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

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 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 |
|  |  |  |  |  |  |  |  |  |  |
| CSBMa | 0.53 | 1.34 | 1.58 | 0.56 | 0.58 | 0.43 | 0.039 | 0.011 | ＜0.001 |
|  |  |  |  |  |  |  |  |  |  |
| 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.