







Fig. 1 Changes in participants' scores on the Beck Depression Inventory-II (BDI-II; range 0-63), the Positive Outcome List subscales Autonomy (POLaut; range 7-28) and Social Optimism (POLsoc; range 3-12), the Happiness Index (HI; range 0-10) and the Heart Coherence (HC; range 0-200) during Baseline (A1), Treatment (B) and Withdrawal (A2)