

[illegible][illegible]

Gen Z

91%

-19

Gen Z

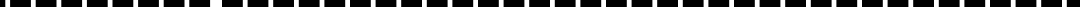
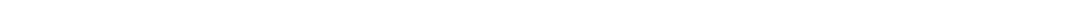
- 36% 
- 31% 
- 33% 

Figure 1: Schematic representation of the study design. The diagram shows three horizontal timelines for Gen Z, Gen X, and Gen Y. Gen Z (top) has a baseline at -19 and a follow-up at 0. Gen X (middle) has a baseline at -19 and a follow-up at 0. Gen Y (bottom) has a baseline at -19 and a follow-up at 0. A blue box highlights the period between -19 and 0 for Gen X, indicating the intervention period.

Gen Z 40% -19

Gen Z 47% -19 32% Gen Z 1 3 33%

Gen Z

- 51% “ ”
- 47%
- 32%
- 27%

(Swipe Right)

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