

**Erratum to Willert et al. Changes in stress and coping, SJWEH, 35(2), 145-152, 2009:** Due to a regrettable human error when reversing the scores on four items of the Perceived Stress Scale (PSS-10) the mean scores of the two groups are reported 4 points higher than their actual score at baseline. This error does not affect the reported effect sizes when comparing changes over time between the intervention and control condition, nor are the conclusions of the paper affected. However, the external comparability of the study is affected, i.e. in the case where other studies of similar populations and similar interventions compare their mean scores at baseline and over time on the PSS-10 to the ones reported in our paper.

**Table 2.** Baseline scores and within-group changes over time from the randomized controlled trial. The effect of the intervention is estimated as the between-groups difference of the changes from 0-3 months. Effect sizes are reported using Cohen's d (standardized mean difference). (95% CI = 95% confidence intervals, SD = standard deviation)

	Baseline			0-3 months			Effect size (d)	95% CI
	Score	SD	95% CI	Within-group change	P-value	95% CI		
Perceived stress scale								
Intervention	26.37	5.80	24.79-27.97	-6.45	0.000	-8.25--4.64	-1.11	-1.42--0.80
Wait list control	25.23	5.81	23.64-26.83	-1.12	0.226	-2.94-0.70	-0.19	-0.51-0.12
Intervention effect				-5.32	0.000	-7.89--2.76	-0.92	-1.36--0.48
Positive reframing								
Intervention	5.41	1.37	5.04-5.79	-0.86	0.000	-1.25--0.48	-0.62	-0.91--0.33
Wait list control	5.36	1.38	4.98-5.74	-0.18	0.376	-0.58-0.22	-0.13	-0.42-0.16
Intervention effect	.	.	.	-0.67	0.019	-1.24--0.11	-0.49	-0.90--0.08
	Score	SD	95% CI					
	22.37	5.80	20.79-23.97					
	21.23	5.81	19.64-22.83					

**Table 3.** Scores at three months and within-group changes over time from the follow up study. (95% CI = 95% confidence intervals)

	3 months		3-6 months			6-9 months		
	Score	95% CI	Within-group change	P-value	95% CI	Within-group change	P-value	95% CI
Perceived stress scale								
Intervention	19.93	18.29-21.57	-1.03	0.305	-3.00-0.94	.	.	.
Wait list control	24.11	22.46-25.76	-3.99	0.000	-5.91--2.06	-1.02	0.343	-2.98-0.94
Positive reframing								
Intervention	4.56	4.17-4.94	0.07	0.747	-0.37-0.51	.	.	.
Wait list control	5.18	4.79-5.57	-0.44	0.043	-0.87--0.01	-0.34	0.123	-0.77-0.09
	Score	95% CI						
	15.93	14.29-17.57						
	20.11	18.46-21.76						

**Table 4.** Alternative version of tables 2 and 3 combined: baselines scores and within-group changes over time. The effect of the intervention is estimated as the between-groups differences of the changes from 0-3 months. Effect sizes are reported using Cohen's d (standardized mean difference). (95% CI = 95% confidence intervals, SD = standard deviation, SE = standard error of the mean)

	Baseline		Randomized controlled trial				Follow-up study					
	Score	SD	0-3 months <sup>a</sup>	SE	P-value	Effect size (d)	3-6 months <sup>a</sup>	SE	P-value	6-9 months <sup>a</sup>	SE	P-value
Perceived stress scale												
Intervention	26.37	5.80	-6.45	0.92	0.000	-1.11	-1.03	1.00	0.305	.	.	.
Wait list control	25.23	5.81	-1.12	0.93	0.226	-0.19	-3.99	0.98	0.000	-1.00	1.05	0.343
Intervention effect		.	-5.32	1.31	0.000	0.92	.	.	.	.	.	.
Positive reframing												
Intervention	5.41	1.37	-0.86	0.20	0.000	-0.62	0.07	0.22	0.747	.	.	.
Wait list control	5.36	1.38	-0.18	0.20	0.376	-0.13	-0.44	0.22	0.043	-0.34	0.22	0.123
Intervention effect	.	.	-0.67	0.29	0.019	-0.49	.	.	.	.	.	.

<sup>a</sup> Within-group change.

Score  
22.37  
21.23