

Supplement S5. Summary results secondary outcomes at 5 and 12 month follow-up and overall effect. (ITT; adjusted analyses^a).

Outcome measures		5 month follow-up CI 95%	p-value	12 month follow-up CI 95%	p-value	Overall effect CI 95%	p-value
4DSQ	Somatisation	-1.46 (-2.83 to -0.09)	0.04*	-0.52 (-1.91 to 0.87)	0.46	-1.00 (-2.17 to 0.17)	0.09
	Distress	-0.75 (-2.59 to 1.08)	0.42	-0.95 (-2.80 to 0.91)	0.32	-0.85 (-2.42 to 0.72)	0.29
	Depression	-0.33 (-1.05 to 0.39)	0.37	-0.02 (-0.75 to 0.71)	0.96	-0.18 (-0.79 to 0.43)	0.56
	Anxiety	-0.30 (-1.38 to 0.79)	0.59	-0.45 (-1.54 to 0.65)	0.42	-0.37 (-1.31 to 0.57)	0.44
Severity symptoms (NRS)		-0.17 (-0.83 to 0.49)	0.62	-0.34 (-1.00 to 0.33)	0.32	-0.25 (-0.79 to 0.28)	0.36
SF-36	Physical functioning	4.38 (-0.79 to 9.55)	0.10	-0.89 (-6.12 to 4.34)	0.74	1.81 (-2.78 to 6.39)	0.44
	Role functioning physical	3.71 (-7.44 to 14.85)	0.51	11.27 (-0.05 to 22.58)	0.05	7.40 (-1.99 to 16.78)	0.12
	Role functioning emotional	2.38 (-9.83 to 14.58)	0.70	3.32 (-9.08 to 15.72)	0.60	2.84 (-7.18 to 12.85)	0.58
	Social functioning	4.09 (-2.81 to 10.98)	0.24	2.57 (-4.44 to 9.58)	0.47	3.35 (-2.45 to 9.14)	0.26
	Bodily pain	5.06 (-0.78 to 10.89)	0.09	1.20 (-4.72 to 7.13)	0.69	3.17 (-1.62 to 7.96)	0.19
	Emotional well-being	2.93 (-1.85 to 7.71)	0.23	-0.13 (-4.98 to 4.72)	0.96	1.44 (-2.70 to 5.58)	0.49
	Energy/fatigue	7.40 (2.48 to 12.31)	0.00*	0.98 (-4.00 to 5.97)	0.70	4.28 (0.02 to 8.54)	0.049*
	General health	4.20 (-0.25 to 8.64)	0.06	1.85 (-2.65 to 6.36)	0.42	3.07 (-0.78 to 6.91)	0.12
	Health change	9.04 (0.76 to 17.33)	0.03*	7.37 (-1.02 to 15.75)	0.08	8.23 (1.02 to 15.44)	0.03*
	Physical Component Summary	2.36 (0.27 to 4.45)	0.03*	0.97 (-1.15 to 3.09)	0.37	1.68 (-0.12 to 3.48)	0.07
	Mental Component Summary	1.14 (-1.45 to 3.73)	0.39	0.60 (-2.03 to 3.23)	0.65	0.88 (-1.33 to 3.08)	0.43
IPQ-B	Consequences of illness	-0.32 (-1.00 to 0.36)	0.35	-0.24 (-0.93 to 0.45)	0.49	-0.28 (-0.84 to 0.28)	0.32
	Expected timeline of illness	0.02 (0.84 to 0.87)	0.97	0.35 (-0.52 to 1.21)	0.43	0.18 (-0.52 to 0.88)	0.62
	Personal control	-0.63 (-1.46 to 0.19)	0.13	-0.23 (-1.07 to 0.60)	0.59	-0.44 (-1.10 to 0.23)	0.20
	Treatment control	-0.11 (-0.97 to 0.76)	0.81	0.52 (-0.35 to 1.40)	0.24	0.20 (-0.50 to 0.89)	0.58
	Identity	-0.31 (-0.98 to 0.36)	0.36	-0.23 (-0.91 to 0.44)	0.50	-0.27 (-0.83 to 0.30)	0.35
	Concern about illness	-0.25 (-1.02 to 0.52)	0.52	-0.05 (-0.83 to 0.72)	0.89	-0.15 (-0.80 to 0.50)	0.65
	Comprehension of illness	-1.21 (-2.12 to -0.31)	0.01*	-0.17 (-1.09 to 0.74)	0.71	-0.70 (-1.42 to 0.02)	0.06
	Emotional response	-0.45 (-1.26 to 0.36)	0.28	0.08 (-0.74 to 0.90)	0.85	-0.19 (-0.87 to 0.49)	0.58
IAS	Total	-3.50 (-6.66 to -0.34)	0.03*	-0.26 (-3.45 to 2.93)	0.87	-1.91 (-4.70 to 0.87)	0.18
	Health-related anxiety	-3.00 (-5.13 to -0.87)	0.01*	-0.81 (-2.96 to 1.35)	0.46	-1.93 (-3.81 to -0.04)	0.045*
	Illness behaviour/treatment exp.	0.23 (-0.86 to 1.33)	0.67	0.05 (-1.06 to 1.17)	0.92	0.14 (-0.80 to 1.08)	0.77

4DSQ=4 Dimensional Symptom Questionnaire, higher scores reflect worse health; NRS= Numeric Rating Scale, higher scores represent more severity of symptoms; SF-36=Short-Form-36, higher scores represent better health-related quality of life; IPQ-B=Illness Perception Questionnaire-Brief, higher scores reflect more threatening view of the illness; IAS= Illness Attitude Scale, higher scores reflect higher health-related anxiety and illness behaviour; a: Adjusted for impairment of daily functioning, intensity of somatic symptoms, impeded by complaints and somatic symptom severity (PHQ-15).