.321

Conscientiousness	Goals	0.074	0.212	0.004	0.042	0.092	0.253
Conscientiousness	Frequency	0.074	0.213	0.004	0.029	0.057	0.478
Neuroticism	Goals	-0.176	-0.474	0.000	-0.010	-0.018	0.824
Neuroticism	Frequency	-0.176	-0.472	0.000	-0.118	-0.221	0.018
Openness	Goals	0.075	0.317	0.001	0.052	0.130	0.201
Openness	Frequency	0.076	0.317	0.001	0.059	0.168	0.179

Note. β = standardized effect size based on *std.all* estimate in *lavaan*; *main* = main effect, that is, the latent change score; *mod* = moderation effect (regression on the latent change score). For facet-level results, see html-documents section 6.7 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6.

Table S7*Current- and Ideal-Self Trait Mean Levels Across Intervention Groups and Time in Study 2*

Trait	Reference	Group	Time	N	M [95% CI]	SD
Extraversion	Current Self	Self-Improvement	1	338	2.78 [2.70; 2.85]	0.71
Extraversion	Current Self	Self-Improvement	2	293	2.90 [2.82; 2.97]	0.67
Extraversion	Current Self	Self-Improvement	3	262	2.92 [2.84; 3.00]	0.67
Extraversion	Current Self	Self-Acceptance	1	336	2.84 [2.77; 2.92]	0.73
Extraversion	Current Self	Self-Acceptance	2	284	2.95 [2.87; 3.03]	0.71
Extraversion	Current Self	Self-Acceptance	3	252	2.98 [2.89; 3.07]	0.71
Extraversion	Current Self	Waitlist-Control	1	174	2.80 [2.68; 2.91]	0.78
Extraversion	Current Self	Waitlist-Control	2	147	2.89 [2.77; 3.02]	0.76
Extraversion	Current Self	Waitlist-Control	3	125	2.92 [2.78; 3.07]	0.82
Extraversion	Ideal Self	Self-Improvement	1	338	3.91 [3.86; 3.96]	0.49
Extraversion	Ideal Self	Self-Improvement	2	293	3.90 [3.84; 3.96]	0.51
Extraversion	Ideal Self	Self-Improvement	3	262	3.88 [3.82; 3.94]	0.51
Extraversion	Ideal Self	Self-Acceptance	1	336	3.92 [3.87; 3.97]	0.48
Extraversion	Ideal Self	Self-Acceptance	2	284	3.90 [3.84; 3.95]	0.48
Extraversion	Ideal Self	Self-Acceptance	3	252	3.89 [3.83; 3.95]	0.47
Extraversion	Ideal Self	Waitlist-Control	1	174	3.92 [3.84; 4.00]	0.54
Extraversion	Ideal Self	Waitlist-Control	2	147	3.89 [3.80; 3.97]	0.53
Extraversion	Ideal Self	Waitlist-Control	3	125	3.84 [3.74; 3.94]	0.55
Sociability	Current Self	Self-Improvement	1	338	2.45 [2.34; 2.55]	0.98
Sociability	Current Self	Self-Improvement	2	293	2.54 [2.44; 2.65]	0.93
Sociability	Current Self	Self-Improvement	3	262	2.60 [2.49; 2.72]	0.95
Sociability	Current Self	Self-Acceptance	1	336	2.49 [2.37; 2.60]	1.05
Sociability	Current Self	Self-Acceptance	2	284	2.64 [2.53; 2.76]	0.99
Sociability	Current Self	Self-Acceptance	3	252	2.67 [2.54; 2.79]	1.00
Sociability	Current Self	Waitlist-Control	1	174	2.54 [2.38; 2.70]	1.06
Sociability	Current Self	Waitlist-Control	2	147	2.56 [2.39; 2.72]	1.02
Sociability	Current Self	Waitlist-Control	3	125	2.66 [2.48; 2.85]	1.06
Sociability	Ideal Self	Self-Improvement	1	338	3.71 [3.63; 3.78]	0.71
Sociability	Ideal Self	Self-Improvement	2	292	3.69 [3.61; 3.77]	0.70
Sociability	Ideal Self	Self-Improvement	3	262	3.65 [3.56; 3.74]	0.73
Sociability	Ideal Self	Self-Acceptance	1	335	3.74 [3.66; 3.81]	0.66
Sociability	Ideal Self	Self-Acceptance	2	284	3.66 [3.58; 3.74]	0.71
Sociability	Ideal Self	Self-Acceptance	3	252	3.66 [3.57; 3.74]	0.69
Sociability	Ideal Self	Waitlist-Control	1	174	3.74 [3.62; 3.85]	0.76

Sociability	Ideal Self	Waitlist-Control	2	147	3.58 [3.46; 3.71]	0.79
Sociability	Ideal Self	Waitlist-Control	3	125	3.59 [3.46; 3.73]	0.78
Assertiveness	Current Self	Self-Improvement	1	338	2.83 [2.73; 2.93]	0.91
Assertiveness	Current Self	Self-Improvement	2	293	2.93 [2.83; 3.03]	0.84
Assertiveness	Current Self	Self-Improvement	3	262	2.96 [2.85; 3.06]	0.85
Assertiveness	Current Self	Self-Acceptance	1	336	2.91 [2.81; 3.00]	0.88
Assertiveness	Current Self	Self-Acceptance	2	284	2.98 [2.88; 3.09]	0.87
Assertiveness	Current Self	Self-Acceptance	3	252	3.03 [2.92; 3.14]	0.90
Assertiveness	Current Self	Waitlist-Control	1	174	2.84 [2.70; 2.97]	0.90
Assertiveness	Current Self	Waitlist-Control	2	147	2.94 [2.80; 3.08]	0.88
Assertiveness	Current Self	Waitlist-Control	3	125	2.92 [2.76; 3.08]	0.90
Assertiveness	Ideal Self	Self-Improvement	1	337	3.83 [3.76; 3.90]	0.68
Assertiveness	Ideal Self	Self-Improvement	2	292	3.84 [3.76; 3.91]	0.67
Assertiveness	Ideal Self	Self-Improvement	3	262	3.79 [3.70; 3.87]	0.70
Assertiveness	Ideal Self	Self-Acceptance	1	335	3.83 [3.76; 3.90]	0.66
Assertiveness	Ideal Self	Self-Acceptance	2	284	3.83 [3.75; 3.90]	0.68
Assertiveness	Ideal Self	Self-Acceptance	3	252	3.81 [3.73; 3.89]	0.66
Assertiveness	Ideal Self	Waitlist-Control	1	174	3.83 [3.73; 3.94]	0.70
Assertiveness	Ideal Self	Waitlist-Control	2	147	3.81 [3.71; 3.92]	0.66
Assertiveness	Ideal Self	Waitlist-Control	3	125	3.73 [3.61; 3.85]	0.67
Energy	Current Self	Self-Improvement	1	338	3.05 [2.96; 3.14]	0.85
Energy	Current Self	Self-Improvement	2	293	3.22 [3.12; 3.31]	0.82
Energy	Current Self	Self-Improvement	3	262	3.20 [3.10; 3.29]	0.79
Energy	Current Self	Self-Acceptance	1	336	3.14 [3.05; 3.23]	0.85
Energy	Current Self	Self-Acceptance	2	284	3.23 [3.13; 3.32]	0.83
Energy	Current Self	Self-Acceptance	3	252	3.24 [3.14; 3.34]	0.81
Energy	Current Self	Waitlist-Control	1	174	3.01 [2.87; 3.14]	0.92
Energy	Current Self	Waitlist-Control	2	147	3.19 [3.04; 3.34]	0.93
Energy	Current Self	Waitlist-Control	3	125	3.19 [3.01; 3.36]	1.00
Energy	Ideal Self	Self-Improvement	1	338	4.19 [4.13; 4.26]	0.62
Energy	Ideal Self	Self-Improvement	2	292	4.16 [4.09; 4.23]	0.64
Energy	Ideal Self	Self-Improvement	3	262	4.21 [4.13; 4.28]	0.61
Energy	Ideal Self	Self-Acceptance	1	336	4.19 [4.12; 4.26]	0.63
Energy	Ideal Self	Self-Acceptance	2	284	4.20 [4.13; 4.27]	0.60
Energy	Ideal Self	Self-Acceptance	3	252	4.21 [4.13; 4.29]	0.62
Energy	Ideal Self	Waitlist-Control	1	174	4.19 [4.09; 4.29]	0.66
Energy	Ideal Self	Waitlist-Control	2	147	4.27 [4.17; 4.37]	0.62
Energy	Ideal Self	Waitlist-Control	3	125	4.19 [4.08; 4.31]	0.67

Agreeableness	Current Self	Self-Improvement	1	338	3.60 [3.54; 3.67]	0.60
Agreeableness	Current Self	Self-Improvement	2	293	3.68 [3.62; 3.74]	0.56
Agreeableness	Current Self	Self-Improvement	3	262	3.69 [3.62; 3.77]	0.60
Agreeableness	Current Self	Self-Acceptance	1	336	3.63 [3.57; 3.70]	0.60
Agreeableness	Current Self	Self-Acceptance	2	284	3.70 [3.63; 3.77]	0.61
Agreeableness	Current Self	Self-Acceptance	3	252	3.71 [3.64; 3.79]	0.61
Agreeableness	Current Self	Waitlist-Control	1	174	3.60 [3.51; 3.70]	0.63
Agreeableness	Current Self	Waitlist-Control	2	147	3.68 [3.58; 3.77]	0.60
Agreeableness	Current Self	Waitlist-Control	3	125	3.76 [3.65; 3.86]	0.59
Agreeableness	Ideal Self	Self-Improvement	1	337	4.06 [4.00; 4.12]	0.53
Agreeableness	Ideal Self	Self-Improvement	2	293	4.02 [3.96; 4.08]	0.52
Agreeableness	Ideal Self	Self-Improvement	3	262	4.07 [4.00; 4.13]	0.55
Agreeableness	Ideal Self	Self-Acceptance	1	336	4.08 [4.02; 4.14]	0.55
Agreeableness	Ideal Self	Self-Acceptance	2	284	4.10 [4.04; 4.16]	0.54
Agreeableness	Ideal Self	Self-Acceptance	3	252	4.10 [4.04; 4.17]	0.53
Agreeableness	Ideal Self	Waitlist-Control	1	174	4.11 [4.02; 4.19]	0.59
Agreeableness	Ideal Self	Waitlist-Control	2	147	4.09 [4.00; 4.18]	0.56
Agreeableness	Ideal Self	Waitlist-Control	3	125	4.09 [3.98; 4.20]	0.63
Compassion	Current Self	Self-Improvement	1	338	3.70 [3.62; 3.78]	0.75
Compassion	Current Self	Self-Improvement	2	293	3.81 [3.73; 3.89]	0.71
Compassion	Current Self	Self-Improvement	3	262	3.80 [3.71; 3.89]	0.73
Compassion	Current Self	Self-Acceptance	1	336	3.75 [3.67; 3.83]	0.74
Compassion	Current Self	Self-Acceptance	2	284	3.81 [3.72; 3.91]	0.78
Compassion	Current Self	Self-Acceptance	3	252	3.87 [3.77; 3.96]	0.76
Compassion	Current Self	Waitlist-Control	1	174	3.80 [3.69; 3.91]	0.76
Compassion	Current Self	Waitlist-Control	2	147	3.88 [3.76; 3.99]	0.71
Compassion	Current Self	Waitlist-Control	3	125	3.94 [3.82; 4.07]	0.71
Compassion	Ideal Self	Self-Improvement	1	337	4.01 [3.94; 4.08]	0.68
Compassion	Ideal Self	Self-Improvement	2	293	4.01 [3.93; 4.09]	0.68
Compassion	Ideal Self	Self-Improvement	3	262	4.06 [3.97; 4.14]	0.72
Compassion	Ideal Self	Self-Acceptance	1	336	4.03 [3.95; 4.10]	0.71
Compassion	Ideal Self	Self-Acceptance	2	284	4.07 [3.99; 4.15]	0.70
Compassion	Ideal Self	Self-Acceptance	3	252	4.11 [4.02; 4.19]	0.70
Compassion	Ideal Self	Waitlist-Control	1	174	4.08 [3.96; 4.19]	0.77
Compassion	Ideal Self	Waitlist-Control	2	147	4.09 [3.97; 4.20]	0.71
Compassion	Ideal Self	Waitlist-Control	3	125	4.11 [3.97; 4.25]	0.77
Respectfulness	Current Self	Self-Improvement	1	338	4.02 [3.94; 4.10]	0.74
Respectfulness	Current Self	Self-Improvement	2	293	4.05 [3.97; 4.12]	0.67

Respectfulness	Current Self	Self-Improvement	3	262	4.09 [4.00; 4.17]	0.70
Respectfulness	Current Self	Self-Acceptance	1	336	4.03 [3.96; 4.11]	0.70
Respectfulness	Current Self	Self-Acceptance	2	284	4.07 [3.99; 4.15]	0.70
Respectfulness	Current Self	Self-Acceptance	3	252	4.09 [4.01; 4.18]	0.70
Respectfulness	Current Self	Waitlist-Control	1	174	4.00 [3.89; 4.11]	0.74
Respectfulness	Current Self	Waitlist-Control	2	147	4.07 [3.95; 4.18]	0.71
Respectfulness	Current Self	Waitlist-Control	3	125	4.12 [3.99; 4.25]	0.74
Respectfulness	Ideal Self	Self-Improvement	1	337	4.42 [4.36; 4.49]	0.60
Respectfulness	Ideal Self	Self-Improvement	2	291	4.41 [4.34; 4.47]	0.57
Respectfulness	Ideal Self	Self-Improvement	3	262	4.44 [4.37; 4.51]	0.60
Respectfulness	Ideal Self	Self-Acceptance	1	335	4.46 [4.39; 4.52]	0.59
Respectfulness	Ideal Self	Self-Acceptance	2	284	4.45 [4.38; 4.52]	0.59
Respectfulness	Ideal Self	Self-Acceptance	3	252	4.45 [4.38; 4.52]	0.58
Respectfulness	Ideal Self	Waitlist-Control	1	174	4.45 [4.37; 4.54]	0.58
Respectfulness	Ideal Self	Waitlist-Control	2	147	4.45 [4.35; 4.54]	0.56
Respectfulness	Ideal Self	Waitlist-Control	3	125	4.45 [4.34; 4.56]	0.62
Trust	Current Self	Self-Improvement	1	338	3.09 [3.00; 3.18]	0.84
Trust	Current Self	Self-Improvement	2	293	3.19 [3.09; 3.28]	0.80
Trust	Current Self	Self-Improvement	3	262	3.19 [3.09; 3.29]	0.82
Trust	Current Self	Self-Acceptance	1	336	3.11 [3.02; 3.20]	0.85
Trust	Current Self	Self-Acceptance	2	284	3.21 [3.11; 3.31]	0.83
Trust	Current Self	Self-Acceptance	3	252	3.18 [3.08; 3.28]	0.81
Trust	Current Self	Waitlist-Control	1	174	3.01 [2.88; 3.13]	0.85
Trust	Current Self	Waitlist-Control	2	147	3.09 [2.95; 3.23]	0.84
Trust	Current Self	Waitlist-Control	3	125	3.21 [3.07; 3.36]	0.84
Trust	Ideal Self	Self-Improvement	1	336	3.75 [3.67; 3.82]	0.70
Trust	Ideal Self	Self-Improvement	2	293	3.66 [3.57; 3.74]	0.75
Trust	Ideal Self	Self-Improvement	3	262	3.70 [3.61; 3.80]	0.76
Trust	Ideal Self	Self-Acceptance	1	336	3.75 [3.67; 3.83]	0.74
Trust	Ideal Self	Self-Acceptance	2	284	3.77 [3.69; 3.85]	0.69
Trust	Ideal Self	Self-Acceptance	3	252	3.75 [3.66; 3.83]	0.71
Trust	Ideal Self	Waitlist-Control	1	174	3.79 [3.67; 3.90]	0.77
Trust	Ideal Self	Waitlist-Control	2	147	3.74 [3.62; 3.87]	0.77
Trust	Ideal Self	Waitlist-Control	3	125	3.72 [3.58; 3.86]	0.80
Conscientiousness	Current Self	Self-Improvement	1	338	3.40 [3.31; 3.48]	0.78
Conscientiousness	Current Self	Self-Improvement	2	293	3.53 [3.44; 3.62]	0.78
Conscientiousness	Current Self	Self-Improvement	3	262	3.56 [3.47; 3.66]	0.75
Conscientiousness	Current Self	Self-Acceptance	1	336	3.37 [3.29; 3.45]	0.74

Conscientiousness	Current Self	Self-Acceptance	2	284	3.47 [3.38; 3.56]	0.75
Conscientiousness	Current Self	Self-Acceptance	3	252	3.55 [3.45; 3.65]	0.79
Conscientiousness	Current Self	Waitlist-Control	1	174	3.39 [3.28; 3.50]	0.73
Conscientiousness	Current Self	Waitlist-Control	2	147	3.50 [3.37; 3.62]	0.77
Conscientiousness	Current Self	Waitlist-Control	3	125	3.59 [3.45; 3.73]	0.78
Conscientiousness	Ideal Self	Self-Improvement	1	338	4.42 [4.37; 4.47]	0.48
Conscientiousness	Ideal Self	Self-Improvement	2	293	4.42 [4.36; 4.49]	0.53
Conscientiousness	Ideal Self	Self-Improvement	3	262	4.44 [4.38; 4.50]	0.48
Conscientiousness	Ideal Self	Self-Acceptance	1	336	4.41 [4.36; 4.47]	0.50
Conscientiousness	Ideal Self	Self-Acceptance	2	284	4.45 [4.39; 4.51]	0.49
Conscientiousness	Ideal Self	Self-Acceptance	3	252	4.45 [4.39; 4.52]	0.50
Conscientiousness	Ideal Self	Waitlist-Control	1	174	4.42 [4.35; 4.50]	0.51
Conscientiousness	Ideal Self	Waitlist-Control	2	147	4.39 [4.30; 4.47]	0.53
Conscientiousness	Ideal Self	Waitlist-Control	3	125	4.42 [4.33; 4.52]	0.55
Organization	Current Self	Self-Improvement	1	338	3.55 [3.45; 3.66]	0.98
Organization	Current Self	Self-Improvement	2	293	3.67 [3.56; 3.78]	0.95
Organization	Current Self	Self-Improvement	3	262	3.74 [3.63; 3.85]	0.93
Organization	Current Self	Self-Acceptance	1	336	3.44 [3.34; 3.55]	0.95
Organization	Current Self	Self-Acceptance	2	284	3.52 [3.41; 3.63]	0.95
Organization	Current Self	Self-Acceptance	3	252	3.61 [3.50; 3.73]	0.96
Organization	Current Self	Waitlist-Control	1	174	3.50 [3.35; 3.65]	1.01
Organization	Current Self	Waitlist-Control	2	147	3.59 [3.43; 3.75]	0.99
Organization	Current Self	Waitlist-Control	3	125	3.77 [3.60; 3.94]	0.97
Organization	Ideal Self	Self-Improvement	1	337	4.43 [4.36; 4.49]	0.58
Organization	Ideal Self	Self-Improvement	2	293	4.47 [4.40; 4.54]	0.58
Organization	Ideal Self	Self-Improvement	3	262	4.49 [4.43; 4.56]	0.56
Organization	Ideal Self	Self-Acceptance	1	336	4.43 [4.36; 4.49]	0.58
Organization	Ideal Self	Self-Acceptance	2	284	4.43 [4.37; 4.50]	0.59
Organization	Ideal Self	Self-Acceptance	3	252	4.48 [4.41; 4.55]	0.56
Organization	Ideal Self	Waitlist-Control	1	174	4.44 [4.36; 4.52]	0.56
Organization	Ideal Self	Waitlist-Control	2	147	4.40 [4.30; 4.50]	0.60
Organization	Ideal Self	Waitlist-Control	3	125	4.45 [4.34; 4.56]	0.65
Productiveness	Current Self	Self-Improvement	1	338	3.19 [3.09; 3.29]	0.93
Productiveness	Current Self	Self-Improvement	2	293	3.36 [3.25; 3.46]	0.92
Productiveness	Current Self	Self-Improvement	3	262	3.38 [3.27; 3.49]	0.91
Productiveness	Current Self	Self-Acceptance	1	336	3.15 [3.06; 3.24]	0.87
Productiveness	Current Self	Self-Acceptance	2	284	3.30 [3.19; 3.40]	0.89
Productiveness	Current Self	Self-Acceptance	3	252	3.37 [3.26; 3.49]	0.93

Productiveness	Current Self	Waitlist-Control	1	174	3.16 [3.03; 3.30]	0.90
Productiveness	Current Self	Waitlist-Control	2	147	3.30 [3.15; 3.44]	0.89
Productiveness	Current Self	Waitlist-Control	3	125	3.33 [3.17; 3.49]	0.91
Productiveness	Ideal Self	Self-Improvement	1	336	4.57 [4.51; 4.62]	0.53
Productiveness	Ideal Self	Self-Improvement	2	292	4.56 [4.49; 4.62]	0.56
Productiveness	Ideal Self	Self-Improvement	3	262	4.53 [4.46; 4.60]	0.56
Productiveness	Ideal Self	Self-Acceptance	1	335	4.51 [4.45; 4.57]	0.57
Productiveness	Ideal Self	Self-Acceptance	2	284	4.56 [4.50; 4.63]	0.53
Productiveness	Ideal Self	Self-Acceptance	3	252	4.53 [4.46; 4.60]	0.54
Productiveness	Ideal Self	Waitlist-Control	1	174	4.56 [4.48; 4.65]	0.57
Productiveness	Ideal Self	Waitlist-Control	2	147	4.52 [4.42; 4.62]	0.60
Productiveness	Ideal Self	Waitlist-Control	3	125	4.56 [4.46; 4.66]	0.55
Responsibility	Current Self	Self-Improvement	1	338	3.45 [3.36; 3.54]	0.86
Responsibility	Current Self	Self-Improvement	2	293	3.56 [3.47; 3.66]	0.83
Responsibility	Current Self	Self-Improvement	3	262	3.58 [3.47; 3.68]	0.83
Responsibility	Current Self	Self-Acceptance	1	336	3.52 [3.44; 3.61]	0.81
Responsibility	Current Self	Self-Acceptance	2	284	3.59 [3.49; 3.68]	0.80
Responsibility	Current Self	Self-Acceptance	3	252	3.66 [3.56; 3.76]	0.82
Responsibility	Current Self	Waitlist-Control	1	174	3.51 [3.39; 3.63]	0.83
Responsibility	Current Self	Waitlist-Control	2	147	3.60 [3.47; 3.73]	0.80
Responsibility	Current Self	Waitlist-Control	3	125	3.66 [3.51; 3.81]	0.86
Responsibility	Ideal Self	Self-Improvement	1	338	4.27 [4.20; 4.34]	0.67
Responsibility	Ideal Self	Self-Improvement	2	291	4.27 [4.19; 4.34]	0.64
Responsibility	Ideal Self	Self-Improvement	3	262	4.29 [4.21; 4.37]	0.65
Responsibility	Ideal Self	Self-Acceptance	1	335	4.30 [4.24; 4.37]	0.60
Responsibility	Ideal Self	Self-Acceptance	2	284	4.35 [4.27; 4.42]	0.63
Responsibility	Ideal Self	Self-Acceptance	3	252	4.35 [4.27; 4.43]	0.62
Responsibility	Ideal Self	Waitlist-Control	1	174	4.26 [4.16; 4.36]	0.68
Responsibility	Ideal Self	Waitlist-Control	2	147	4.24 [4.13; 4.35]	0.69
Responsibility	Ideal Self	Waitlist-Control	3	125	4.26 [4.13; 4.39]	0.73
Neuroticism	Current Self	Self-Improvement	1	338	3.25 [3.16; 3.35]	0.87
Neuroticism	Current Self	Self-Improvement	2	293	3.06 [2.96; 3.15]	0.81
Neuroticism	Current Self	Self-Improvement	3	262	2.99 [2.89; 3.08]	0.79
Neuroticism	Current Self	Self-Acceptance	1	336	3.22 [3.13; 3.31]	0.83
Neuroticism	Current Self	Self-Acceptance	2	284	3.07 [2.97; 3.17]	0.85
Neuroticism	Current Self	Self-Acceptance	3	252	3.03 [2.92; 3.13]	0.84
Neuroticism	Current Self	Waitlist-Control	1	174	3.33 [3.20; 3.46]	0.89
Neuroticism	Current Self	Waitlist-Control	2	147	3.20 [3.06; 3.35]	0.90

Neuroticism	Current Self	Waitlist-Control	3	125	3.10 [2.94; 3.27]	0.94
Neuroticism	Ideal Self	Self-Improvement	1	338	1.67 [1.62; 1.72]	0.49
Neuroticism	Ideal Self	Self-Improvement	2	293	1.71 [1.65; 1.77]	0.51
Neuroticism	Ideal Self	Self-Improvement	3	262	1.70 [1.65; 1.76]	0.46
Neuroticism	Ideal Self	Self-Acceptance	1	336	1.70 [1.65; 1.76]	0.53
Neuroticism	Ideal Self	Self-Acceptance	2	284	1.70 [1.64; 1.76]	0.50
Neuroticism	Ideal Self	Self-Acceptance	3	252	1.71 [1.65; 1.77]	0.50
Neuroticism	Ideal Self	Waitlist-Control	1	174	1.67 [1.60; 1.75]	0.52
Neuroticism	Ideal Self	Waitlist-Control	2	147	1.70 [1.62; 1.78]	0.49
Neuroticism	Ideal Self	Waitlist-Control	3	125	1.71 [1.62; 1.81]	0.52
Anxiety	Current Self	Self-Improvement	1	338	3.62 [3.52; 3.71]	0.89
Anxiety	Current Self	Self-Improvement	2	293	3.45 [3.35; 3.55]	0.87
Anxiety	Current Self	Self-Improvement	3	262	3.35 [3.25; 3.45]	0.84
Anxiety	Current Self	Self-Acceptance	1	336	3.53 [3.43; 3.62]	0.93
Anxiety	Current Self	Self-Acceptance	2	284	3.40 [3.29; 3.51]	0.94
Anxiety	Current Self	Self-Acceptance	3	252	3.38 [3.26; 3.50]	0.94
Anxiety	Current Self	Waitlist-Control	1	174	3.67 [3.54; 3.81]	0.89
Anxiety	Current Self	Waitlist-Control	2	147	3.60 [3.46; 3.74]	0.88
Anxiety	Current Self	Waitlist-Control	3	125	3.46 [3.30; 3.63]	0.96
Anxiety	Ideal Self	Self-Improvement	1	338	1.84 [1.77; 1.91]	0.62
Anxiety	Ideal Self	Self-Improvement	2	293	1.88 [1.81; 1.95]	0.63
Anxiety	Ideal Self	Self-Improvement	3	262	1.92 [1.85; 2.00]	0.60
Anxiety	Ideal Self	Self-Acceptance	1	336	1.88 [1.81; 1.95]	0.66
Anxiety	Ideal Self	Self-Acceptance	2	284	1.90 [1.82; 1.98]	0.66
Anxiety	Ideal Self	Self-Acceptance	3	252	1.89 [1.81; 1.97]	0.63
Anxiety	Ideal Self	Waitlist-Control	1	174	1.88 [1.78; 1.98]	0.67
Anxiety	Ideal Self	Waitlist-Control	2	147	1.95 [1.85; 2.06]	0.67
Anxiety	Ideal Self	Waitlist-Control	3	125	1.91 [1.80; 2.03]	0.64
Depression	Current Self	Self-Improvement	1	338	3.15 [3.04; 3.26]	1.02
Depression	Current Self	Self-Improvement	2	293	2.91 [2.80; 3.02]	0.96
Depression	Current Self	Self-Improvement	3	262	2.81 [2.70; 2.93]	0.97
Depression	Current Self	Self-Acceptance	1	336	3.14 [3.04; 3.25]	0.96
Depression	Current Self	Self-Acceptance	2	284	2.92 [2.81; 3.04]	0.98
Depression	Current Self	Self-Acceptance	3	252	2.87 [2.75; 2.99]	0.98
Depression	Current Self	Waitlist-Control	1	174	3.17 [3.00; 3.34]	1.13
Depression	Current Self	Waitlist-Control	2	147	3.02 [2.84; 3.20]	1.09
Depression	Current Self	Waitlist-Control	3	125	2.89 [2.69; 3.09]	1.12
Depression	Ideal Self	Self-Improvement	1	337	1.48 [1.42; 1.54]	0.54

Depression	Ideal Self	Self-Improvement	2	292	1.51 [1.45; 1.58]	0.55
Depression	Ideal Self	Self-Improvement	3	262	1.47 [1.41; 1.54]	0.54
Depression	Ideal Self	Self-Acceptance	1	336	1.50 [1.44; 1.56]	0.57
Depression	Ideal Self	Self-Acceptance	2	284	1.49 [1.43; 1.55]	0.52
Depression	Ideal Self	Self-Acceptance	3	252	1.46 [1.40; 1.52]	0.51
Depression	Ideal Self	Waitlist-Control	1	174	1.46 [1.37; 1.54]	0.59
Depression	Ideal Self	Waitlist-Control	2	147	1.47 [1.38; 1.56]	0.54
Depression	Ideal Self	Waitlist-Control	3	125	1.49 [1.38; 1.59]	0.61
Volatility	Current Self	Self-Improvement	1	338	2.99 [2.88; 3.11]	1.06
Volatility	Current Self	Self-Improvement	2	293	2.81 [2.70; 2.92]	0.94
Volatility	Current Self	Self-Improvement	3	262	2.79 [2.68; 2.91]	0.94
Volatility	Current Self	Self-Acceptance	1	336	2.99 [2.89; 3.10]	0.99
Volatility	Current Self	Self-Acceptance	2	284	2.89 [2.78; 3.00]	0.95
Volatility	Current Self	Self-Acceptance	3	252	2.83 [2.72; 2.95]	0.93
Volatility	Current Self	Waitlist-Control	1	174	3.14 [2.98; 3.30]	1.07
Volatility	Current Self	Waitlist-Control	2	147	2.98 [2.81; 3.16]	1.09
Volatility	Current Self	Waitlist-Control	3	125	2.95 [2.77; 3.14]	1.05
Volatility	Ideal Self	Self-Improvement	1	338	1.70 [1.63; 1.76]	0.61
Volatility	Ideal Self	Self-Improvement	2	293	1.74 [1.67; 1.82]	0.68
Volatility	Ideal Self	Self-Improvement	3	262	1.71 [1.64; 1.78]	0.58
Volatility	Ideal Self	Self-Acceptance	1	336	1.74 [1.67; 1.80]	0.64
Volatility	Ideal Self	Self-Acceptance	2	284	1.71 [1.63; 1.78]	0.64
Volatility	Ideal Self	Self-Acceptance	3	252	1.77 [1.69; 1.85]	0.63
Volatility	Ideal Self	Waitlist-Control	1	174	1.69 [1.59; 1.79]	0.65
Volatility	Ideal Self	Waitlist-Control	2	147	1.68 [1.58; 1.78]	0.63
Volatility	Ideal Self	Waitlist-Control	3	125	1.74 [1.63; 1.85]	0.64
Openness	Current Self	Self-Improvement	1	338	3.68 [3.61; 3.74]	0.63
Openness	Current Self	Self-Improvement	2	293	3.75 [3.68; 3.83]	0.63
Openness	Current Self	Self-Improvement	3	262	3.78 [3.70; 3.85]	0.63
Openness	Current Self	Self-Acceptance	1	336	3.71 [3.64; 3.78]	0.67
Openness	Current Self	Self-Acceptance	2	284	3.79 [3.72; 3.87]	0.66
Openness	Current Self	Self-Acceptance	3	252	3.79 [3.71; 3.87]	0.68
Openness	Current Self	Waitlist-Control	1	174	3.74 [3.64; 3.84]	0.66
Openness	Current Self	Waitlist-Control	2	147	3.80 [3.70; 3.91]	0.65
Openness	Current Self	Waitlist-Control	3	125	3.88 [3.77; 4.00]	0.67
Openness	Ideal Self	Self-Improvement	1	338	4.09 [4.03; 4.15]	0.57
Openness	Ideal Self	Self-Improvement	2	292	4.14 [4.08; 4.20]	0.53
Openness	Ideal Self	Self-Improvement	3	262	4.15 [4.09; 4.22]	0.56

Openness	Ideal Self	Self-Acceptance	1	335	4.14 [4.08; 4.20]	0.58
Openness	Ideal Self	Self-Acceptance	2	284	4.19 [4.13; 4.26]	0.56
Openness	Ideal Self	Self-Acceptance	3	252	4.21 [4.14; 4.28]	0.58
Openness	Ideal Self	Waitlist-Control	1	174	4.15 [4.07; 4.24]	0.59
Openness	Ideal Self	Waitlist-Control	2	147	4.20 [4.11; 4.30]	0.60
Openness	Ideal Self	Waitlist-Control	3	125	4.18 [4.08; 4.29]	0.59
Curiosity	Current Self	Self-Improvement	1	338	3.80 [3.72; 3.89]	0.77
Curiosity	Current Self	Self-Improvement	2	293	3.85 [3.76; 3.94]	0.77
Curiosity	Current Self	Self-Improvement	3	262	3.84 [3.75; 3.93]	0.72
Curiosity	Current Self	Self-Acceptance	1	336	3.82 [3.73; 3.90]	0.79
Curiosity	Current Self	Self-Acceptance	2	284	3.87 [3.77; 3.96]	0.79
Curiosity	Current Self	Self-Acceptance	3	252	3.90 [3.80; 4.00]	0.79
Curiosity	Current Self	Waitlist-Control	1	174	3.85 [3.75; 3.96]	0.73
Curiosity	Current Self	Waitlist-Control	2	147	3.91 [3.79; 4.03]	0.74
Curiosity	Current Self	Waitlist-Control	3	125	3.94 [3.81; 4.08]	0.75
Curiosity	Ideal Self	Self-Improvement	1	337	4.08 [4.01; 4.16]	0.71
Curiosity	Ideal Self	Self-Improvement	2	292	4.11 [4.02; 4.19]	0.72
Curiosity	Ideal Self	Self-Improvement	3	262	4.08 [3.99; 4.17]	0.74
Curiosity	Ideal Self	Self-Acceptance	1	335	4.13 [4.05; 4.21]	0.71
Curiosity	Ideal Self	Self-Acceptance	2	284	4.16 [4.08; 4.23]	0.67
Curiosity	Ideal Self	Self-Acceptance	3	252	4.16 [4.08; 4.25]	0.69
Curiosity	Ideal Self	Waitlist-Control	1	174	4.10 [3.99; 4.21]	0.73
Curiosity	Ideal Self	Waitlist-Control	2	147	4.12 [3.99; 4.24]	0.76
Curiosity	Ideal Self	Waitlist-Control	3	125	4.13 [4.01; 4.26]	0.72
Aesthetic	Current Self	Self-Improvement	1	338	3.57 [3.48; 3.66]	0.84
Aesthetic	Current Self	Self-Improvement	2	293	3.66 [3.57; 3.76]	0.82
Aesthetic	Current Self	Self-Improvement	3	262	3.67 [3.57; 3.77]	0.84
Aesthetic	Current Self	Self-Acceptance	1	336	3.66 [3.57; 3.75]	0.87
Aesthetic	Current Self	Self-Acceptance	2	284	3.72 [3.62; 3.83]	0.87
Aesthetic	Current Self	Self-Acceptance	3	252	3.69 [3.58; 3.80]	0.91
Aesthetic	Current Self	Waitlist-Control	1	174	3.70 [3.56; 3.83]	0.91
Aesthetic	Current Self	Waitlist-Control	2	147	3.74 [3.60; 3.88]	0.88
Aesthetic	Current Self	Waitlist-Control	3	125	3.90 [3.75; 4.05]	0.87
Aesthetic	Ideal Self	Self-Improvement	1	337	3.84 [3.77; 3.92]	0.71
Aesthetic	Ideal Self	Self-Improvement	2	291	3.90 [3.82; 3.98]	0.71
Aesthetic	Ideal Self	Self-Improvement	3	262	3.96 [3.87; 4.05]	0.74
Aesthetic	Ideal Self	Self-Acceptance	1	335	3.92 [3.85; 4.00]	0.73
Aesthetic	Ideal Self	Self-Acceptance	2	284	4.03 [3.95; 4.12]	0.74

Aesthetic	Ideal Self	Self-Acceptance	3	252	4.03 [3.94; 4.12]	0.75
Aesthetic	Ideal Self	Waitlist-Control	1	174	3.99 [3.88; 4.11]	0.77
Aesthetic	Ideal Self	Waitlist-Control	2	147	4.04 [3.92; 4.16]	0.74
Aesthetic	Ideal Self	Waitlist-Control	3	125	4.07 [3.93; 4.20]	0.75
Imagination	Current Self	Self-Improvement	1	338	3.66 [3.57; 3.74]	0.82
Imagination	Current Self	Self-Improvement	2	293	3.75 [3.65; 3.84]	0.82
Imagination	Current Self	Self-Improvement	3	262	3.82 [3.73; 3.91]	0.74
Imagination	Current Self	Self-Acceptance	1	336	3.64 [3.55; 3.73]	0.84
Imagination	Current Self	Self-Acceptance	2	284	3.79 [3.69; 3.88]	0.79
Imagination	Current Self	Self-Acceptance	3	252	3.78 [3.68; 3.87]	0.77
Imagination	Current Self	Waitlist-Control	1	174	3.66 [3.55; 3.78]	0.80
Imagination	Current Self	Waitlist-Control	2	147	3.76 [3.63; 3.88]	0.79
Imagination	Current Self	Waitlist-Control	3	125	3.80 [3.67; 3.93]	0.76
Imagination	Ideal Self	Self-Improvement	1	338	4.36 [4.29; 4.43]	0.67
Imagination	Ideal Self	Self-Improvement	2	292	4.41 [4.33; 4.48]	0.63
Imagination	Ideal Self	Self-Improvement	3	262	4.42 [4.35; 4.49]	0.61
Imagination	Ideal Self	Self-Acceptance	1	335	4.37 [4.30; 4.44]	0.68
Imagination	Ideal Self	Self-Acceptance	2	284	4.39 [4.31; 4.46]	0.65
Imagination	Ideal Self	Self-Acceptance	3	252	4.43 [4.35; 4.51]	0.65
Imagination	Ideal Self	Waitlist-Control	1	174	4.37 [4.27; 4.47]	0.70
Imagination	Ideal Self	Waitlist-Control	2	147	4.45 [4.35; 4.56]	0.63
Imagination	Ideal Self	Waitlist-Control	3	125	4.35 [4.23; 4.47]	0.70

Note. See Figure 8 and html-document section 7.4 on https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for a visualization of this table.

Table S8*Mean Levels of Well-Being Across Intervention Groups and Time in Study 2*

Trait	Group	Time	N	M [95% CI]	SD
Life Satisfaction	Self-Improvement	1	337	2.68 [2.58; 2.79]	0.97
Life Satisfaction	Self-Improvement	2	293	2.96 [2.84; 3.07]	0.98
Life Satisfaction	Self-Improvement	3	262	3.07 [2.95; 3.20]	1.03
Life Satisfaction	Self-Acceptance	1	336	2.78 [2.67; 2.89]	0.99
Life Satisfaction	Self-Acceptance	2	284	3.03 [2.91; 3.15]	1.04
Life Satisfaction	Self-Acceptance	3	252	3.09 [2.97; 3.22]	1.00
Life Satisfaction	Waitlist-Control	1	174	2.69 [2.53; 2.84]	1.05
Life Satisfaction	Waitlist-Control	2	147	2.90 [2.73; 3.07]	1.05
Life Satisfaction	Waitlist-Control	3	125	3.10 [2.91; 3.29]	1.07
Meaning in Life	Self-Improvement	1	337	4.17 [4.00; 4.34]	1.57
Meaning in Life	Self-Improvement	2	293	4.49 [4.31; 4.66]	1.55
Meaning in Life	Self-Improvement	3	262	4.64 [4.46; 4.83]	1.54
Meaning in Life	Self-Acceptance	1	336	4.10 [3.94; 4.27]	1.56
Meaning in Life	Self-Acceptance	2	284	4.51 [4.33; 4.69]	1.54
Meaning in Life	Self-Acceptance	3	252	4.69 [4.51; 4.88]	1.51
Meaning in Life	Waitlist-Control	1	174	4.15 [3.92; 4.39]	1.57
Meaning in Life	Waitlist-Control	2	147	4.50 [4.24; 4.76]	1.61
Meaning in Life	Waitlist-Control	3	125	4.69 [4.42; 4.97]	1.58
Self-Esteem	Self-Improvement	1	337	3.20 [3.11; 3.29]	0.88
Self-Esteem	Self-Improvement	2	293	3.53 [3.43; 3.62]	0.80
Self-Esteem	Self-Improvement	3	262	3.59 [3.49; 3.69]	0.85
Self-Esteem	Self-Acceptance	1	336	3.19 [3.10; 3.28]	0.85
Self-Esteem	Self-Acceptance	2	284	3.47 [3.36; 3.57]	0.88
Self-Esteem	Self-Acceptance	3	252	3.53 [3.42; 3.64]	0.89
Self-Esteem	Waitlist-Control	1	174	3.22 [3.09; 3.36]	0.92
Self-Esteem	Waitlist-Control	2	147	3.43 [3.28; 3.58]	0.93
Self-Esteem	Waitlist-Control	3	125	3.58 [3.41; 3.74]	0.95
Self-Concept Clarity	Self-Improvement	1	337	2.98 [2.89; 3.08]	0.90
Self-Concept Clarity	Self-Improvement	2	293	3.23 [3.13; 3.33]	0.87
Self-Concept Clarity	Self-Improvement	3	262	3.28 [3.16; 3.39]	0.94
Self-Concept Clarity	Self-Acceptance	1	336	2.96 [2.87; 3.05]	0.85
Self-Concept Clarity	Self-Acceptance	2	284	3.18 [3.08; 3.28]	0.88
Self-Concept Clarity	Self-Acceptance	3	252	3.27 [3.16; 3.38]	0.88
Self-Concept Clarity	Waitlist-Control	1	174	3.07 [2.92; 3.21]	0.97
Self-Concept Clarity	Waitlist-Control	2	147	3.18 [3.03; 3.34]	0.98

Self-Concept Clarity	Waitlist-Control	3	125	3.24 [3.06; 3.41]	1.00
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Note. See Figure 9 and html-document section 7.4 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for a visualization of this table.

Table S9

Change in Squared Differences Between the Current and Ideal Personality in the Intervention Groups (T1 to T2) in Study 2

Trait	Estimate [99.9% CI]	<i>t</i> -statistic	<i>p</i> -value	<i>d</i>
<i>Domains</i>				
Extraversion	-0.372 [-0.566; -0.178]	-6.354	< .001	-0.20
Agreeableness	-0.097 [-0.188; -0.006]	-3.536	< .001	-0.14
Conscientiousness	-0.169 [-0.363; 0.024]	-2.89	.004	-0.12
Neuroticism	-0.697 [-1.033; -0.361]	-6.865	< .001	-0.22
Openness	-0.076 [-0.173; 0.021]	-2.587	.010	-0.10
<i>Facets</i>				
Sociability	-0.782 [-1.124; -0.441]	-7.573	< .001	-0.23
Assertiveness	-0.239 [-0.500; 0.022]	-3.03	.003	-0.11
Energy	-0.337 [-0.651; -0.022]	-3.541	< .001	-0.16
Compassion	-0.118 [-0.258; 0.023]	-2.769	.006	-0.12
Respectfulness	-0.012 [-0.136; 0.112]	-0.321	.749	-0.06
Trust	-0.329 [-0.553; -0.105]	-4.856	< .001	-0.19
Organization	-0.149 [-0.427; 0.129]	-1.777	.076	-0.09
Productiveness	-0.453 [-0.784; -0.121]	-4.519	< .001	-0.17
Responsibility	-0.139 [-0.361; 0.083]	-2.065	.039	-0.11
Anxiety	-0.681 [-1.171; -0.190]	-4.592	< .001	-0.16
Depression	-0.887 [-1.275; -0.500]	-7.57	< .001	-0.24
Volatility	-0.603 [-1.020; -0.186]	-4.782	< .001	-0.17
Curiosity	-0.044 [-0.186; 0.097]	-1.039	.299	-0.05
Aesthetic	-0.053 [-0.183; 0.076]	-1.359	.175	-0.07
Imagination	-0.215 [-0.415; -0.015]	-3.559	< .001	-0.12

Note. *d* = Cohen's *d* standardized effect size.

Table S10*Current- and Ideal-Self Trait Mean Levels Across Groups and Time in Study 3*

Trait	Reference	Group	Time	N	M	SD
Extraversion	Current Personality	Group 1	1	174	2.83	0.75
Extraversion	Current Personality	Group 1	2	155	2.89	0.75
Extraversion	Current Personality	Group 2	1	179	2.92	0.76
Extraversion	Current Personality	Group 2	2	152	3.00	0.74
Extraversion	Current Personality	Group 3	1	176	3.07	0.76
Extraversion	Current Personality	Group 3	2	159	3.03	0.80
Extraversion	Ideal Personality	Group 1	1	174	3.92	0.52
Extraversion	Ideal Personality	Group 1	2	155	3.82	0.51
Sociability	Current Personality	Group 1	1	174	2.46	1.04
Sociability	Current Personality	Group 1	2	155	2.57	1.01
Sociability	Current Personality	Group 2	1	179	2.63	1.00
Sociability	Current Personality	Group 2	2	152	2.75	0.93
Sociability	Current Personality	Group 3	1	176	2.70	1.06
Sociability	Current Personality	Group 3	2	159	2.70	1.07
Sociability	Ideal Personality	Group 1	1	174	3.65	0.75
Sociability	Ideal Personality	Group 1	2	155	3.51	0.73
Assertiveness	Current Personality	Group 1	1	174	2.92	0.89
Assertiveness	Current Personality	Group 1	2	155	2.92	0.89
Assertiveness	Current Personality	Group 2	1	179	2.97	0.91
Assertiveness	Current Personality	Group 2	2	152	2.99	0.87
Assertiveness	Current Personality	Group 3	1	176	3.17	0.87
Assertiveness	Current Personality	Group 3	2	159	3.11	0.95
Assertiveness	Ideal Personality	Group 1	1	174	3.89	0.68
Assertiveness	Ideal Personality	Group 1	2	155	3.75	0.67
Energy	Current Personality	Group 1	1	174	3.12	0.84
Energy	Current Personality	Group 1	2	155	3.19	0.87
Energy	Current Personality	Group 2	1	179	3.16	0.87
Energy	Current Personality	Group 2	2	152	3.27	0.87
Energy	Current Personality	Group 3	1	176	3.34	0.89
Energy	Current Personality	Group 3	2	159	3.28	0.93
Energy	Ideal Personality	Group 1	1	174	4.22	0.60
Energy	Ideal Personality	Group 1	2	155	4.19	0.57
Agreeableness	Current Personality	Group 1	1	174	3.69	0.56
Agreeableness	Current Personality	Group 1	2	155	3.76	0.55
Agreeableness	Current Personality	Group 2	1	179	3.62	0.59

Agreeableness	Current Personality	Group 2	2	152	3.68	0.60
Agreeableness	Current Personality	Group 3	1	176	3.69	0.62
Agreeableness	Current Personality	Group 3	2	159	3.68	0.64
Agreeableness	Ideal Personality	Group 1	1	174	4.07	0.51
Agreeableness	Ideal Personality	Group 1	2	155	4.05	0.54
Compassion	Current Personality	Group 1	1	174	3.80	0.67
Compassion	Current Personality	Group 1	2	155	3.94	0.67
Compassion	Current Personality	Group 2	1	179	3.78	0.72
Compassion	Current Personality	Group 2	2	152	3.78	0.76
Compassion	Current Personality	Group 3	1	176	3.81	0.77
Compassion	Current Personality	Group 3	2	159	3.80	0.80
Compassion	Ideal Personality	Group 1	1	174	4.02	0.68
Compassion	Ideal Personality	Group 1	2	155	4.05	0.69
Respectfulness	Current Personality	Group 1	1	174	4.06	0.71
Respectfulness	Current Personality	Group 1	2	155	4.09	0.71
Respectfulness	Current Personality	Group 2	1	179	3.96	0.65
Respectfulness	Current Personality	Group 2	2	152	4.03	0.64
Respectfulness	Current Personality	Group 3	1	176	4.01	0.71
Respectfulness	Current Personality	Group 3	2	159	4.04	0.72
Respectfulness	Ideal Personality	Group 1	1	174	4.46	0.54
Respectfulness	Ideal Personality	Group 1	2	155	4.41	0.60
Trust	Current Personality	Group 1	1	174	3.21	0.81
Trust	Current Personality	Group 1	2	155	3.25	0.77
Trust	Current Personality	Group 2	1	179	3.11	0.80
Trust	Current Personality	Group 2	2	152	3.24	0.81
Trust	Current Personality	Group 3	1	176	3.25	0.84
Trust	Current Personality	Group 3	2	159	3.21	0.87
Trust	Ideal Personality	Group 1	1	174	3.73	0.73
Trust	Ideal Personality	Group 1	2	155	3.69	0.72
Conscientiousness	Current Personality	Group 1	1	174	3.33	0.76
Conscientiousness	Current Personality	Group 1	2	155	3.42	0.74
Conscientiousness	Current Personality	Group 2	1	179	3.36	0.72
Conscientiousness	Current Personality	Group 2	2	152	3.45	0.69
Conscientiousness	Current Personality	Group 3	1	176	3.54	0.77
Conscientiousness	Current Personality	Group 3	2	159	3.58	0.76
Conscientiousness	Ideal Personality	Group 1	1	174	4.39	0.46
Conscientiousness	Ideal Personality	Group 1	2	155	4.41	0.42
Organization	Current Personality	Group 1	1	174	3.41	1.05

Organization	Current Personality	Group 1	2	155	3.48	1.00
Organization	Current Personality	Group 2	1	179	3.45	1.00
Organization	Current Personality	Group 2	2	152	3.50	0.95
Organization	Current Personality	Group 3	1	176	3.68	0.99
Organization	Current Personality	Group 3	2	159	3.63	0.98
Organization	Ideal Personality	Group 1	1	174	4.42	0.59
Organization	Ideal Personality	Group 1	2	155	4.43	0.52
Productiveness	Current Personality	Group 1	1	174	3.03	0.93
Productiveness	Current Personality	Group 1	2	155	3.17	0.90
Productiveness	Current Personality	Group 2	1	179	3.16	0.82
Productiveness	Current Personality	Group 2	2	152	3.29	0.84
Productiveness	Current Personality	Group 3	1	176	3.35	0.91
Productiveness	Current Personality	Group 3	2	159	3.49	0.90
Productiveness	Ideal Personality	Group 1	1	174	4.51	0.57
Productiveness	Ideal Personality	Group 1	2	155	4.50	0.51
Responsibility	Current Personality	Group 1	1	174	3.56	0.77
Responsibility	Current Personality	Group 1	2	155	3.62	0.78
Responsibility	Current Personality	Group 2	1	179	3.49	0.77
Responsibility	Current Personality	Group 2	2	152	3.56	0.71
Responsibility	Current Personality	Group 3	1	176	3.60	0.74
Responsibility	Current Personality	Group 3	2	159	3.62	0.72
Responsibility	Ideal Personality	Group 1	1	174	4.26	0.58
Responsibility	Ideal Personality	Group 1	2	155	4.29	0.60
Neuroticism	Current Personality	Group 1	1	174	3.19	0.86
Neuroticism	Current Personality	Group 1	2	155	3.13	0.85
Neuroticism	Current Personality	Group 2	1	179	3.26	0.85
Neuroticism	Current Personality	Group 2	2	152	3.10	0.85
Neuroticism	Current Personality	Group 3	1	176	3.03	0.94
Neuroticism	Current Personality	Group 3	2	159	3.04	0.96
Neuroticism	Ideal Personality	Group 1	1	174	1.80	0.48
Neuroticism	Ideal Personality	Group 1	2	155	1.82	0.48
Anxiety	Current Personality	Group 1	1	174	3.53	0.94
Anxiety	Current Personality	Group 1	2	155	3.50	0.91
Anxiety	Current Personality	Group 2	1	179	3.60	0.90
Anxiety	Current Personality	Group 2	2	152	3.50	0.98
Anxiety	Current Personality	Group 3	1	176	3.41	1.00
Anxiety	Current Personality	Group 3	2	159	3.42	1.00
Anxiety	Ideal Personality	Group 1	1	174	1.90	0.62

Anxiety	Ideal Personality	Group 1	2	155	1.97	0.62
Depression	Current Personality	Group 1	1	174	3.09	1.00
Depression	Current Personality	Group 1	2	155	3.01	1.00
Depression	Current Personality	Group 2	1	179	3.18	0.98
Depression	Current Personality	Group 2	2	152	2.94	0.99
Depression	Current Personality	Group 3	1	176	2.83	1.05
Depression	Current Personality	Group 3	2	159	2.86	1.09
Depression	Ideal Personality	Group 1	1	174	1.51	0.54
Depression	Ideal Personality	Group 1	2	155	1.54	0.55
Volatility	Current Personality	Group 1	1	174	2.94	1.00
Volatility	Current Personality	Group 1	2	155	2.87	1.00
Volatility	Current Personality	Group 2	1	179	3.01	1.03
Volatility	Current Personality	Group 2	2	152	2.87	0.95
Volatility	Current Personality	Group 3	1	176	2.86	1.06
Volatility	Current Personality	Group 3	2	159	2.83	1.07
Volatility	Ideal Personality	Group 1	1	174	1.99	0.60
Volatility	Ideal Personality	Group 1	2	155	1.96	0.58
Openness	Current Personality	Group 1	1	174	3.74	0.61
Openness	Current Personality	Group 1	2	155	3.77	0.60
Openness	Current Personality	Group 2	1	179	3.70	0.67
Openness	Current Personality	Group 2	2	152	3.77	0.66
Openness	Current Personality	Group 3	1	176	3.83	0.64
Openness	Current Personality	Group 3	2	159	3.84	0.63
Openness	Ideal Personality	Group 1	1	174	4.12	0.55
Openness	Ideal Personality	Group 1	2	155	4.14	0.54
Curiosity	Current Personality	Group 1	1	174	3.88	0.69
Curiosity	Current Personality	Group 1	2	155	3.93	0.70
Curiosity	Current Personality	Group 2	1	179	3.88	0.74
Curiosity	Current Personality	Group 2	2	152	3.97	0.76
Curiosity	Current Personality	Group 3	1	176	4.01	0.72
Curiosity	Current Personality	Group 3	2	159	4.01	0.68
Curiosity	Ideal Personality	Group 1	1	174	4.15	0.68
Curiosity	Ideal Personality	Group 1	2	155	4.13	0.64
Aesthetic	Current Personality	Group 1	1	174	3.60	0.80
Aesthetic	Current Personality	Group 1	2	155	3.64	0.82
Aesthetic	Current Personality	Group 2	1	179	3.60	0.86
Aesthetic	Current Personality	Group 2	2	152	3.63	0.83
Aesthetic	Current Personality	Group 3	1	176	3.72	0.86

Aesthetic	Current Personality	Group 3	2	159	3.72	0.85
Aesthetic	Ideal Personality	Group 1	1	174	3.86	0.69
Aesthetic	Ideal Personality	Group 1	2	155	3.95	0.70
Imagination	Current Personality	Group 1	1	174	3.74	0.76
Imagination	Current Personality	Group 1	2	155	3.75	0.75
Imagination	Current Personality	Group 2	1	179	3.63	0.86
Imagination	Current Personality	Group 2	2	152	3.71	0.84
Imagination	Current Personality	Group 3	1	176	3.77	0.82
Imagination	Current Personality	Group 3	2	159	3.79	0.80
Imagination	Ideal Personality	Group 1	1	174	4.34	0.72
Imagination	Ideal Personality	Group 1	2	155	4.34	0.66

Note. See Figure S4 and html-document section 5.5 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for a visualization of this table.

Table S11*Mean Levels of Well-Being Across Intervention Groups and Time in Study 3*

Trait	Group	Time	N	M	SD
Life Satisfaction	Group 1	1	174	2.75	1.01
Life Satisfaction	Group 1	2	155	2.94	0.97
Life Satisfaction	Group 2	1	179	2.62	0.99
Life Satisfaction	Group 2	2	151	2.87	1.00
Life Satisfaction	Group 3	1	176	2.94	1.00
Life Satisfaction	Group 3	2	158	2.95	1.02
Meaning in Life	Group 1	1	174	4.44	1.45
Meaning in Life	Group 1	2	155	4.56	1.51
Meaning in Life	Group 2	1	179	4.18	1.47
Meaning in Life	Group 2	2	151	4.28	1.46
Meaning in Life	Group 3	1	176	4.38	1.53
Meaning in Life	Group 3	2	158	4.43	1.59
Self-Esteem	Group 1	1	174	3.33	0.88
Self-Esteem	Group 1	2	155	3.44	0.85
Self-Esteem	Group 2	1	179	3.14	0.83
Self-Esteem	Group 2	2	151	3.33	0.88
Self-Esteem	Group 3	1	176	3.44	0.93
Self-Esteem	Group 3	2	158	3.45	0.99
Self-Concept Clarity	Group 1	1	174	3.10	0.88
Self-Concept Clarity	Group 1	2	155	3.29	0.88
Self-Concept Clarity	Group 2	1	179	3.03	0.83
Self-Concept Clarity	Group 2	2	151	3.13	0.83
Self-Concept Clarity	Group 3	1	176	3.16	0.91
Self-Concept Clarity	Group 3	2	158	3.24	0.91

Note. See Figure S5 and html-document section 5.5 on

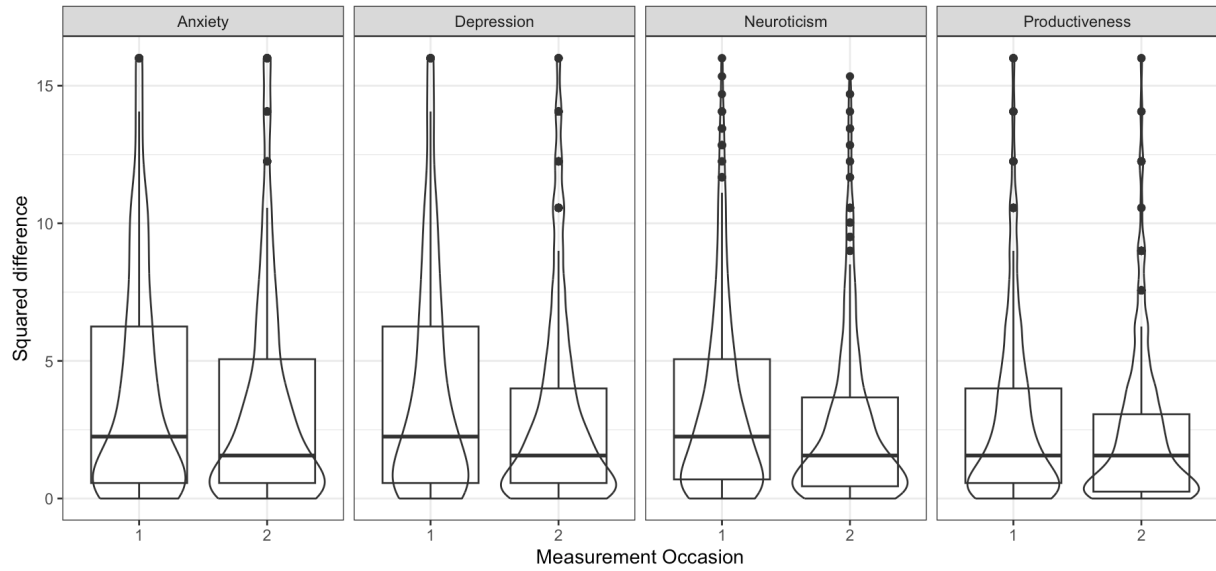
https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for a visualization of this table.

Supplementary Figures

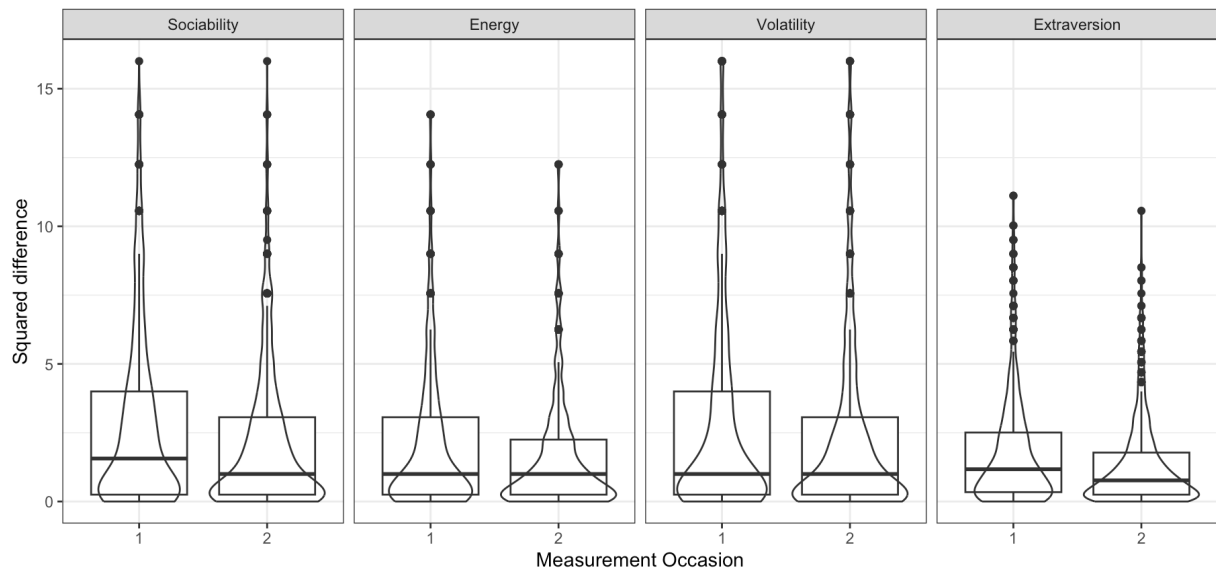
Figure S1

Boxplots and violin plots of changes in squared differences in Big Five dimensions and facets across time
Study 1

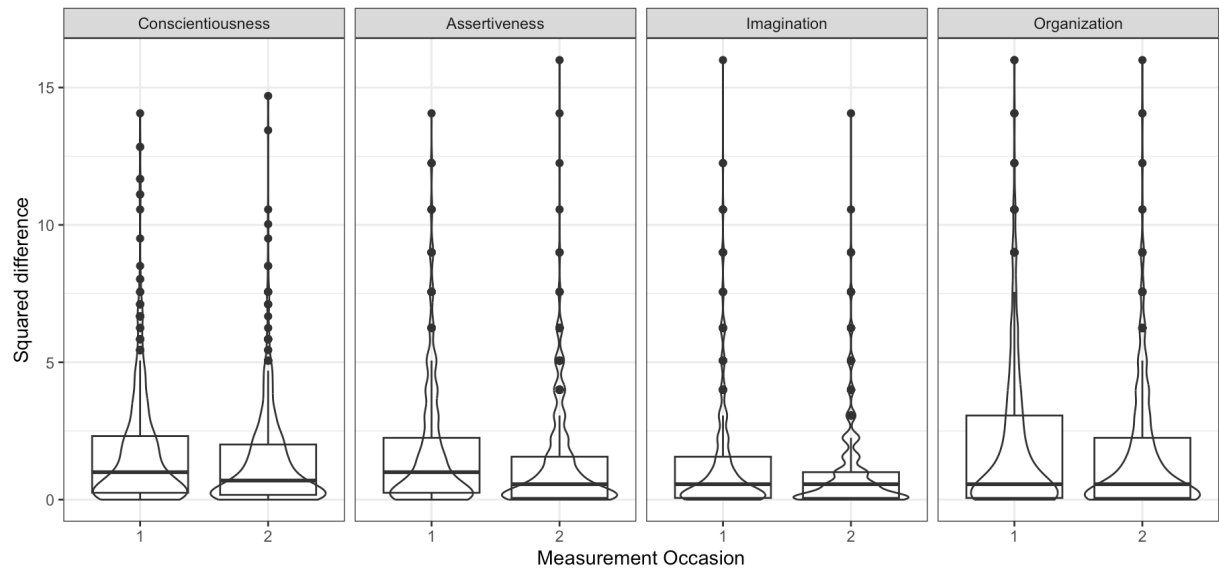
(a)



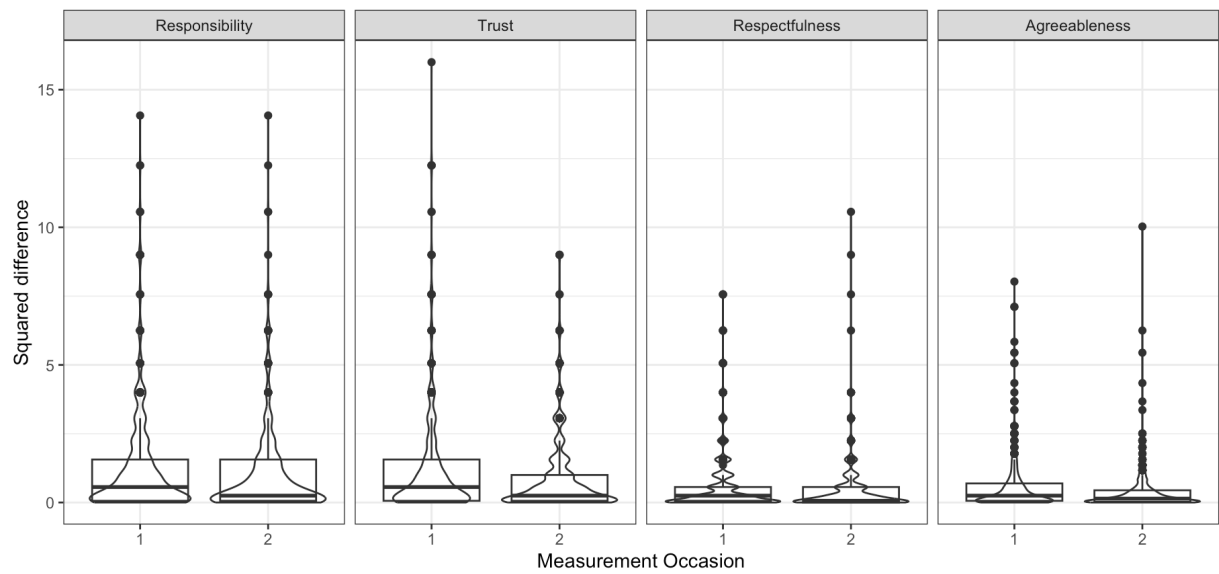
(b)



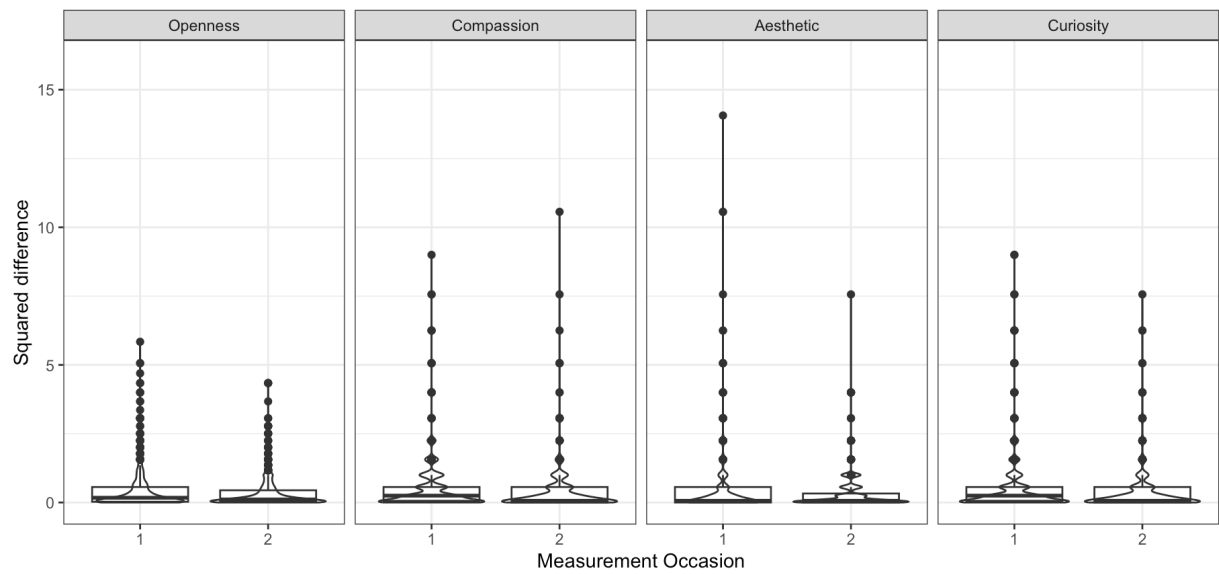
(c)



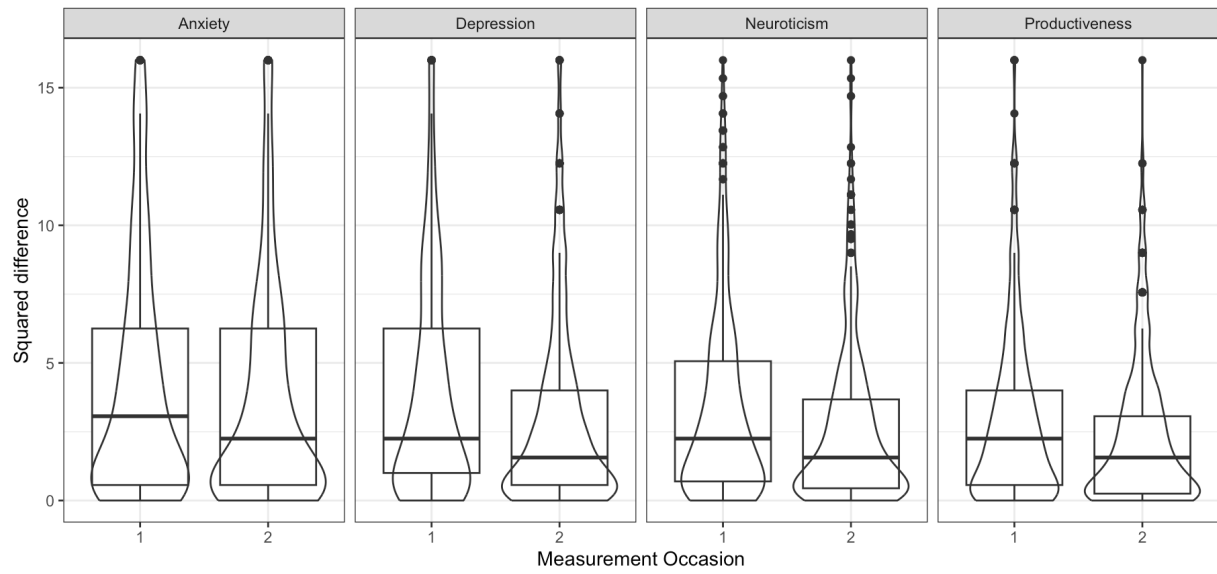
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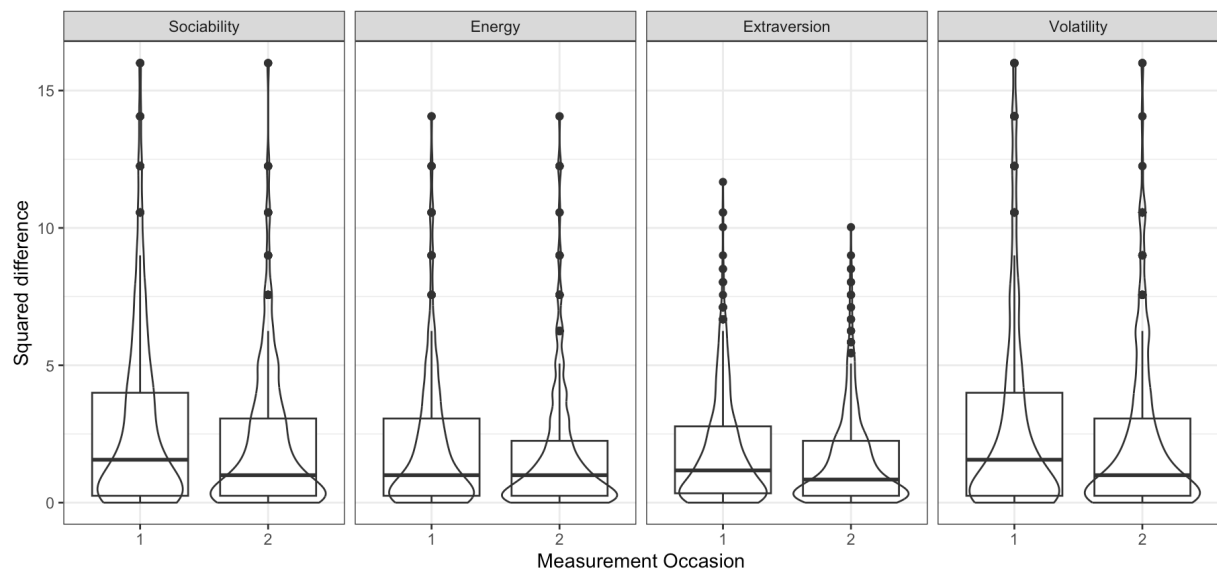
(e)



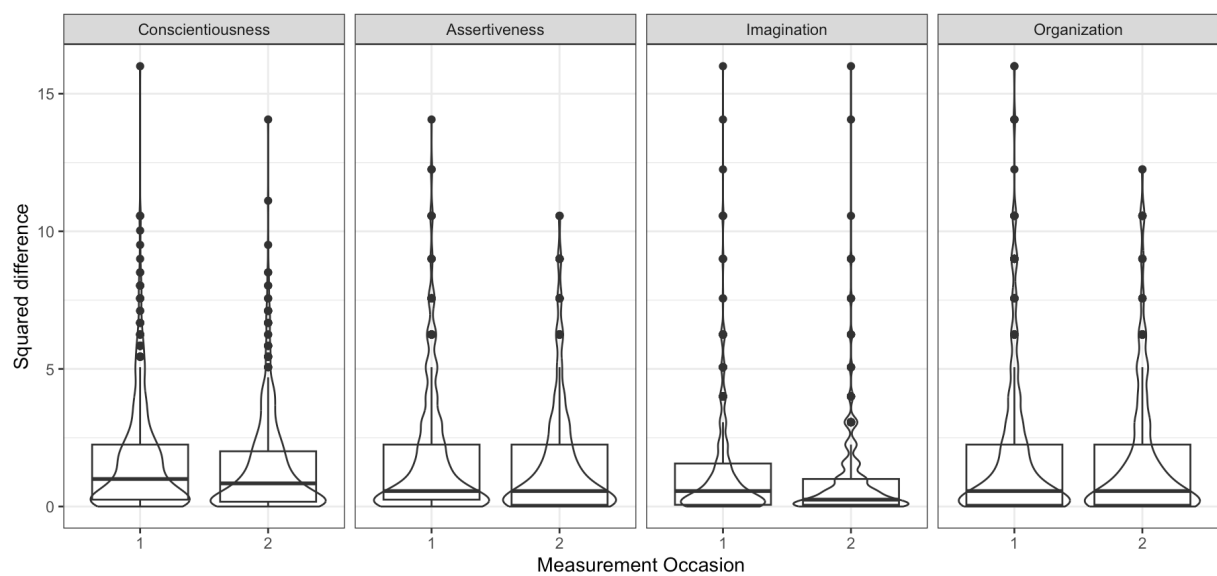
(f)



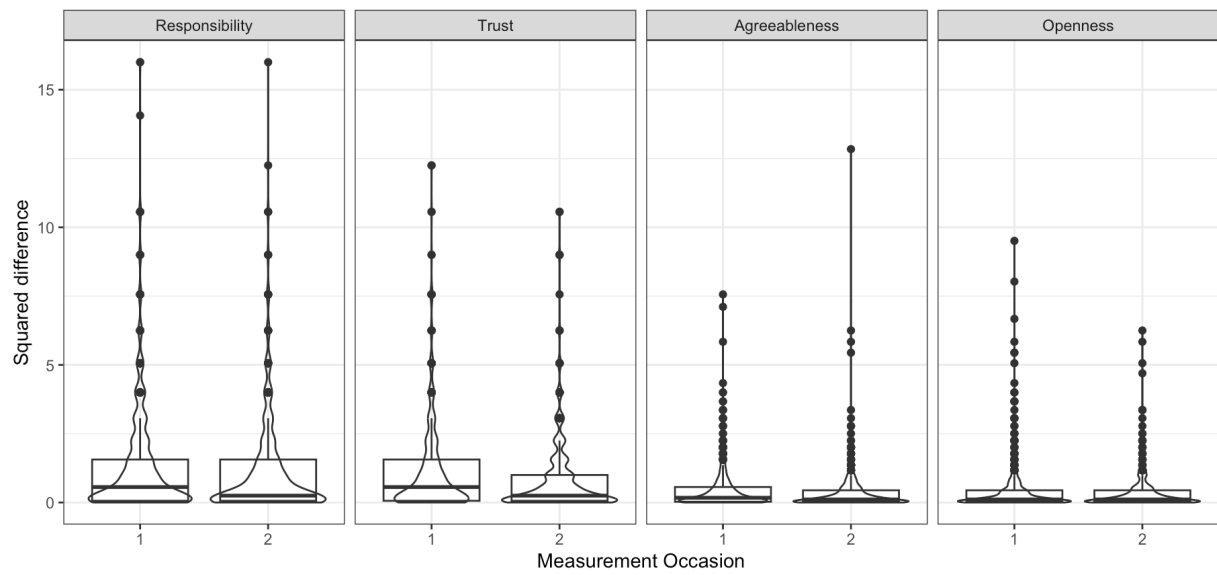
(g)



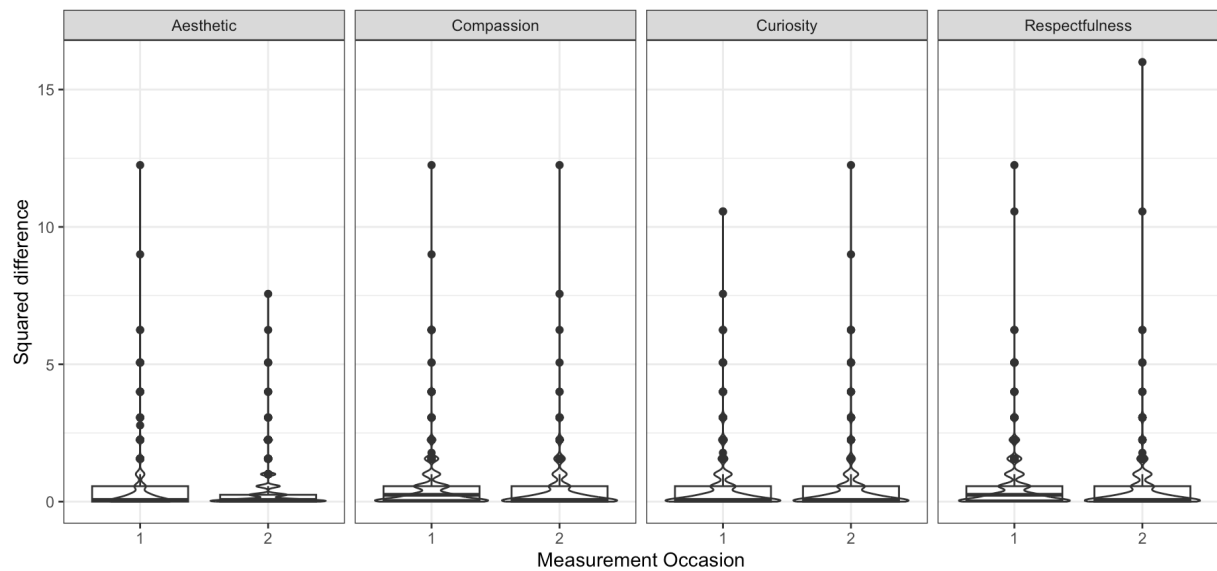
(h)



(i)



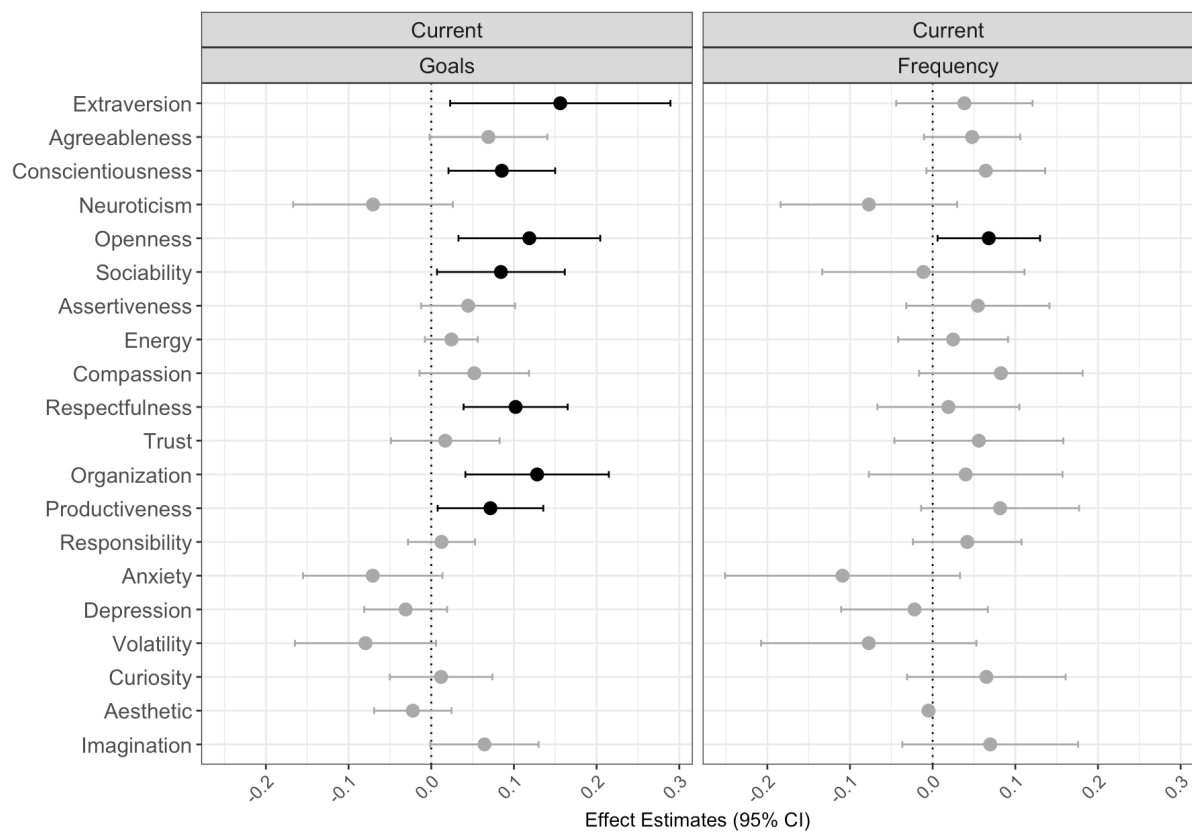
(j)



Note. Big Five dimensions and facets shown here are ranked by size of the initial squared differences. Boxplots indicate the median as a horizontal line, the 25% and 75% quartiles as the lower and upper hinges, the smallest observation greater than or equal to the lower hinge - 1.5 * IQR as the lower whisker, the largest observation less than or equal to the upper hinge + 1.5 * IQR as the upper whisker, and all data points lying outside the range of the whiskers as dots.

Figure S2

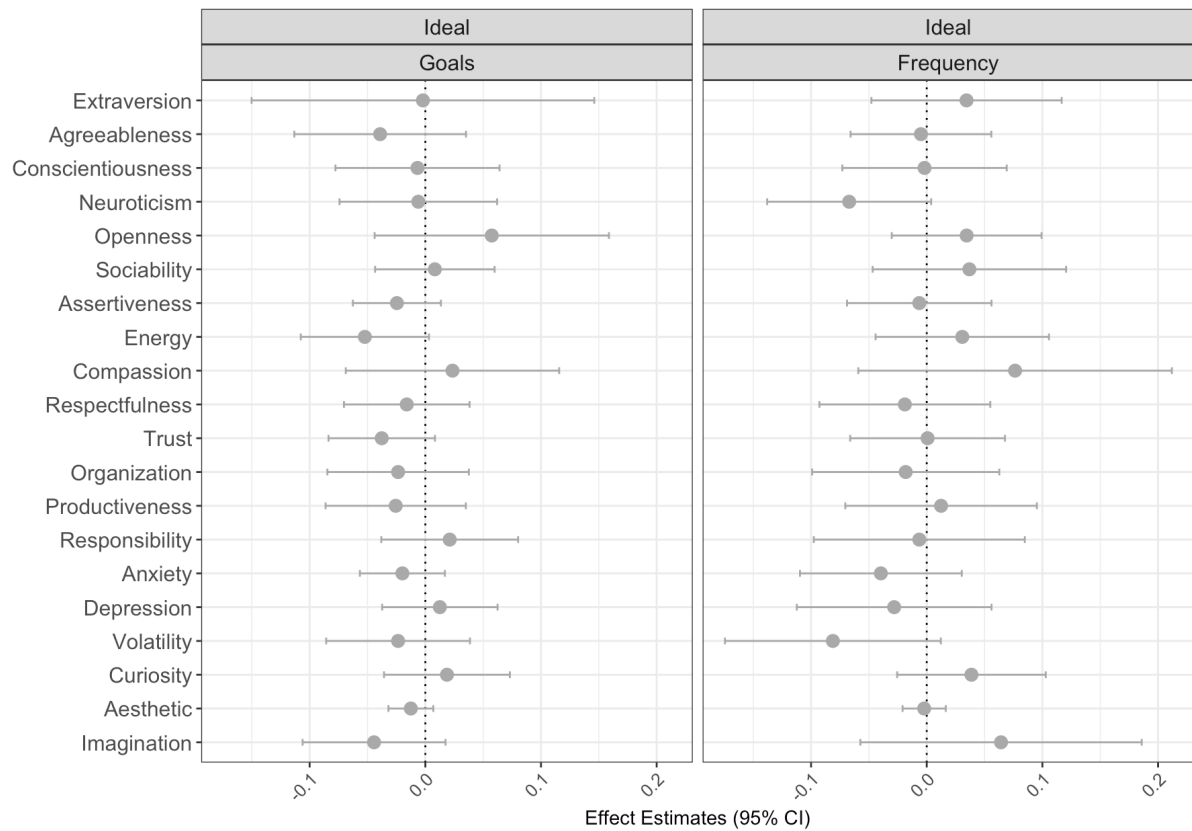
Summary of Moderation Effects of Current Personality Changes by Improvement Goals (Left Panel) and the Frequency of Improvement-Relevant Behavior (Right Panel) in the Self-Improvement Group in Study 1



Note. See Table S4 and html-document section 6.6 on https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for full model results. *Current* = current personality ratings as the outcome; *Goals* = facet-level improvement goals assessed at T1 (using a latent factor of the respective three facet goals for the Big Five dimensions); *Frequency* = frequency of self-improvement behaviors assessed at T2 (latent factor of the three items).

Figure S3

Summary of Moderation Effects of Ideal Personality Changes by Acceptance Goals (Left Panel) and the Frequency of Acceptance-Relevant Behavior (Right Panel) in the Self-Acceptance Group in Study 1

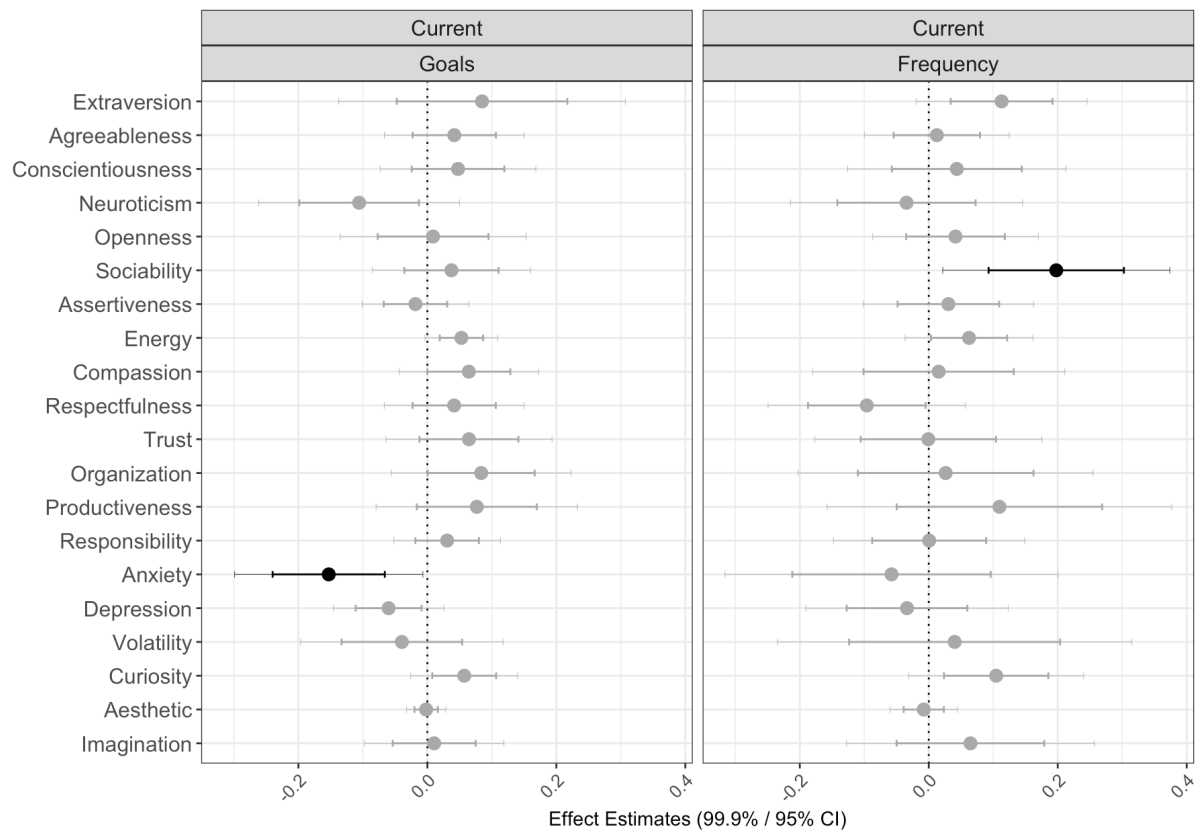


Note. See Table S5 and html-document section 6.7 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for full model results. *Ideal* = ideal personality ratings as the outcome; *Goals* = facet-level acceptance goals assessed at T1 (using a latent factor of the respective three facet goals for the Big Five dimensions); *Frequency* = frequency of self-acceptance behaviors assessed at T2 (latent factor of the three items).

Figure S4

Summary of Moderation Effects of Current Personality Changes from T1 to T2 by Improvement Goals (Left Panel) and the Frequency of Improvement-Relevant Behavior (Right Panel) in the Self-Improvement Group in Study 2

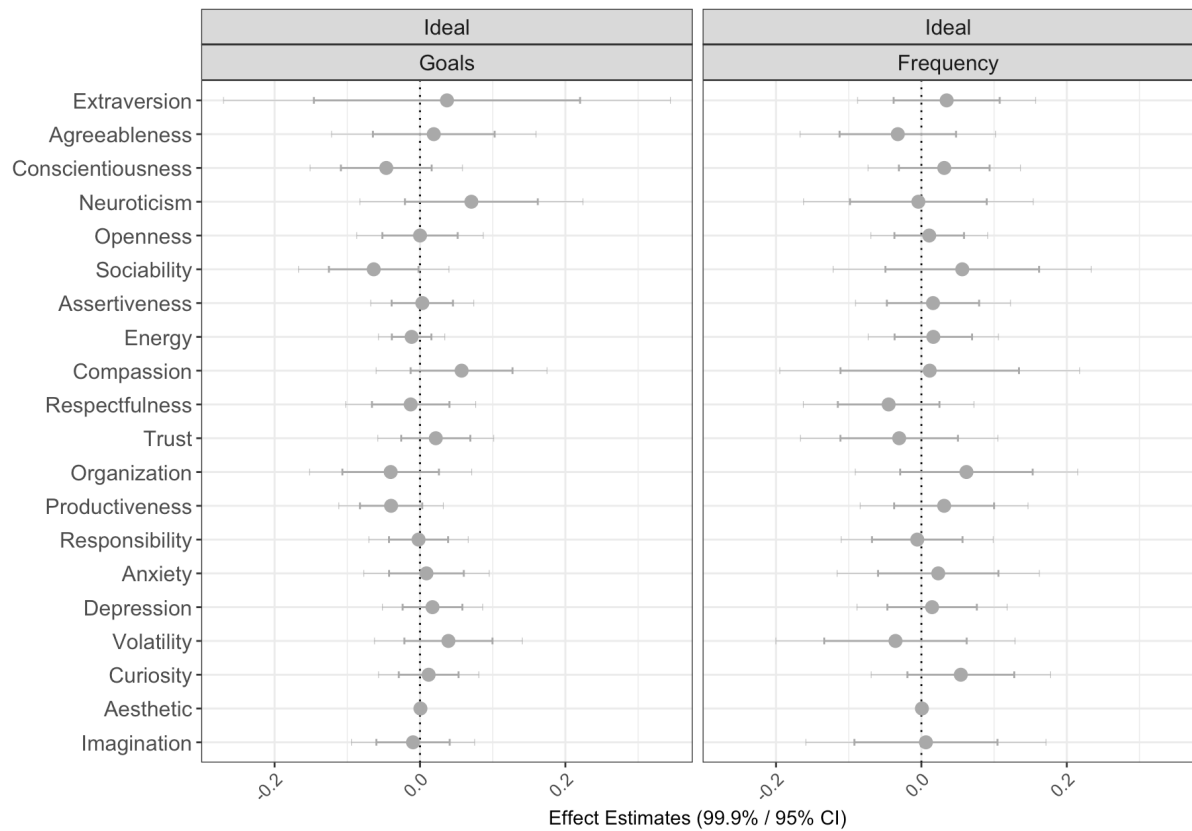


Note. See Table S4 and html-document section 6.6 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for full model results. *Current* = current personality ratings as the outcome; *Goals* = facet-level improvement goals assessed at T1 (using a latent factor of the respective three facet goals for the Big Five dimensions); *Frequency* = frequency of self-improvement behaviors assessed at T2 (latent factor of the three items). Both 99.9% and 95% confidence intervals are shown.

Figure S5

Summary of Moderation Effects of Ideal Personality Changes from T1 to T2 by Improvement Goals or the Frequency of Improvement-Relevant Behavior in the Self-Improvement Group in Study 2

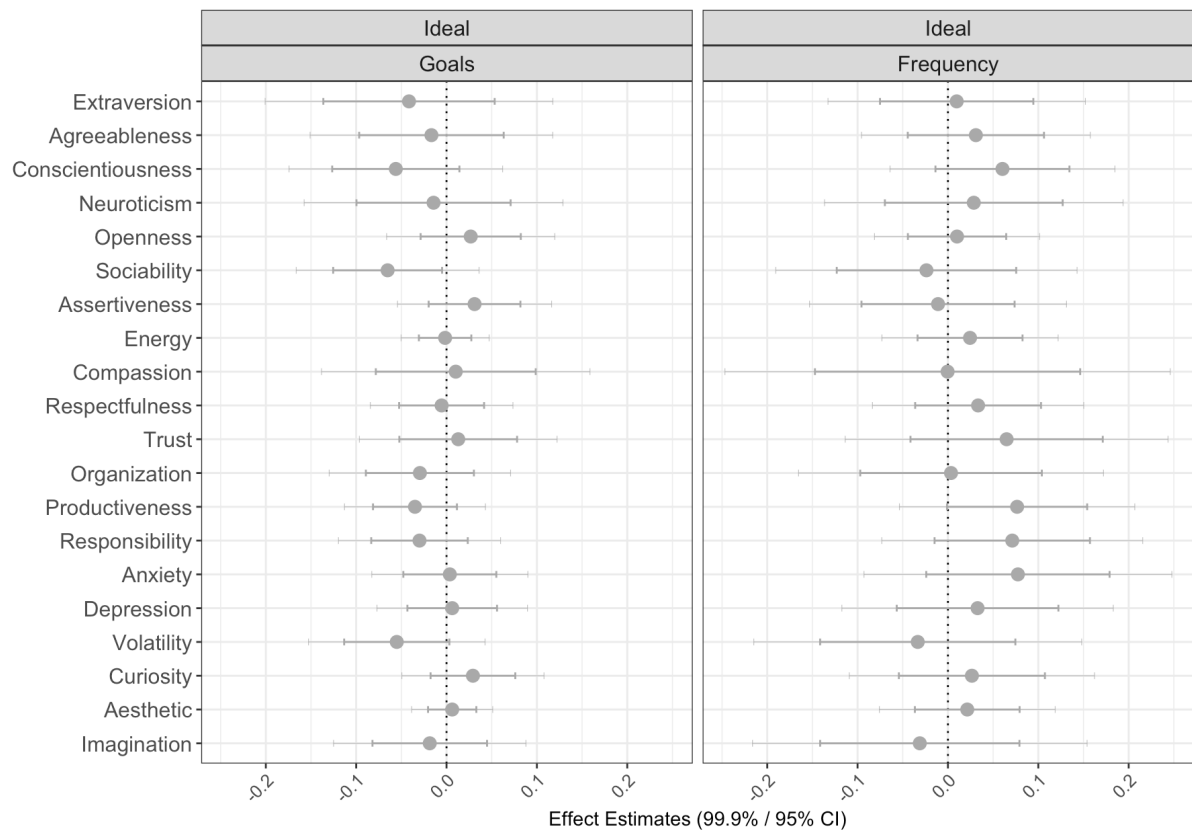


Note. See Table S1 and html-document section 6.6 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for full model results. *Ideal* = ideal personality ratings as the outcome; *Goals* = facet-level improvement goals assessed at T1 (using a latent factor of the respective three facet goals for the Big Five dimensions); *Frequency* = frequency of self-improvement behaviors assessed at T2 (latent factor of the three items). Both 99.9% and 95% confidence intervals are shown, for visual comparison with Study 1.

Figure S6

Summary of Moderation Effects of Ideal Personality Changes from T1 to T2 by Acceptance Goals (Left Panel) and the Frequency of Acceptance-Relevant Behavior (Right Panel) in the Self-Acceptance Group in Study 2

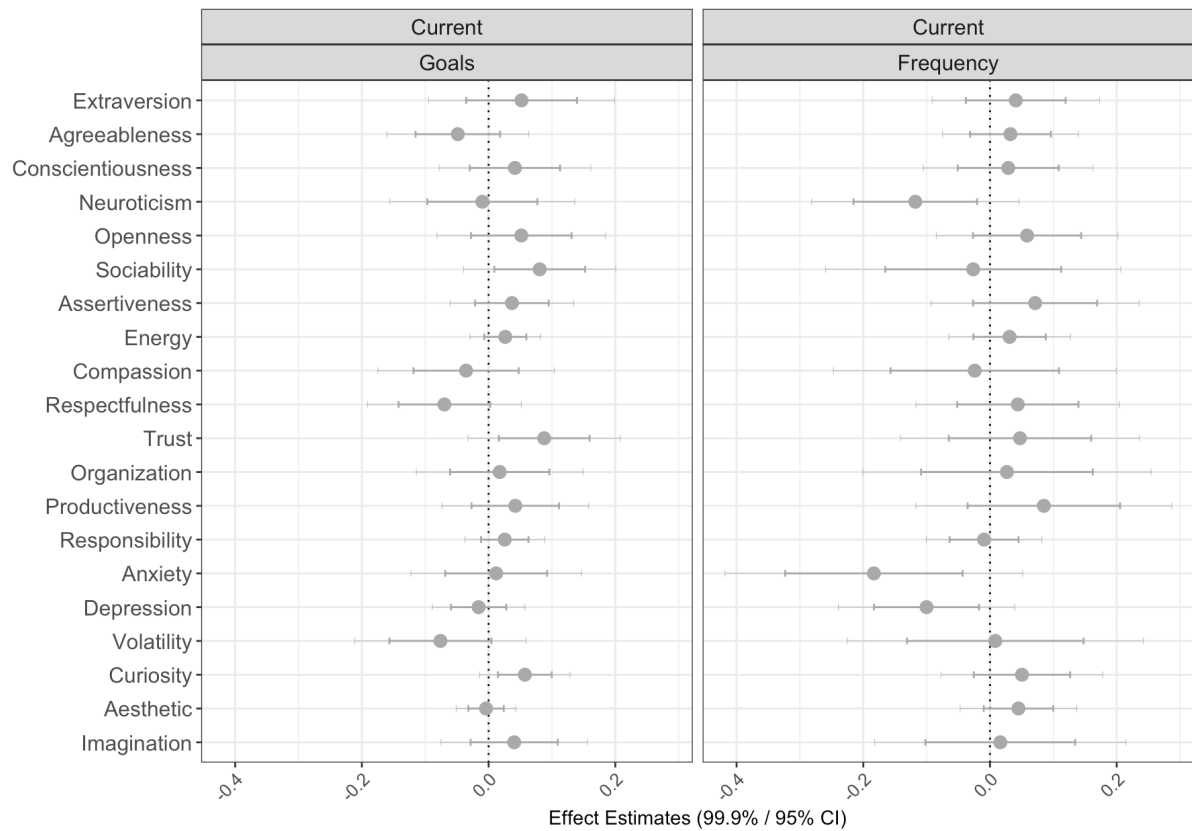


Note. See Table S5 and html-document section 6.7 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for full model results. *Ideal* = ideal personality ratings as the outcome; *Goals* = facet-level acceptance goals assessed at T1 (using a latent factor of the respective three facet goals for the Big Five dimensions); *Frequency* = frequency of self-acceptance behaviors assessed at T2 (latent factor of the three items). Both 99.9% and 95% confidence intervals are shown.

Figure S7

Summary of Moderation Effects of Current Personality Changes from T1 to T2 by Acceptance Goals or the Frequency of Acceptance-Relevant Behavior in the Self-Acceptance Group in Study 2

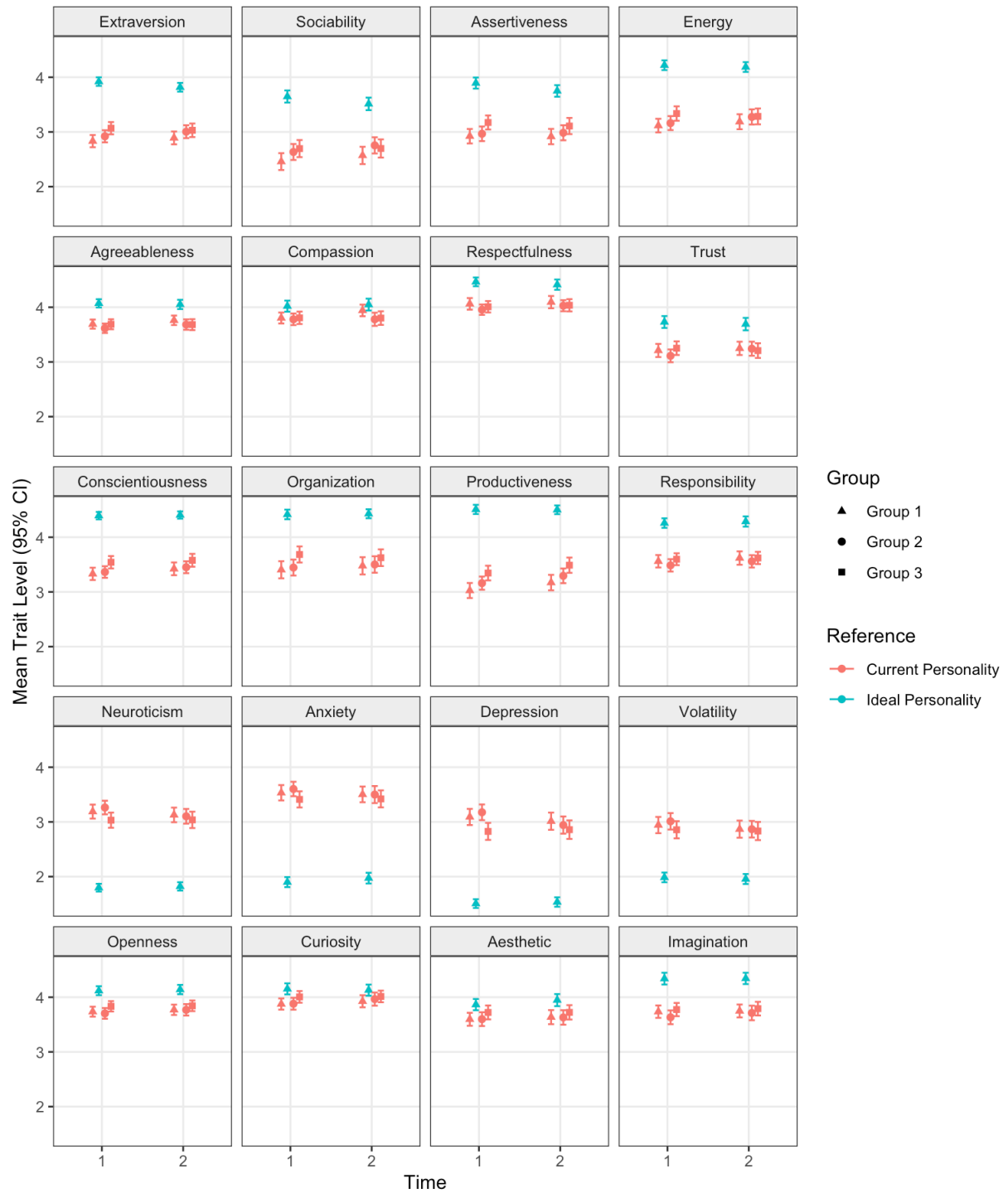


Note. See Table S2 and html-document section 6.7 on

https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for full model results. *Current* = current personality ratings as the outcome; *Goals* = facet-level acceptance goals assessed at T1 (using a latent factor of the respective three facet goals for the Big Five dimensions); *Frequency* = frequency of self-acceptance behaviors assessed at T2 (latent factor of the three items). Both 99.9% and 95% confidence intervals are shown, for visual comparison with Study 1.

Figure S8

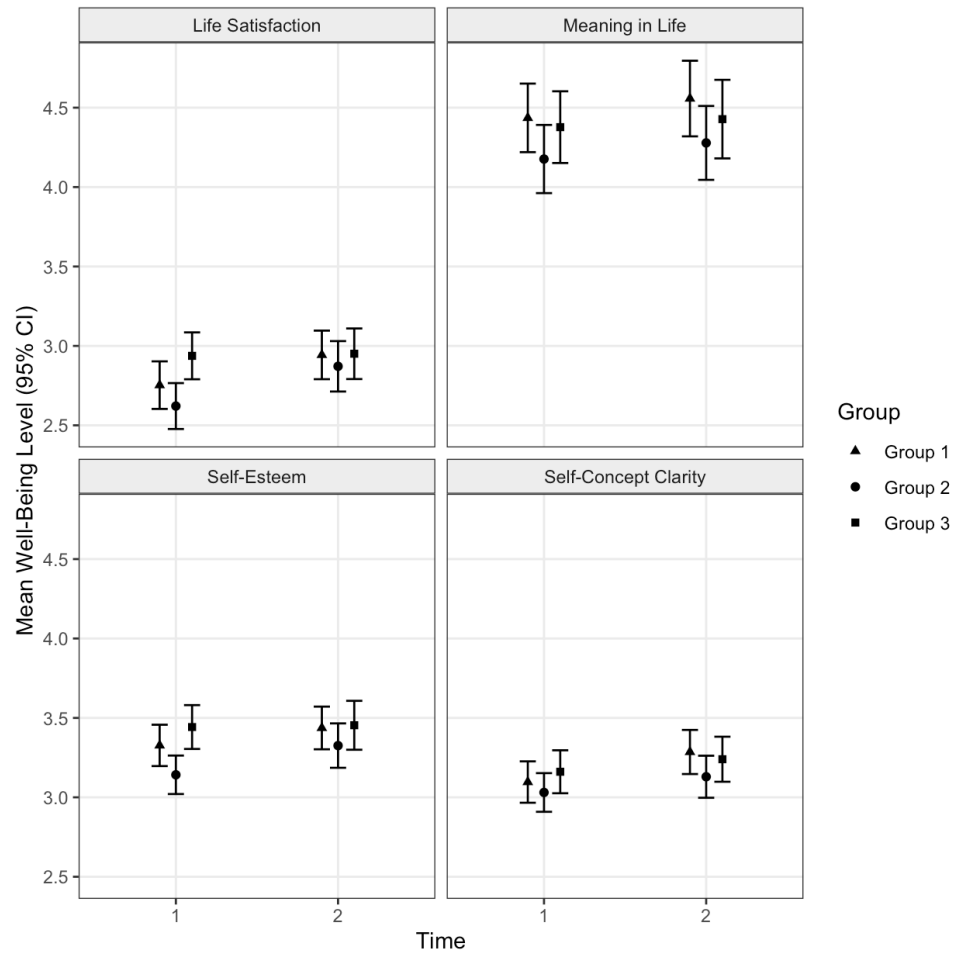
Current and Ideal Personality Mean Levels Across Time and Control Group Operationalizations in Study 3



Note. 95% confidence intervals are shown. See also html-document section 5.5 on https://osf.io/anrc9/?view_only=41bea36b471b4a3fa7a4d1ec2a75edf6 for zoomed-in versions.

Figure S9

Mean Levels of Well-Being Across Time and Control Group Operationalizations in Study 3



Note. 95% confidence intervals are shown.