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| --- | --- | --- | --- | --- | --- |
| **Supplementary Table 1**: Per Protocol Analysis of Outcome Measures Pre- and Post-KDMAD Intervention | | | | | |
|  | **Baseline Values** | **∆ Change at**  **3 months**  **(n=19)** | **p-value** | **∆ Change at**  **6 months**  **(n=15)** | **p-value** |
| **Anthropometric Measures** |  |  |  |  |  |
| Body Mass Index (BMI) | 34.1 ± 6.9 | -3.0 ± 1.6 | **<0.0001** | - 3.1 ± 2.1 | **<0.0001** |
| Waist Circumference (cm) | 106.4 ± 14.0 | -8.5 ± 4.8 | **<0.0001** | - 10.6 ± 7.8 | **0.0001** |
| Bod Pod Assessment |  |  |  |  |  |
| *Fat Mass (kg)* | 42.5 ± 16.6 | --- | --- | -7.7 ± 5.1 | **<0.0001** |
| *Fat-Free Mass (kg)* | 51.1 ± 10.8 | --- | --- | -1.0 ± 1.7 | **0.04** |
| *Resting Metabolic Rate*  *(kcal/day)* | 1510.3 ± 309.5 | --- | --- | -54.1 ± 54.8 | **0.003** |
|  |  |  |  |  |  |
| **Patient Reported Outcomes** | | | | | |
| Beck’s Depression Inventory | 7.2 ± 5.8 | -3.4 ± 3.2 | **0.0002** | - 3.6 ± 3.2 | **0.0006** |
| Total Modified Fatigue Impact Scale | 34.1 ± 17.1 | -12.9 ± 13.2 | **0.0005** | - 12.3 ± 14.9 | **0.007** |
| *Physical Subscale* | 15.8 ± 8.9 | -6.6 ± 6.5 | **0.0003** | - 6.2 ± 9.0 | **0.02** |
| *Cognitive Subscale* | 15.8 ± 8.3 | -5.3 ± 6.2 | **0.002** | - 5.0 ± 5.8 | **0.005** |
| *Social Subscale* | 2.4 ± 1.7 | -1.0 ± 1.3 | **0.003** | -1.1 ± 1.8 | **0.03** |
|  |  |  |  |  |  |
| **Clinical Outcome Measures** |  |  |  |  |  |
| Expanded Disability Status Scale | 2.2 ± 0.9 | --- | --- | - 0.9 ± 0.6 | **0.0001** |
| MS Functional Composite |  |  |  |  |  |
| *Timed 25-foot walk (seconds)* | 5.5 ± 2.3 | --- | --- | + 0.26 ± 0.63 | 0.12 |
| *9-Hole Peg Test Dominant*  *(seconds)* | 20.6 ± 3.5 | --- | --- | -0.5 ± 1.7 | 0.24 |
| *9-Hole Peg Test Non-Dominant*  *(seconds)* | 22.9 ±8.3 | --- | --- | - 0.9 ± 1.4 | **0.03** |
| *Paced Auditory Serial Addition*  *Test (number correct)* | 45.5 ± 9.8 | --- | --- | + 2.0 ± 5.4 | 0.17 |
| Symbol Digit Modality Test  (number correct) | 59.5 ± 11.1 | --- | --- | + 1.9 ± 4.8 | 0.16 |
| 6-minute walk (feet) | 1652 ± 397 | --- | --- | + 26 ± 107 | 0.36 |
| *All results reflect analysis of compliant subjects at 3 and 6 month timepoints (per protocol). All values within this table represent mean ± standard deviation. ∆ Change = Mean 3 or 6 Month Value – Mean Baseline Value.* | | | | | |