Supplementary Digital Content 1. 　Weekly SBM, CSBM, and BSFS score comparisons for each group at baseline, 4 weeks post-intervention, and 8 weeks post-intervention

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| 　 | Intervention group | Control group | P-value |
| 　 | Baseline | 4 weeks after | 8 weeks after | Baseline | 4 weeks after | 8 weeks after | Intervention | Time | Time\*Intervention |
| SBMa | 1.49  | 1.99  | 1.90  | 2.29  | 2.07  | 1.92  | 0.562  | 0.719  | 0.142  |
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| CSBMa | 0.53  | 1.34  | 1.58  | 0.56  | 0.58  | 0.43  | 0.039  | 0.011  | ＜0.001 |
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| BSFS | 4.05  | 4.17  | 4.18  | 4.88  | 4.94  | 4.82  | 0.004  | 0.613  | 0.537  |

SBM, spontaneous bowel movement; CSBM, complete spontaneous bowel movement; BSFS, Bristol Stool Form Scale.

The analysis used a two-way repeated-measures analysis of variance.

aThe weekly average SBM and CSBM scores were log-transformed to improve the normality of their distribution in the applicable analysis, and the results were back-transformed to the original scale.