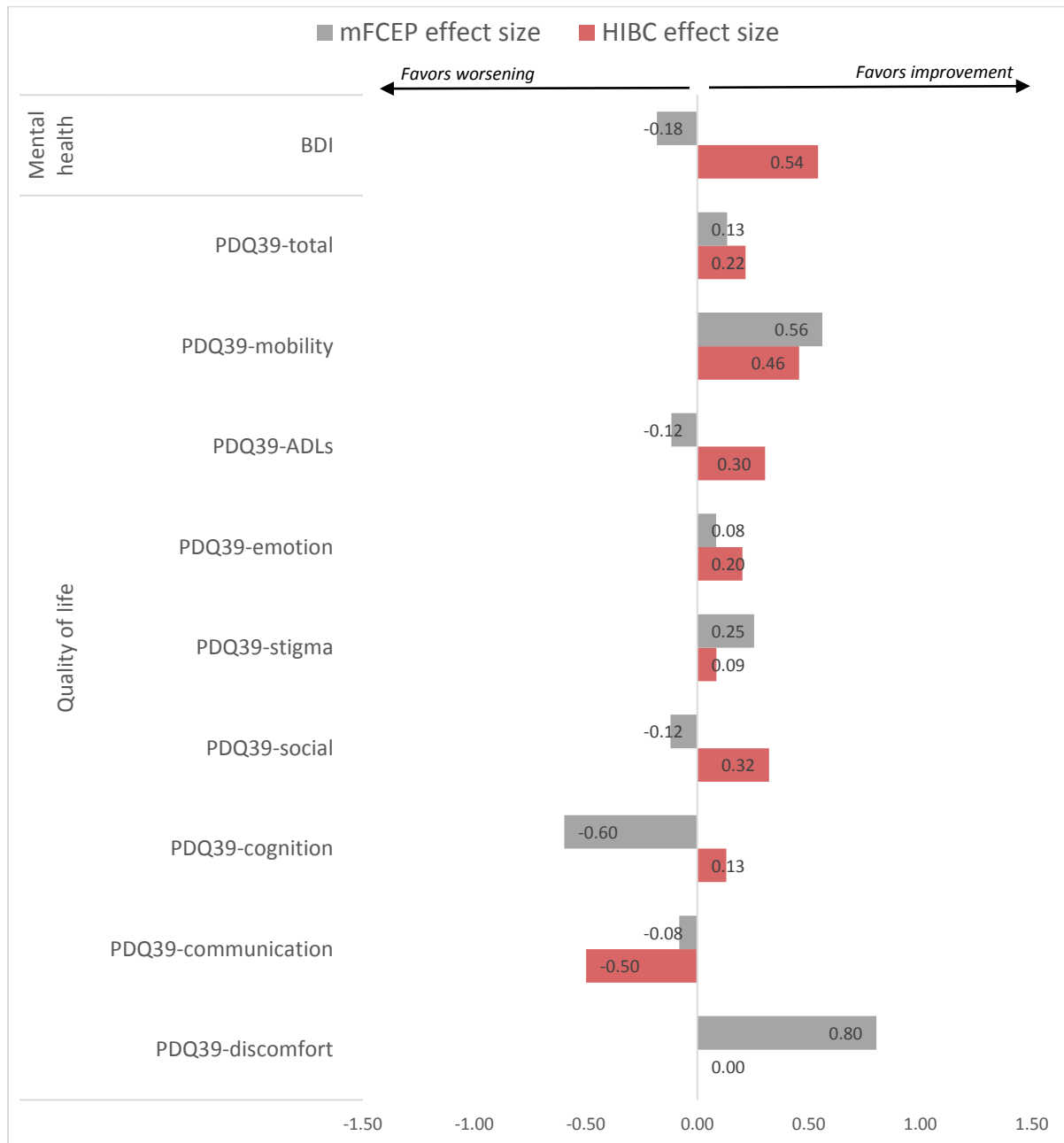


## Supplement C – Mental Health and QoL

**Figure 1.** Effect sizes (Cohen's D) for the HIBC and UC for pre to post mental health (Beck Depression Inventory) and QoL (PDQ-39) data. A positive effect size value suggests improvement whereas a negative effect size value suggests that that outcome got worse over time.



**Table 1.** Mean, standard error (SE), and 95% confidence interval (CI) for BDI and PDQ-39 data for each treatment arm. Statistically significant differences are noted with a \*.

| Domain             | Variable                                                                  | Arm  | Pre<br>mean±SE<br>95% CI  | Post<br>mean±SE<br>95% CI  | 6 month<br>mean±SE<br>95% CI | Pre to<br>Post<br>p value | Post to<br>6 month<br>p value |
|--------------------|---------------------------------------------------------------------------|------|---------------------------|----------------------------|------------------------------|---------------------------|-------------------------------|
| Mental<br>health   | BDI<br>(scale range 0-63)<br>Higher score=more<br>depression              | HIBC | 12.6±2.4<br>CI: 7.6-17.5  | 10.8±2.1<br>CI: 6.3-15.3   | 10.9±2.7<br>CI: 5.2-16.6     | .098                      | .944                          |
|                    |                                                                           | UC   | 9.6±2.4<br>CI: 4.6-14.5   | 10.0±2.1<br>CI: 5.5-14.5   | 11.0±2.7<br>CI: 5.3-16.7     | .670                      | .721                          |
|                    | PDQ39 total<br>(scale range 0-100)<br>Lower score=better QoL              | HIBC | 25.0±4.5<br>CI: 15.5-34.5 | 21.1±5.5<br>CI: 9.5-32.8   | 25.5±5.1<br>CI: 14.7-36.3    | .328                      | .214                          |
|                    |                                                                           | UC   | 22.7±4.5<br>CI: 13.2-32.2 | 21.7±5.5<br>CI: 10.0-33.4  | 23.7±5.1<br>CI: 12.9-34.5    | .484                      | .441                          |
|                    | PDQ39 – mobility<br>(scale range 0-100)<br>Lower score=better QoL         | HIBC | 24.7±7.1<br>CI: 9.7-39.8  | 13.1±7.3<br>CI: -2.34-28.5 | 25.8±8.1<br>CI: 8.6-43.1     | .109                      | .063                          |
|                    |                                                                           | UC   | 25.0±7.1<br>CI: 9.9-40.1  | 19.4±7.3<br>CI: 4.0-34.8   | 26.7±8.1<br>CI: 9.4-43.9     | .122                      | .307                          |
| Quality of<br>life | PDQ39 – ADLs<br>(scale range 0-100)<br>Lower score=better QoL             | HIBC | 38.9±7.6<br>CI: 22.8-55.0 | 25.9±7.0<br>CI: 11.0-40.8  | 28.7±7.9<br>CI: 12.0-45.4    | .358                      | .205                          |
|                    |                                                                           | UC   | 24.5±7.6<br>CI: 8.5-40.6  | 25.9±7.0<br>CI: 11.0-40.8  | 26.4±7.9<br>CI: 9.7-43.1     | .893                      | .865                          |
|                    | PDQ39 – emotion<br>(scale range 0-100)<br>Lower score=better QoL          | HIBC | 24.5±6.1<br>CI: 11.7-37.4 | 23.5±7.8<br>CI: 7.0-40.0   | 31.0±7.0<br>CI: 16.2-45.8    | .283                      | .138                          |
|                    |                                                                           | UC   | 21.3±6.1<br>CI: 8.5-34.1  | 20.0±7.8<br>CI: 3.5-36.5   | 21.8±7.0<br>CI: 6.9-36.6     | .352                      | .513                          |
|                    | PDQ39 – stigma<br>(scale range 0-100)<br>Lower score=better QoL           | HIBC | 22.2±7.2<br>CI: 6.9-37.6  | 20.8±6.3<br>CI: 7.4-34.3   | 20.8±5.6<br>CI: 9.0-32.7     | .671                      | 1.000                         |
|                    |                                                                           | UC   | 18.1±7.2<br>CI: 2.7-33.4  | 14.6±6.3<br>CI: 1.2-28.0   | 11.1±5.6<br>CI: -0.8-23.0    | .593                      | .673                          |
|                    | PDQ39 – social<br>(scale range 0-100)<br>Lower score=better QoL           | HIBC | 10.2±5.0<br>CI: -0.4-20.8 | 6.5±5.5<br>CI: -5.1-18.1   | 10.2±5.4<br>CI: -1.3-21.7    | .268                      | .257                          |
|                    |                                                                           | UC   | 11.1±5.0<br>CI: 0.5-21.7  | 12.0±5.5<br>CI: 0.5-23.6   | 18.5±5.4<br>CI: 7.0-30.0     | .102                      | .098                          |
|                    | PDQ39 – cognitive<br>(scale range 0-100)<br>Lower score=better QoL        | HIBC | 25.7±6.2<br>CI: 12.6-38.8 | 21.5±6.7<br>CI: 7.3-35.7   | 30.4±6.6<br>CI: 16.5-44.3    | .305                      | .014*                         |
|                    |                                                                           | UC   | 21.5±6.2<br>CI: 8.4-34.6  | 29.9±6.7<br>CI: 15.6-44.1  | 25.0±6.6<br>CI: 11.1-38.9    | .098                      | .102                          |
|                    | PDQ39 –<br>communication<br>(scale range 0-100)<br>Lower score=better QoL | HIBC | 24.1±8.1<br>CI: 7.0-41.1  | 29.6±8.4<br>CI: 11.9-47.4  | 22.2±7.3<br>CI: 6.6-37.8     | .122                      | .102                          |
|                    |                                                                           | UC   | 31.5±8.1<br>CI: 14.4-48.6 | 32.4±8.4<br>CI: 14.7-50.1  | 30.6±7.3<br>CI: 15.0-46.1    | .713                      | .932                          |
|                    | PDQ39 – discomfort<br>(scale range 0-100)<br>Lower score=better QoL       | HIBC | 29.6±8.2<br>CI: 12.2-47.1 | 25.0±7.5<br>CI: 9.1-40.9   | 36.1±6.9<br>CI: 21.5-50.7    | 1.000                     | .075                          |
|                    |                                                                           | UC   | 28.7±8.2<br>CI: 11.3-46.1 | 17.1±7.5<br>CI: 1.3-33.0   | 29.6±6.9<br>CI: 15.0-44.2    | .068                      | .108                          |