Table S1. Bacterial species recovered through surface sampling before psychological interventions

| Class             | Genus          | Species                           | n°CFU |
|-------------------|----------------|-----------------------------------|-------|
| Actinobacteria    | Corynebacterium* | Corynebacterium ureicelerivorans  | 1     |
|                   | Micrococcus*   | Micrococcus luteus                | 1     |
| Bacilli           | Bacillus**     | Bacillus benzoavorans             | 1     |
|                   |                | Bacillus cereus                   | 1     |
|                   |                | Bacillus endophyticus             | 2     |
|                   |                | Bacillus jeotgali                 | 1     |
| Paenibacillus**   |                | Paenibacillus polymyxa            | 2     |
| Staphylococcus*   |                | Staphylococcus epidermidis        | 2     |

Note: * human-derived bacteria; ** truly-environmental bacteria; CFU=Colony Forming Units calculated as CFU/cm²

Table S2. Bacterial species recovered through air and surface sampling after psychological interventions

| Class             | Genus            | Species                       | n°CFU |
|-------------------|------------------|-------------------------------|-------|
| Actinobacteria    | Actinomyces*     | Actinomyces dentalis          | 9     |
|                   |                  | Actinomyces oris              | 3     |
| Agromyces**       |                  | Agromyces hippuratus          | 1     |
|                   |                  | Agromyces italicus            | 3     |
|                   |                  | Agromyces rhizospherae        | 1     |
| Arthrobacter**    | Arthrobacter arilaitensis | 6     |
|                   | Arthrobacter castelli | 1     |
|                   | Arthrobacter crystallopoietes | 2     |
|                   | Arthrobacter gandavensis | 3     |
|                   | Arthrobacter gangotriensis | 2     |
|                   | Arthrobacter kerguelensis | 2     |
|                   | Arthrobacter oxydans | 4     |
|                   | Arthrobacter polychromogenes | 22    |
|                   | Arthrobacter protophormiae | 2     |
|                   | Arthrobacter psychrophilics | 2     |
|                   | Arthrobacter russicus | 1     |
|                   | Arthrobacter sulfonivorans | 4     |
|                   | Arthrobacter vulvulensis | 1     |
| Cellulosimicrobium** | Cellulosimicrobium cellulans | 11    |
| Corynebacterium*  | Corynebacterium afermentans | 1     |
|                   | Corynebacterium glucuronolyticum | 16    |
|                   | Corynebacterium jeikeium | 18    |
|                   | Corynebacterium mucificiens | 6     |
|                   | Corynebacterium singulare | 1     |
|                   | Corynebacterium tuberculostearicum | 13    |
|                   | Corynebacterium ureicelerivorans | 4     |
| Cutibacterium**   | Cutibacterium acnes | 1     |
| Genus                  | Species                          | Count |
|-----------------------|----------------------------------|-------|
| Cutibacterium         | avidum                           | 3     |
| Dermabacter**         | hominis                          | 2     |
| Kocuria**             | palustris                        | 2     |
|                      | rhizophila                       | 4     |
|                      | rosea                            | 4     |
| Microbacterium**      | aurantiacum                      | 3     |
|                      | dextranolyticum                  | 1     |
|                      | laevaniformans                   | 1     |
|                      | liquefaciens                     | 1     |
|                      | maritypicum                      | 1     |
|                      | oleivorans                       | 6     |
|                      | paludicola                       | 9     |
| Micrococcus*          | luteus                           | 496   |
|                      | lylae                            | 1     |
| Nocardia**            | farcinica                        | 2     |
| Rothia*               | dentocariosa                     | 6     |
|                      | mucilaginosa                     | 1     |
| Rhodococcus**         | equi                             | 3     |
|                      | rhodochrous                      | 1     |
|                      | ruber                            | 1     |
| Streptomyces**        | avidinii                         | 4     |
|                      | badius                           | 3     |
|                      | chartreusis                      | 3     |
|                      | griseus                          | 1     |
|                      | hirsutus                         | 2     |
|                      | phaeochromogenes                 | 3     |
|                      | violaceoruber                    | 5     |
| Alphaproteobacteria   | Acidiphilium**                   | 1     |
|                      | acidophilum                      |       |
| Brevundimonas**       | diminuta                         | 3     |
|                      | vesicularis                      | 2     |
| Paracoccus**          | versutus                         | 1     |
|                      | yeei                             | 5     |
| Roseomonas**          | mucosa                           | 1     |
| Sphingomonas**        | sp.                              | 1     |
| Sphingopyxis**        | terrae                           | 2     |
| Starkeya**            | novella                          | 1     |
| Bacilli               | Aneurinibacillus**               | 1     |
|                      | migulanus                        |       |
| Aerococcus**          | viridans                         | 1     |
| Bacillus**            | acidicola                        | 1     |
|                      | altitudinis                      | 1     |
|                      | arsenicus                        | 17    |
|                      | asahii                           | 1     |
|                      | barbaricus                       | 1     |
|                      | bataviensis                      | 5     |
|                      | cellulosilyticus                 | 1     |
|                      | cereus                           | 39    |
|                      | circulans                        | 1     |
| Bacterium                          | Count |
|-----------------------------------|-------|
| Bacillus cohnii                   | 1     |
| Bacillus drentensis               | 1     |
| Bacillus firmus                   | 40    |
| Bacillus flexus                   | 3     |
| Bacillus galactosidilyticus       | 2     |
| Bacillus horneckiae               | 1     |
| Bacillus humi                     | 1     |
| Bacillus hwajinpoensis            | 1     |
| Bacillus idriensis                | 1     |
| Bacillus indicus                  | 2     |
| Bacillus jeotgali                 | 4     |
| Bacillus licheniformis            | 33    |
| Bacillus marisflavi               | 3     |
| Bacillus megaterium               | 49    |
| Bacillus mojavensis               | 5     |
| Bacillus muralis                  | 1     |
| Bacillus mycoides                 | 2     |
| Bacillus niacini                  | 10    |
| Bacillus novalis                  | 3     |
| Bacillus odysseyi                 | 2     |
| Bacillus psychrodurans            | 1     |
| Bacillus pumilus                  | 5     |
| Bacillus safensis                 | 1     |
| Bacillus simplex                  | 22    |
| Bacillus siralis                  | 1     |
| Bacillus sonorensis               | 1     |
| Bacillus subtilis                 | 15    |
| Bacillus thuringiensis            | 2     |
| Brevibacillus**                   |       |
| Brevibacillus parabrevis          | 1     |
| Brevibacillus paucivorans         | 3     |
| Brevibacillus ravenspurgense      | 1     |
| Enterococcus**                    |       |
| Enterococcus casseliflavus        | 1     |
| Exiguobacterium**                 |       |
| Exiguobacterium sp.               | 7     |
| Exiguobacterium aurantiacum       | 8     |
| Lactobacillus*                    |       |
| Lactobacillus Amylotrophicus      | 2     |
| Lactobacillus coleohominis        | 2     |
| Lactobacillus coryniformis        | 4     |
| Lactobacillus fuchuensis          | 12    |
| Lactobacillus gasseri             | 1     |
| Lactobacillus graminis            | 1     |
| Lactobacillus ingluviei           | 1     |
| Lactobacillus johnsonii           | 1     |
| Lactobacillus kefiri              | 2     |
| Lactobacillus oris                | 1     |
| Lactobacillus paracasei           | 4     |
| Lactobacillus paralimentarius     | 27    |
| Lactobacillus pentosus            | 4     |
| Lactobacillus sakei               | 6     |
| Listeria**                        |       |
| Listeria innocua                  | 1     |
| Family          | Genus              | Species Name                          | Count |
|-----------------|--------------------|---------------------------------------|-------|
| Bacteroidia     | Bacteroides**      | Bacteroides fragilis                  | 1     |
| Betaproteobacteria | Aromatoleum**    | Aromatoleum toluolicum                | 1     |
|                 | Burkholderia**    | Burkholderia anthina                 | 5     |
|                 |                   | Burkholderia metallica               | 1     |
|                 | Cupriavidus**     | Cupriavidus necator                   | 1     |
|                 | Neisseria*        | Neisseria flavescens                 | 3     |
| Clostridia      | Clostridium**     | Clostridium beijerinckii             | 7     |
|                 | Macrococcus**     | Macrococcus caseolyticus             | 1     |
|                 | Paenibacillus**   | Paenibacillus amyloyticus            | 2     |
|                 |                   | Paenibacillus barengoltzii           | 2     |
|                 |                   | Paenibacillus Illinoisensis         | 1     |
|                 |                   | Paenibacillus lautus                 | 100   |
|                 |                   | Paenibacillus massiliensis           | 1     |
|                 |                   | Paenibacillus mendelii               | 1     |
|                 |                   | Paenibacillus polymyxia              | 2     |
|                 |                   | Paenibacillus timonensis             | 1     |
|                 |                   | Paenibacillus xylanilyticus          | 1     |
|                 | Solibacillus**    | Solibacillus silvestris              | 3     |
|                 | Staphylococcus*   | Staphylococcus arlettae              | 2     |
|                 |                   | Staphylococcus aureus                | 8     |
|                 |                   | Staphylococcus capitis               | 48    |
|                 |                   | Staphylococcus carnosus              | 2     |
|                 |                   | Staphylococcus cohnii                | 13    |
|                 |                   | Staphylococcus epidermidis           | 288   |
|                 |                   | Staphylococcus haemolyticus          | 19    |
|                 |                   | Staphylococcus hominis               | 81    |
|                 |                   | Staphylococcus lugdunensis           | 5     |
|                 |                   | Staphylococcus pasteur               | 1     |
|                 |                   | Staphylococcus pettenkoferi          | 1     |
|                 |                   | Staphylococcus saprophyticus         | 11    |
|                 |                   | Staphylococcus simiae                | 6     |
|                 |                   | Staphylococcus warneri               | 14    |
|                 |                   | Staphylococcus xylosus               | 18    |
|                 | Streptococcus*    | Streptococcus agalactiae             | 1     |
|                 |                   | Streptococcus castoreus              | 4     |
|                 |                   | Streptococcus constellatus           | 3     |
|                 |                   | Streptococcus cristatus              | 1     |
|                 |                   | Streptococcus equi                  | 1     |
|                 |                   | Streptococcus mitis                 | 1     |
|                 |                   | Streptococcus oralis                | 7     |
|                 |                   | Streptococcus parasanguinis          | 10    |
|                 |                   | Streptococcus salivarius            | 2     |
|                 |                   | Streptococcus sanguinis             | 13    |
|                 |                   | Streptococcus suis                  | 1     |
|                 | Virgibacillus**   | Virgibacillus pantothenticus         | 1     |
|                 | Weissella**       | Weissella minor                      | 1     |
|                 |                   | Weissella viridescens               | 1     |
| Class                | Genus             | Species                     | n°CFU |
|---------------------|-------------------|-----------------------------|-------|
| Actinobacteria      | *Arthrobacter**   | *Arthrobacter woluwensis    | 1     |
|                     | **Sphingobacterium** | **Sphingobacterium multivorum** | 2     |
|                     | **Tissierella**   | **Tissierella praecuta**    | 1     |
| Gammaproteobacteria | **Acinetobacter** | *Acinetobacter baumanii     | 1     |
|                     |                   | *Acinetobacter junii        | 1     |
|                     |                   | *Acinetobacter lwoffii      | 32    |
|                     |                   | *Acinetobacter pittii       | 3     |
|                     |                   | *Acinetobacter radioreistentis | 1     |
|                     | **Balneatrix**    | Balneatrix alpica           | 1     |
|                     | **Enterobacter**  | Enterobacter aerogenes      | 3     |
|                     |                   | Enterobacter ludoigii       | 1     |
|                     | **Escherichia**   | Escherichia vulneris        | 1     |
|                     | **Halomonas**     | Halomonas elongata          | 1     |
|                     | **Leclercia**     | Leclercia adecarboxylata    | 1     |
|                     | **Moraxella**     | Moraxella spp               | 4     |
|                     | **Pantoear**      | Pantoear agglomerans        | 4     |
|                     | **Pseudomonas**   | Pseudomonas abietaniphila   | 2     |
|                     |                   | Pseudomonas balearica       | 2     |
|                     |                   | Pseudomonas flavescens      | 1     |
|                     |                   | Pseudomonas fulva           | 1     |
|                     |                   | Pseudomonas luteola         | 1     |
|                     |                   | Pseudomonas massiliensis    | 1     |
|                     |                   | Pseudomonas oryzihabitans   | 12    |
|                     |                   | Pseudomonas plecoglossicida | 1     |
|                     |                   | Pseudomonas putida          | 4     |
|                     |                   | Pseudomonas rhodesiae       | 2     |
|                     |                   | Pseudomonas sp.             | 1     |
|                     |                   | Pseudomonas straminea       | 4     |
|                     |                   | Pseudomonas stutzeri        | 4     |
|                     |                   | Pseudomonas vancouverensis  | 3     |
|                     |                   | Pseudomonas xanthomarina    | 1     |
|                     | **Raoultella**    | Raoultella ornithinolytica  | 1     |
|                     | **Serratia**      | Serratia plynuthica         | 1     |
|                     | **Stenotrophomonas** | Stenotrophomonas maltophilia | 4     |
| Flavobacteria       | **Chryseobacterium** | Chryseobacterium joostei    | 2     |
|                     | **Elizabethkingia** | Elizabethkingia meningoseptica | 1   |
|                     | **Flavobacterium** | Flavobacterium flevense     | 1     |
|                   | **Flavobacteria** | *Chryseobacterium joostei* | 2     |
|                   | **Elizabethkingia** | *Elizabethkingia meningoseptica* | 1 |
|                   | **Flavobacterium** | *Flavobacterium flevense* | 1     |
|                   | **Gammaproteobacteria** | *Acinetobacter baumanii* | 1 |
|                   | **Gammaproteobacteria** | *Acinetobacter junii* | 1 |
|                   | **Gammaproteobacteria** | *Acinetobacter lwoffii* | 32 |
|                   | **Gammaproteobacteria** | *Acinetobacter pittii* | 3 |
|                   | **Gammaproteobacteria** | *Acinetobacter radioreistentis* | 1 |
|                   | **Gammaproteobacteria** | *Balneatrix alpica* | 1 |
|                   | **Gammaproteobacteria** | *Enterobacter aerogenes* | 3 |
|                   | **Gammaproteobacteria** | *Enterobacter ludoigii* | 1 |
|                   | **Gammaproteobacteria** | *Escherichia vulneris* | 1 |
|                   | **Gammaproteobacteria** | *Halomonas elongata* | 1 |
|                   | **Gammaproteobacteria** | *Leclercia adecarboxylata* | 1 |
|                   | **Gammaproteobacteria** | *Moraxella spp* | 4 |
|                   | **Gammaproteobacteria** | *Pantoear agglomerans* | 4 |
|                   | **Gammaproteobacteria** | *Pseudomonas abietaniphila* | 2 |
|                   | **Gammaproteobacteria** | *Pseudomonas balearica* | 2 |
|                   | **Gammaproteobacteria** | *Pseudomonas flavescens* | 1 |
|                   | **Gammaproteobacteria** | *Pseudomonas fulva* | 1 |
|                   | **Gammaproteobacteria** | *Pseudomonas luteola* | 1 |
|                   | **Gammaproteobacteria** | *Pseudomonas massiliensis* | 1 |
|                   | **Gammaproteobacteria** | *Pseudomonas oryzihabitans* | 12 |
|                   | **Gammaproteobacteria** | *Pseudomonas plecoglossicida* | 1 |
|                   | **Gammaproteobacteria** | *Pseudomonas putida* | 4 |
|                   | **Gammaproteobacteria** | *Pseudomonas rhodesiae* | 2 |
|                   | **Gammaproteobacteria** | *Pseudomonas sp.* | 1 |
|                   | **Gammaproteobacteria** | *Pseudomonas straminea* | 4 |
|                   | **Gammaproteobacteria** | *Pseudomonas stutzeri* | 4 |
|                   | **Gammaproteobacteria** | *Pseudomonas vancouverensis* | 3 |
|                   | **Gammaproteobacteria** | *Pseudomonas xanthomarina* | 1 |
|                   | **Gammaproteobacteria** | *Raoultella ornithinolytica* | 1 |
|                   | **Gammaproteobacteria** | *Serratia plynuthica* | 1 |
|                   | **Gammaproteobacteria** | *Stenotrophomonas maltophilia* | 4 |
|                   | **Gammaproteobacteria** | *Sphingobacterium multivorum* | 2 |
|                   | **Gammaproteobacteria** | *Sphingobacterium spiritivorum* | 1 |
|                   | **Gammaproteobacteria** | *Tissierella praecuta* | 1 |

*Note:* human-derived bacteria; **truly-environmental bacteria; CFU=Colony Forming Units calculated as CFU/m²/h and CFU/cm²

Table S3 Bacterial species recovered through air and surface sampling after the first five psychological interventions
| Category            | Genus                     | Species                          | Count |
|---------------------|---------------------------|----------------------------------|-------|
| **Alphaproteobacteria** | **Cellulosimicrobium**    | Cellulosimicrobium cellulans     | 1     |
|                     | **Kocuria**               | Kocuria rosea                    | 1     |
|                     | **Microbacterium**        | Microbacterium paludicola        | 5     |
|                     | **Micrococcus**           | Micrococcus luteus               | 79    |
|                     | **Rhodococcus**           | Rhodococcus ruber                | 1     |
|                     | **Streptomyces**          | Streptomyces violaceoruber       | 1     |
|                     | **Paracoccus**            | Paracoccus yeei                  | 2     |
|                     | **Sphingomonas**          | Sphingomonas spp.                | 1     |
|                     | **Starkeya**              | Starkeya novella                 | 1     |
| **Bacilli**         | **Aerococcus**            | Aerococcus viridans              | 1     |
|                     | **Bacillus**              | Bacillus acidicola               | 1     |
|                     |                           | Bacillus arsenicis               | 8     |
|                     |                           | Bacillus barbaricus              | 1     |
|                     |                           | Bacillus bataviensis             | 2     |
|                     |                           | Bacillus cereus                  | 20    |
|                     |                           | Bacillus drenensis               | 1     |
|                     |                           | Bacillus firmus                  | 27    |
|                     |                           | Bacillus flexus                  | 2     |
|                     |                           | Bacillus humi                    | 1     |
|                     |                           | Bacillus licheniformis           | 18    |
|                     |                           | Bacillus marisflavi              | 2     |
|                     |                           | Bacillus megaterium              | 18    |
|                     |                           | Bacillus muralis                 | 1     |
|                     |                           | Bacillus mycoides                | 1     |
|                     |                           | Bacillus niacinii                | 1     |
|                     |                           | Bacillus pumilus                 | 2     |
|                     |                           | Bacillus safensis                | 1     |
|                     |                           | Bacillus simplex                 | 11    |
|                     |                           | Bacillus siralis                 | 1     |
|                     |                           | Bacillus subtilis                | 4     |
|                     | **Exiguobacterium**       | Exiguobacterium sp.              | 2     |
|                     |                           | Exiguobacterium aurantiacum      | 2     |
|                     | **Lactobacillus**         | Lactobacillus coleohominis       | 2     |
|                     |                           | Lactobacillus ingluviei          | 1     |
|                     | **Paenibacillus**         | Paenibacillus amylolyticus       | 2     |
|                     |                           | Paenibacillus lautus             | 100   |
|                     |                           | Paenibacillus massiliensis       | 2     |
|                     |                           | Paenibacillus polymyxa           | 1     |
|                     |                           | Paenibacillus timonensis         | 1     |
|                     |                           | Paenibacillus xylanilyticus      | 1     |
|                     | **Staphylococcus**        | Staphylococcus aureus            | 1     |
|                     |                           | Staphylococcus capitis           | 6     |
|                     |                           | Staphylococcus epidermidis       | 16    |
|                     |                           | Staphylococcus haemolyticus      | 1     |
|                     |                           | Staphylococcus hominis           | 6     |
|                     |                           | Staphylococcus warneri           | 2     |
| **Clostridia**      | **Clostridium**           | Clostridium cochlearium          | 2     |
|                     |                           | Clostridium innocuum             | 1     |
| **Gammaproteobacteria** | **Acinetobacter**         | Acinetobacter lwoffii            | 8     |
| **Pantoea***  | **Pantoea agglomerans** | 3 |
|---------------|------------------------|---|
| **Pseudomonas****  | **Pseudomonas abietaniphila** | 1 |
|                | **Pseudomonas balearica** | 2 |
|                | **Pseudomonas oryzihabitans** | 1 |
|                | **Pseudomonas stutzeri** | 2 |
| **Stenotrophomonas****  | **Stenotrophomonas maltophilia** | 1 |

*human-derived bacteria; **truly-environmental bacteria; CFU=Colony Forming Units calculated as CFU/m²/h and CFU/cm²