



## Twin Activities: Main Study

In the main study, all twins were placed in the "intervention" group (there was no "control" group as in the pilot study). Hence, the weekly activities were the same for all twins.

<b>Intervention stages:</b>	<b>Baseline</b>	<b>Control 1</b>	<b>Control 2</b>	<b>Control 3</b>	<b>Intervention 1</b>	<b>Intervention 2</b>	<b>Intervention 3</b>	<b>Follow up</b>
<b>Twin measure</b>	<b>Week 0</b>	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Week 5</b>	<b>Week 6</b>	<b>Week 9</b>
List of three results	-	1	1	1	1	1	1	-
Written task	-	2	2	2	2	2	2	-
Hedonic adaptation*	-	-	-	3	-	-	3	1
Effort*	-	3	3	4	3	3	4	-
Affect & satisfaction	1	4	4	5	4	4	5	2
Health	2	5	5	6	5	5	6	3
Emotional report	3	6	6	7	6	6	7	4
Gratitude*	4	-	-	8	-	-	8	5
NSF**	5	7	7	9	7	7	9	6
Life satisfaction**	6	-	-	10	-	-	10	7
Sensation seeking*	7	-	-	-	-	-	-	-
STAI	8	-	-	11	-	-	11	8
Meaning in life*	9	-	-	12	-	-	12	9
Subjective happiness	10	-	-	13	-	-	13	10
Personality	11	-	-	-	-	-	-	-
Prosocial*	12	-	-	14	-	-	14	11
Moods & feelings	13	-	-	15	-	-	15	12
Fit**	14	-	-	-	-	-	-	-
Task feedback	-	8	8	16	8	8	16	-
List of three instructions	15	9	9	17	9	9	-	-
Gratitude letter feedback*	-	-	-	-	-	-	-	13
Study feedback	-	-	-	-	-	-	-	14

\* These were new activities for the main study (not included in the pilot).

\*\* The items of these activities were changed from the pilot to the main study.