**Supplemental Digital Content 7.** Changes in Rosenberg’s Self-Esteem Score and in WHOQOL-BREF score

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|  | W 39 : 2019-09-26 | W 49 : 2019-12-08 | W 3 : 2020-01-17 | W5 : 2020-02-02 | W9 : 2020-03-01 | W 22 : 2020-05-29 | W30 : 2020-07-22 | W46 : 2020-11-08 |
| **Rosenberg's Self-Esteem Score-40 (French version)** |
| 1. I feel that I am a person of worth, at least on an equal plane with others | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 2. I feel that I have a number of good qualities | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 |
| 3. All in all, I am inclined to feel that I am a failure | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 4 |
| 4. I am able to do things as well as most other people | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 4 |
| 5. I feel I do not have much to be proud of | 4 | 3 | 3 | 3 | 3 | 3 | **2** | 3 |
| 6. I take a positive attitude toward myself | 3 | 3 | 3 | 3 | 3 | 3 | **2** | 3 |
| 7. On the whole, I am satisfied with myself | 3 | 3 | 3 | 3 | 3 | 3 | **2** | 3 |
| 8. I wish I could have more respect for myself | 3 | 3 | **2** | **2** | 3 | 3 | **2** | 3 |
| 9. I certainly feel useless at times | **2** | 3 | 3 | **2** | 3 | **2** | 3 | 4 |
| 10. At times I think I am no good at all | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| **Total score** | **34** | **33** | **32** | **32** | **31** | **32** | **29** | **35** |
| **WHOQOL-BREF** |  | | | | | | | |
| 1. How would you rate your quality of life? | 4 |  | | 4 | 4 | 3 | 4 | 5 |
| 2. How satisfied are you with your health? | 4 | 3 | 4 | 4 | 4 | 2 |
| 3. To what extent do you feel that physical pain prevents you from doing what you need to do | 4 | 3 | 5 | 4 | 5 | 4 |
| 4. How much do you need any medical treatment to function in your daily life? | 2 | 2 | 2 | 2 | 1 | 1 |
| 5. How much do you enjoy life? | 3 | 2 | 3 | 3 | 3 | 3 |
| 6. To what extent do you feel your life to be meaningful? | 4 | 4 | 4 | 3 | 3 | 4 |
| 7. How well are you able to concentrate? | 4 | 4 | 3 | 4 | 3 | 3 |
| 8. How safe do you feel in your daily life? | 4 | 4 | 4 | 4 | 4 | 4 |
| 9. How healthy is your physical environment? | 4 | 2 | 3 | 3 | 1 | 3 |
| 10. Do you have enough energy for everyday life? | 3 | 2 | 3 | 3 | 4 | 3 |
| 11. Are you able to accept your bodily appearance? | 3 | 3 | 3 | 3 | 3 | 3 |
| 12. Have you enough money to meet your needs? | 3 | 4 | 4 | 4 | 4 | 4 |
| 13. How available to you is the information that you need in your day-to-day life? | 4 | 4 | 4 | 4 | 4 | 5 |
| 14. To what extent do you have the opportunity for leisure activities? | 4 | 3 | 4 | 4 | 4 | 3 |
| 15. How well are you able to get around? | 3 | 3 | 3 | 3 | 4 | 3 |
| 16. How satisfied are you with your sleep? | 3 | 2 | 4 | 4 | 4 | 3 |
| 17. How satisfied are you with your ability to perform your daily living activities? | 2 | 2 | 3 | 3 | 3 | 2 |
| 18. How satisfied are you with your capacity for work? | 2 | 2 | 2 | 2 | 3 | 2 |
| 19. How satisfied are you with yourself? | 3 | 3 | 2 | 3 | 3 | 3 |
| 20. How satisfied are you with your personal relationships? | 3 | 4 | 3 | 4 | 4 | 4 |
| 21. How satisfied are you with your sex life? | 1 | 1 | 1 | 2 | 1 | 2 |
| 22. How satisfied are you with the support you get from your friends? | 4 | 4 | 4 | 4 | 3 | 4 |
| 23. How satisfied are you with the conditions of your living place? | 2 | 2 | 2 | 3 | 3 | 3 |
| 24. How satisfied are you with your access to health services? | 4 | 5 | 5 | 4 | 4 | 5 |
| 25. How satisfied are you with your transport? | 5 | 5 | 5 | 5 | 4 | 5 |
| 26. How often do you have negative feelings such as blue mood, despair, anxiety, depression? | 4 | 3 | 3 | 4 | 3 | 4 |
| **Mean score** | **3.3** | **3.1** | **3.3** | **3.4** | **3.3** | **3.3** |
| **SD** | **0.99** | **1.04** | **0.89** | **0.76** | **1.0** | **1.1** |