Supplemental Digital Content 4

Observed Mean Scores on Outcome Variables

**Table S4.** Observed means for outcome variables.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Outcome variable | Observed mean (*SD*) | | | | | |
| Intervention group | | | Control group | | |
| baseline  (*n* = 60) | post-test  (*n* = 53) | follow-up  (*n* = 54) | baseline  (*n* = 61) | post-test  (*n* = 59) | follow-up  (*n* = 59) |
| Psychological distress | 13.0 (6.2) | 8.9 (5.3)a | 9.1 (5.7) | 13.8 (6.2) | 10.5 (6.9) | 11.5 (8.0) |
| Depressive symptoms | 7.5 (3.2) | 5.6 (3.6) | 5.6 (3.5)b | 8.3 (3.4) | 5.9 (3.9) | 6.6 (4.4) |
| Anxiety symptoms | 5.5 (3.8) | 3.2 (2.4)a | 3.4 (2.9) | 5.5 (3.8) | 4.6 (3.6) | 4.9 (4.1) |
| Physical HRQoL | 34.8 (7.8)c | 38.7 (8.4) | 38.2 (9.3)b | 37.1 (9.3) | 39.3 (10.4)e | 40.0 (11.4)d |
| Mental HRQoL | 39.7 (8.9)c | 43.9 (8.8) | 37.5 (6.2)b | 39.9 (8.5) | 42.4 (10.0)d | 41.9 (10.1) |
| Self-efficacy | 37.5 (6.2) | 39.9 (6.2)a | 40.1 (6.7)b | 37.8 (6.0) | 39.3 (5.8) | 38.7 (5.2)d |
| Self-management | 80.8 (8.8) | 84.7 (8.1) | 83.3 (8.8)b | 79.3 (10.4) | 81.0 (9.9) | 81.8 (9.1)d |
| Progress on priorities for functioning | - | 0.58 (1.1) | 0.31 (1.2)b | - | 0.09 (1.0) | -0.31 (1.1) |
| Progress on priorities for self-management | - | 0.58 (1.0)a | 0.09 (1.2)b | - | -0.01 (1.1)d | 0.07 (1.4) |

*Notes.* HRQoL = health-related quality of life. To compare groups on mean change scores over time of complete cases, see Table 2.

a*n* = 52, b*n* = 53, c*n* = 59, d*n* = 58.