

Table 1: Summary of the study design and participant characteristics.		Table 2: Summary of the study design and participant characteristics.	
Variable	Value	Variable	Value
Number of participants	100	Number of participants	100
Age (mean ± SD)	25.5 ± 3.2	Age (mean ± SD)	25.5 ± 3.2
Gender (Male/Female)	50/50	Gender (Male/Female)	50/50
Education level (High school/College/University)	30/40/30	Education level (High school/College/University)	30/40/30
Occupation (Student/Professional/Other)	60/30/10	Occupation (Student/Professional/Other)	60/30/10
Income (Mean ± SD)	\$15,000 ± \$5,000	Income (Mean ± SD)	\$15,000 ± \$5,000
Marital status (Single/Married/Divorced)	80/15/5	Marital status (Single/Married/Divorced)	80/15/5
Religious affiliation (Christian/Muslim/Jewish/Hindu)	60/20/10/10	Religious affiliation (Christian/Muslim/Jewish/Hindu)	60/20/10/10
Political affiliation (Democrat/Republican/Independent)	50/30/20	Political affiliation (Democrat/Republican/Independent)	50/30/20
Health status (Healthy/Chronic disease/Other)	80/15/5	Health status (Healthy/Chronic disease/Other)	80/15/5
Smoking status (Smoker/Non-smoker)	10/90	Smoking status (Smoker/Non-smoker)	10/90
Alcohol consumption (Regular/Occasional/None)	10/40/50	Alcohol consumption (Regular/Occasional/None)	10/40/50
Exercise frequency (Daily/Weekly/Monthly/None)	10/30/40/20	Exercise frequency (Daily/Weekly/Monthly/None)	10/30/40/20
Stress level (High/Medium/Low)	30/40/30	Stress level (High/Medium/Low)	30/40/30
Life satisfaction (High/Medium/Low)	40/30/30	Life satisfaction (High/Medium/Low)	40/30/30
Overall health (Good/Fair/Poor)	60/30/10	Overall health (Good/Fair/Poor)	60/30/10