Supplementary materials

Supplementary Table 1
All items for self-mastery

Self-mastery
1. There is really no way I can solve some of the problems I have 2. Sometimes I feel that I'm being pushed around in life 3. I have little control over the things that happen to me 4. I often feel helpless in dealing with the problems of life 5. What happens to me in the future mostly depends on me 6. There is little I can do to change many of the important things in my life
Excluded item: 7. I can do just about anything I really set my mind to

Supplementary Table 2

All items for perceived stress

Perceived stress
1. How often have you been upset because of something that happened unexpectedly? 2. How often have you felt nervous and "stressed"? 3. How often have you felt that things were going your way? 4. How often have you felt difficulties were piling up so high that you could not overcome them?

Supplementary Table 3
All items for the working relationship

Working relationship-scale (original in Dutch)
The worker: 1. has an open mind 2. acknowledges how I feel 3. looks me up 4. considers what I want to learn 5. has a talk with me when I overstep a boundary 6. shows understanding for what I do or say 7. knows how to reach me 8. considers my problems or questions 9. seems to be really genuine 10. takes what I say or do seriously 11. is there for me when I need it 12. considers what I find difficult 13. is easy to reach 14. has a way of doing where I feel at ease 15. considers my situation (for example at home, at school or in the neighborhood) 16. backs me up when I need it 17. sees how my live is 18. gives me space to be who I am

19. sympathizes with me and my life
20. returns to conversations we've had

Supplementary Table 4
Completers versus Non-completers T0-T1 and T0-T2: results of x^2 analyses

	Completers T1 n (%)	Non-completers T1 n (%)	x^2	p	Completers T2	Non-completers T2	x^2	p
Gender			.225	.636			2.183	.140
Female	53 (19.2)	58 (21)			41 (14.9)	70 (25.4)		
Male	74 (26.8)	91 (33)			47 (17)	118 (42.8)		
Age groups			2.140	.544			3.081	.379
12-17	28 (10.1)	40 (14.5)			21 (7.6)	47 (17)		
18-22	52 (18.8)	63(22.8)			35 (12.7)	80 (29)		
23-27	31 (11.2)	34 (12.3)			19 (6.9)	46 (16.7)		
28+	16 (5.8)	12 (4.3)			14 (4.7)	15 (5.4)		
Cultural background			**16.083**	**<.001**			4.017	.134
Only Dutch	21 (7.6)	29 (10.5)			14 (5.1)	36 (13)		
Bicultural Dutch	96 (34.8)	83 (30.1)			64 (23.2)	115 (41.7)		
Other than Dutch	10 (3.6)	37 (13.4)			10 (3.6)	37 (13.4)		
Educational level			3.063	.547			1.746	.782
Very low	4 (1.4)	6 (2.2)			4 (1.4)	6 (2.2)		
Low	33 (12)	51 (18.5)			23 (8.3)	61 (22.1)		
Intermediate	80 (29)	79 (28.6)			52 (18.8)	107 (38.8)		
High	9 (3.3)	9 (3.3)			8 (2.9)	12 (4.3)		
Intensity			7.158	.128			4.346	.361
Less than once a month	27 (9.8)	44 (15.9)			18 (6.5)	53 (19.2)		
Monthly	17 (6.2)	15 (5.4)			12 (4.3)	20 (7.2)		
Every two weeks	26 (9.4)	16 (5.8)			18 (6.5)	24 (8.7)		
Weekly	23 (8.3)	28 (10.1)			15 (5.4)	36 (13)		
More than once a week	34 (12.3)	46 (16.7)			25 (9.1)	55 (19.9)		

Supplementary Table 5
Separate models LMM for the outcome measures

Outcome measures	Intermediate variable	Crude model	Intercept on participant level	Slope on intermediate variable

Self-mastery	Working relationship	1009.103	980.151	-
	Practical support	1000.257	973.525	-
Perceived stress	Working relationship	1247.087	1181.563	-
	Practical support	1233.417	1168.058	-