

Appendix B. Difference in outcome between group of intervention patients who attended at least 4 sessions psychosomatic therapy (n=72) and group of control patients who attended care as usual (n=81) on average over time: **per protocol analyses**

Primary outcome	Crude analyses		Adjusted analyses^a		Adjusted analyses^b	
	95% CI	p-value	95% CI	p-value	95% CI	p-value
PSC						
Activity 1	-0.31 (-0.94 to 0.32)	0.34	-0.60 (-1.22 to 0.02)	0.06	-0.57 (-1.18 to 0.05)	0.07
Activity 2	0.06 (-0.58 to 0.69)	0.86	-0.21 (-0.84 to 0.43)	0.52	-0.14 (-0.76 to 0.49)	0.67
Activity 3	-0.41 (-1.15 to 0.32)	0.27	-0.62 (-1.37 to 0.12)	0.10	-0.60 (-1.35 to 0.14)	0.11
Secondary outcomes						
4DSQ						
Somatisation	-0.77 (-1.97 to 0.42)	0.20	-0.98 (-2.19 to 0.22)	0.11	-0.89 (-2.07 to 0.30)	0.14
Distress	-1.15 (-2.74 to 0.44)	0.15	-1.26 (-2.89 to 0.36)	0.13	-1.23 (-2.86 to 0.41)	0.14
Depression	-0.54 (-1.14 to 0.06)	0.07	-0.56 (-1.16 to 0.03)	0.06	-0.58 (-1.18 to 0.02)	0.06
Anxiety	-0.54 (-1.51 to 0.43)	0.28	-0.49 (-1.47 to 0.50)	0.33	-0.50 (-1.50 to 0.49)	0.32
Severity symptoms NRS	-0.11 (-0.70 to 0.48)	0.72	-0.33 (-0.89 to 0.23)	0.25	-0.28 (-0.84 to 0.29)	0.34
SF-36						
Physical functioning	2.23 (-2.47 to 6.93)	0.35	2.89 (-1.86 to 7.65)	0.23	2.34 (-2.37 to 7.05)	0.33
Role functioning physical	3.54 (-6.21 to 13.30)	0.47	6.30 (-3.54 to 16.14)	0.21	5.76 (-3.99 to 15.51)	0.25
Role functioning emotional	1.70 (-8.48 to 11.88)	0.74	3.19 (-7.22 to 13.60)	0.55	2.88 (-7.52 to 13.28)	0.59
Social functioning	2.58 (-3.36 to 8.51)	0.39	4.72 (-1.20 to 10.65)	0.12	4.67 (-1.30 to 10.64)	0.12
Bodily pain	2.63 (-2.15 to 7.41)	0.28	3.86 (-0.94 to 8.65)	0.11	3.06 (-1.66 to 7.78)	0.20
Emotional well-being	1.98 (-2.25 to 6.20)	0.36	2.62 (-1.72 to 6.95)	0.24	2.59 (-1.76 to 6.95)	0.24
Energy/fatigue	2.81 (-1.66 to 7.28)	0.22	4.26 (-0.19 to 8.71)	0.06	3.73 (-0.71 to 8.18)	0.10
General health	2.43 (-1.33 to 6.19)	0.20	3.17 (-0.63 to 6.97)	0.10	3.44 (-0.33 to 7.20)	0.07
Health change	10.69 (3.71 to 17.67)	0.003*	11.67 (4.63 to 18.71)	0.001*	10.37 (3.46 to 17.27)	0.003*
PCS	1.36 (-0.44 to 3.17)	0.14	1.77 (-0.05 to 3.58)	0.06	1.53 (-0.25 to 3.31)	0.09
MCS	0.87 (-1.39 to 3.13)	0.45	1.15 (-1.17 to 3.48)	0.33	1.16 (-1.19 to 3.50)	0.33
IPQ-B						
1.Consequences of illness	-0.34 (-0.91 to 0.23)	0.24	-0.43 (-1.00 to 0.15)	0.15	-0.42 (-1.00 to 0.16)	0.15
2.Expected timeline of illness	0.19 (-0.53 to 0.92)	0.60	0.13 (-0.62 to 0.87)	0.73	0.08 (-0.67 to 0.83)	0.84
3.Personal control	-0.36 (-1.03 to 0.32)	0.30	-0.52 (-1.21 to 0.17)	0.14	-0.51 (-1.20 to 0.18)	0.15
4.Treatment control	0.13 (-0.58 to 0.83)	0.72	0.05 (-0.67 to 0.78)	0.89	0.05 (-0.68 to 0.78)	0.90
5.Identity	-0.16 (-0.76 to 0.44)	0.60	-0.28 (-0.87 to 0.31)	0.35	-0.33 (-0.92 to 0.25)	0.26
6.Concern about illness	-0.15 (-0.80 to 0.50)	0.66	-0.31 (-0.97 to 0.35)	0.36	-0.32 (-0.98 to 0.35)	0.35
7.Comprehension of illness	-0.64 (-1.38 to 0.09)	0.09	-0.81 (-1.56 to -0.06)	0.034*	-0.84 (-1.58 to -0.09)	0.028*
8.Emotional response	-0.08 (-0.76 to 0.61)	0.83	-0.21 (-0.90 to 0.48)	0.55	-0.30 (-0.98 to 0.39)	0.40
IAS						
IAS total	-2.61 (-5.35 to 0.14)	0.06	-2.77 (-5.55 to 0.01)	0.05	-2.63 (-5.43 to 0.17)	0.06
Health-related anxiety	-2.24 (-4.13 to -0.36)	0.020*	-2.39 (-4.30 to -0.49)	0.014*	-2.22 (-4.14 to -0.31)	0.023*
Illness behaviour	-0.15 (-1.05 to 0.76)	0.75	-0.23 (-1.16 to 0.69)	0.62	-0.21 (-1.15 to 0.72)	0.66

PSC= Patient Specific Complaint instrument, higher scores reflect more problems with the activity; 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; PCS= Physical Component Summary; MCS= Mental Component Summary; 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 (i.e.

effects of symptoms and treatment experiences).). a: Adjusted for impairment of daily functioning, intensity of somatic symptoms, impeded by complaints and somatic symptom severity (PHQ-15); b: Adjusted for age, gender, level of education, impairment of daily functioning, intensity of somatic symptoms, impeded by complaints and somatic symptom severity (PHQ-15).