

Appendix 4. Observed reduction in mean scores in the two randomization groups at baseline and each of the follow-up time points

	Week 0				Week 3				Week 6			
	Control		Intervention		Control		Intervention		Control		Intervention	
	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n
HF	4.53 (0.90)	34	4.72 (0.85)	36	4.09 (1.30)	32	2.86 (1.59)	35	3.84 (1.64)	31	2.43 (1.40)	35
DNS	3.50 (1.56)	34	3.61 (1.95)	36	3.34 (1.70)	32	2.51 (1.56)	35	3.06 (1.91)	31	1.94 (1.55)	35
GS	1.41 (1.43)	34	1.42 (1.25)	36	1.28 (1.53)	32	0.71 (0.93)	35	1.48 (1.69)	31	0.60 (0.81)	35
MSSP	2.97 (1.40)	34	3.25 (1.30)	36	2.59 (1.78)	32	2.00 (1.51)	35	2.94 (1.82)	31	1.34 (1.47)	35
EM	5.38 (5.22)	34	6.31 (6.11)	36	5.94 (5.65)	32	3.80 (4.21)	35	5.71 (6.69)	31	3.49 (4.67)	35
MEM	1.41 (1.44)	34	1.19 (1.31)	36	1.41 (1.54)	32	0.71 (1.10)	35	1.10 (1.42)	31	0.66 (1.14)	35
PHY	4.94 (3.56)	34	5.11 (4.03)	36	4.78 (2.83)	32	3.66 (3.40)	35	4.84 (3.72)	31	3.31 (2.78)	35
URIN	1.29 (1.27)	34	2.03 (1.80)	36	1.41 (1.41)	32	1.74 (1.87)	35	1.61 (1.65)	31	1.63 (1.52)	35
ABD	1.59 (1.67)	34	1.67 (1.49)	36	1.50 (1.48)	32	1.26 (1.15)	35	1.68 (1.99)	31	1.09 (1.22)	35
SH	2.68 (2.07)	34	3.11 (2.59)	36	3.28 (2.41)	32	2.26 (2.25)	35	2.94 (2.62)	31	1.83 (1.64)	35
SEX	2.23 (1.92)	26	2.19 (1.55)	27	2.48 (1.85)	25	1.58 (1.58)	26	1.61 (1.73)	23	1.54 (1.55)	28
TR	1.03 (1.03)	34	1.08 (0.84)	36	1.19 (0.97)	32	0.91 (1.02)	35	1.19 (1.14)	31	0.83 (0.89)	35