

Appendix A. Detailed results of the mixed models **Intention-to-treat** analyses.

Primary outcome	Intervention group	Control group	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
PSC-activity 1	Mean (sd)	Mean (sd)						
Baseline	7.00 (1.75)	6.95 (2.15)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	5.70 (2.71)	5.99 (2.11)	-0.32 (-1.05 to 0.41)	0.38	-0.56 (-1.27 to 0.16)	0.13	-0.50 (-1.21 to 0.22)	0.17
12 months	5.40 (2.71)	5.51 (2.34)	-0.17 (-0.90 to 0.55)	0.64	-0.43 (-1.14 to 0.28)	0.24	-0.38 (-1.10 to 0.33)	0.29
Overall effect	n/a	n/a	-0.25 (-0.87 to 0.36)	0.42	-0.50 (-1.10 to 0.10)	0.10	-0.44 (-1.04 to 0.15)	0.14
PSC-activity 2	Mean (sd)	Mean (sd)						
Baseline	6.76 (2.11)	6.75 (2.09)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	5.65 (2.68)	5.41 (2.52)	0.25 (-0.53 to 1.03)	0.53	0.07 (-0.71 to 0.85)	0.86	0.16 (-0.61 to 0.93)	0.68
12 months	5.47 (2.88)	5.44 (2.73)	0.03 (-0.75 to 0.81)	0.95	-0.19 (-0.97 to 0.59)	0.64	-0.11 (-0.89 to 0.66)	0.77
Overall effect	n/a	n/a	0.14 (-0.48 to 0.76)	0.66	-0.06 (-0.68 to 0.56)	0.86	0.02 (-0.59 to 0.64)	0.94
PSC-activity 3	Mean (sd)	Mean (sd)						
Baseline	6.66 (2.20)	6.72 (2.02)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	5.34 (2.81)	5.59 (2.62)	-0.25 (-1.13 to 0.63)	0.58	-0.44 (-1.32 to 0.44)	0.32	-0.40 (-1.28 to 0.47)	0.37
12 months	5.36 (3.02)	5.70 (3.21)	-0.28 (-1.16 to 0.60)	0.54	-0.47 (-1.35 to 0.41)	0.29	-0.44 (-1.32 to 0.44)	0.33
Overall effect	n/a	n/a	-0.26 (-0.99 to 0.46)	0.47	-0.46 (-1.17 to 0.26)	0.21	-0.42 (-1.14 to 0.30)	0.25
Secondary outcomes	Intervention group	Control group	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
4DSQ somatisation	Mean (sd)	Mean (sd)						
Baseline	16.36 (7.01)	13.52 (6.96)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	13.47 (6.41)	13.25 (6.37)	-1.32 (-2.69 to 0.06)	0.06	-1.46 (-2.83 to -0.09)	0.037*	-1.34 (-2.70 to 0.01)	0.05
12 months	13.50 (6.48)	11.92 (6.25)	-0.33 (-1.73 to 1.06)	0.64	-0.52 (-1.91 to 0.87)	0.46	-0.40 (-1.78 to 0.97)	0.56
Overall effect	n/a	n/a	-0.83 (-2.00 to 0.34)	0.16	-1.00 (-2.17 to 0.17)	0.09	-0.88 (-2.03 to 0.27)	0.13
4 DSQ distress	Mean (sd)	Mean (sd)						
Baseline	16.14 (8.71)	14.06 (8.32)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	12.56 (8.33)	12.10 (7.54)	-0.65 (-2.47 to 1.16)	0.48	-0.75 (-2.59 to 1.08)	0.42	-0.66 (-2.50 to 1.18.)	0.48
12 months	12.64 (8.36)	12.13 (7.59)	-0.82 (-2.66 to 1.01)	0.38	-0.95 (-2.80 to 0.91)	0.32	-0.85 (-2.72 to 1.01)	0.37
Overall effect	n/a	n/a	-0.74 (-2.28 to 0.81)	0.35	-0.85 (-2.42 to 0.72)	0.29	-0.75 (-2.33 to 0.82)	0.35
4 DSQ depression	Mean (sd)	Mean (sd)						
Baseline	3.31 (3.87)	2.49 (3.33)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	1.94 (2.74)	2.01 (2.89)	-0.36 (-1.07 to 0.36)	0.33	-0.33 (-1.05 to 0.39)	0.37	-0.32 (-1.04 to 0.40)	0.39
12 months	2.23 (3.37)	1.94 (2.82)	-0.03 (-0.76 to 0.69)	0.93	-0.02 (-0.75 to 0.71)	0.96	-0.01 (-0.74 to 0.72)	0.98
Overall effect	n/a	n/a	-0.20 (-0.81 to 0.41)	0.52	-0.18 (-0.79 to 0.43)	0.56	-0.17 (-0.78 to 0.45)	0.59

4 DSQ anxiety	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	5.32 (6.00)	3.84 (4.86)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	4.05 (5.08)	3.46 (4.27)	-0.34 (-1.42 to 0.73)	0.53	-0.30 (-1.38 to 0.79)	0.59	-0.28 (-1.37 to 0.81)	0.61
12 months	4.30 (5.58)	3.67 (4.58)	-0.49 (-1.58 to 0.60)	0.38	-0.45 (-1.54 to 0.65)	0.42	-0.43 (-1.54 to 0.67)	0.44
Overall effect	n/a	n/a	-0.42 (-1.35 to 0.51)	0.38	-0.37 (-1.31 to 0.57)	0.44	-0.35 (-1.30 to 0.59)	0.46
Severity symptoms (NRS)	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	7.10 (1.70)	6.47 (1.82)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	5.74 (2.40)	5.50 (2.17)	0.00 (-0.69 to 0.69)	0.99	-0.17 (-0.83 to 0.49)	0.62	-0.12 (-0.78 to 0.55)	0.73
12 months	5.71 (2.31)	5.53 (2.39)	-0.14 (-0.83 to 0.56)	0.70	-0.34 (-1.00 to 0.33)	0.32	-0.30 (-0.97 to 0.37)	0.38
Overall effect	n/a	n/a	-0.07 (-0.64 to 0.50)	0.82	-0.25 (-0.79 to 0.28)	0.36	-0.21 (-0.75 to 0.33)	0.45
SF-36 Physical functioning	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	52.32 (26.19)	57.88 (23.42)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	60.91 (24.15)	60.61 (22.06)	3.96 (-1.17 to 9.10)	0.13	4.38 (-0.79 to 9.55)	0.10	3.77 (-1.38 to 8.92)	0.15
12 months	58.80 (28.77)	64.94 (23.77)	-1.33 (-6.52 to 3.85)	0.61	-0.89 (-6.12 to 4.34)	0.74	-1.43 (-6.65 to 3.78)	0.59
Overall effect	n/a	n/a	1.37 (-3.17 to 5.91)	0.55	1.81 (-2.78 to 6.39)	0.44	1.23 (-3.33 to 5.79)	0.59
SF-36 Role functioning physical	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	16.37 (28.65)	23.24 (35.10)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	36.04 (40.66)	38.72 (40.66)	1.34 (-9.93 to 12.61)	0.81	3.71 (-7.44 to 14.85)	0.51	2.67 (-8.37 to 13.71)	0.64
12 months	41.00 (42.64)	37.19 (40.56)	8.32 (-3.07 to 19.71)	0.15	11.27 (-0.05 to 22.58)	0.05	10.34 (-0.87 to 21.56)	0.07
Overall effect	n/a	n/a	4.77 (-4.73 to 14.27)	0.32	7.40 (-1.99 to 16.78)	0.12	6.41 (-2.86 to 15.68)	0.17
SF-36 Role functioning emotional	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	35.71 (41.97)	43.14 (42.05)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	50.65 (41.75)	51.22 (42.62)	0.92 (-11.22 to 13.05)	0.88	2.38 (-9.83 to 14.58)	0.70	1.65 (-10.54 to 13.84)	0.79
12 months	53.33 (42.09)	54.17 (42.55)	1.49 (-10.79 to 13.77)	0.81	3.32 (-9.08 to 15.72)	0.60	2.78 (-9.61 to 15.17)	0.66
Overall effect	n/a	n/a	1.20 (-8.70 to 11.09)	0.81	2.84 (-7.18 to 12.85)	0.58	2.20 (-7.80 to 12.21)	0.66
SF-36 Social functioning	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	49.26 (23.87)	52.50 (25.21)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	60.55 (25.01)	59.45 (23.20)	2.21 (-4.72 to 9.14)	0.53	4.09 (-2.81 to 10.98)	0.24	3.80 (-3.14 to 10.73)	0.28
12 months	59.00 (27.77)	59.84 (24.66)	0.44 (-6.56 to 7.45)	0.90	2.57 (-4.44 to 9.58)	0.47	2.32 (-4.73 to 9.37)	0.52
Overall effect	n/a	n/a	1.34 (-4.47 to 7.16)	0.65	3.35 (-2.45 to 9.14)	0.26	3.08 (-2.77 to 8.92)	0.30

SF-36 Bodily pain	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	40.65 (19.99)	46.48 (19.81)						
5 months	52.85 (24.74)	51.99 (18.69)	3.97 (-1.92 to 9.85)	0.19	5.06 (-0.78 to 10.89)	0.09	3.97 (-1.77 to 9.72)	0.17
12 months	50.97 (26.11)	54.59 (20.04)	-0.06 (-6.01 to 5.89)	0.98	1.20 (-4.72 to 7.13)	0.69	0.22 (-5.62 to 6.06)	0.94
Overall effect	n/a	n/a	1.99 (-2.85 to 6.82)	0.42	3.17 (-1.62 to 7.96)	0.19	2.14 (-2.54 to 6.82)	0.37
SF-36 Emotional well-being	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	57.48 (19.89)	59.62 (18.60)						
5 months	64.36 (19.37)	62.54 (18.42)	2.62 (-2.10 to 7.34)	0.28	2.93 (-1.85 to 7.71)	0.23	2.77 (-2.04 to 7.58)	0.26
12 months	62.35 (21.40)	63.65 (17.64)	-0.51 (-5.27 to 4.26)	0.83	-0.13 (-4.98 to 4.72)	0.96	-0.27 (-5.15 to 4.60)	0.91
Overall effect	n/a	n/a	1.08 (-2.97 to 5.14)	0.60	1.44 (-2.70 to 5.58)	0.49	1.29 (-2.89 to 5.46)	0.54
Sf-36 Energy/fatigue	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	39.05 (17.71)	41.24 (18.47)						
5 months	48.83 (19.62)	44.51 (18.57)	5.92 (0.92 to 10.91)	0.020*	7.40 (2.48 to 12.31)	0.003*	6.69 (1.79 to 11.59)	0.008*
12 months	46.13 (19.53)	48.00 (20.26)	-0.69 (-5.74 to 4.35)	0.79	0.98 (-4.00 to 5.97)	0.70	0.29 (-4.69 to 5.26)	0.91
Overall effect	n/a	n/a	2.67 (-1.67 to 7.01)	0.23	4.28 (0.02 to 8.54)	0.049*	3.58 (-0.67 to 7.82)	0.10
SF-36 General health	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	40.30 (16.34)	45.47 (18.96)						
5 months	47.21 (20.16)	46.10 (16.54)	3.51 (-0.94 to 7.97)	0.12	4.20 (-0.25 to 8.64)	0.06	4.26 (-0.15 to 8.68)	0.06
12 months	47.80 (19.85)	50.06 (16.68)	1.09 (-3.42 to 5.60)	0.64	1.85 (-2.65 to 6.36)	0.42	1.99 (-2.49 to 6.46)	0.38
Overall effect	n/a	n/a	2.34 (-1.52 to 6.19)	0.23	3.07 (-0.78 to 6.91)	0.12	3.16 (-0.65 to 6.97)	0.10
SF-36 Health change	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	32.44 (24.48)	44.71 (24.73)						
5 months	56.17 (27.25)	51.22 (24.50)	8.38 (0.10 to 16.66)	0.047*	9.04 (0.76 to 17.33)	0.033*	7.35 (-0.78 to 15.47)	0.08
12 months	56.33 (29.95)	53.75 (26.71)	6.52 (-1.84 to 14.87)	0.13	7.37 (-1.02 to 15.75)	0.08	5.78 (-2.44 to 14.00)	0.17
Overall effect	n/a	n/a	7.47 (0.28 to 14.66)	0.04*	8.23 (1.02 to 15.44)	0.026*	6.58 (-0.44 to 13.61)	0.07
SF-36 PCS	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	48.59 (9.15)	51.39 (10.00)						
5 months	50.11 (10.14)	49.90 (8.76)	2.01 (-0.09 to 4.11)	0.06	2.36 (0.27 to 4.45)	0.027*	2.02 (-0.04 to 4.07)	0.06
12 months	49.16 (10.76)	50.79 (8.17)	0.58 (-1.54 to 2.70)	0.59	0.97 (-1.15 to 3.09)	0.37	0.66 (-1.42 to 2.75)	0.53
Overall effect	n/a	n/a	1.31 (-0.50 to 3.11)	0.15	1.68 (-0.12 to 3.48)	0.07	1.35 (-0.40 to 3.11)	0.13

SF-36 MCS	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	49.66 (9.96)	50.34 (10.39)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	50.40 (9.65)	49.63 (10.19)	0.91 (-1.65 to 3.46)	0.49	1.14 (-1.45 to 3.73)	0.39	1.07 (-1.54 to 3.68)	0.42
12 months	50.14 (9.59)	49.87 (9.87)	0.33 (-2.25 to 2.91)	0.80	0.60 (-2.03 to 3.23)	0.65	0.54 (-2.11 to 3.19)	0.69
Overall effect	n/a	n/a	0.62 (-1.53 to 2.78)	0.57	0.88 (-1.33 to 3.08)	0.43	0.74 (-1.44 to 2.92)	0.50
IPQ-B Consequences of illness	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	6.86 (2.47)	6.24 (2.51)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	5.96 (2.60)	5.84 (2.41)	-0.26 (-0.94 to 0.42)	0.46	-0.32 (-1.00 to 0.36)	0.35	-0.28 (-0.97 to 0.40)	0.41
12 months	5.37 (2.94)	5.13 (2.81)	-0.16 (-0.84 to 0.53)	0.65	-0.24 (-0.93 to 0.45)	0.49	-0.20 (-0.90 to 0.49)	0.57
Overall effect	n/a	n/a	-0.21 (-0.76 to 0.35)	0.46	-0.28 (-0.84 to 0.28)	0.32	-0.24 (-0.81 to 0.32)	0.40
IPQ-B Expected timeline of illness	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	7.42 (2.80)	6.75 (3.04)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	7.18 (2.97)	6.81 (3.12)	0.07 (-0.78 to 0.91)	0.88	0.02 (0.84 to 0.87)	0.97	-0.03 (-0.89 to 0.82)	0.94
12 months	7.12 (3.41)	6.40 (3.30)	0.40 (-0.45 to 1.25)	0.36	0.35 (-0.52 to 1.21)	0.43	0.30 (-0.57 to 1.16)	0.50
Overall effect	n/a	n/a	0.23 (-0.46 to 0.92)	0.51	0.18 (-0.52 to 0.88)	0.62	0.13 (-0.58 to 0.83)	0.72
IPQ-B Personal control	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	5.62 (2.98)	6.25 (2.49)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	5.43 (2.68)	6.07 (2.66)	-0.52 (-1.34 to 0.30)	0.21	-0.63 (-1.46 to 0.19)	0.13	-0.61 (-1.43 to 0.21)	0.15
12 months	5.72 (2.73)	5.93 (2.87)	-0.09 (-0.91 to 0.74)	0.84	-0.23 (-1.07 to 0.60)	0.59	-0.20 (-1.04 to 0.63)	0.64
Overall effect	n/a	n/a	-0.30 (-0.96 to 0.35)	0.36	-0.44 (-1.10 to 0.23)	0.20	-0.41 (-1.07 to 0.25)	0.22
IPQ-B Treatment control	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	4.21 (2.56)	4.13 (2.24)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	4.53 (2.78)	4.53 (2.71)	-0.06 (-0.91 to 0.79)	0.90	-0.11 (-0.97 to 0.76)	0.81	-0.11 (-0.97 to 0.75)	0.80
12 months	5.21 (2.74)	4.61 (3.02)	0.57 (-0.28 to 1.43)	0.19	0.52 (-0.35 to 1.40)	0.24	0.53 (-0.34 to 1.41)	0.23
Overall effect	n/a	n/a	0.25 (-0.43 to 0.93)	0.47	0.20 (-0.50 to 0.89)	0.58	0.20 (-0.49 to 0.90)	0.56
IPQ-B Identity	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
Baseline	7.33 (1.93)	6.46 (2.09)	95% CI	p-value	95% CI	p-value	95% CI	p-value
5 months	6.14 (2.50)	5.81 (2.31)	-0.21 (-0.90 to 0.47)	0.54	-0.31 (-0.98 to 0.36)	0.36	-0.34 (-1.00 to 0.33)	0.32
12 months	5.65 (2.77)	5.15 (2.69)	-0.12 (-0.80 to 0.57)	0.74	-0.23 (-0.91 to 0.44)	0.50	-0.26 (-0.93 to 0.42)	0.45
Overall effect	n/a	n/a	-0.16 (-0.74 to 0.42)	0.58	-0.27 (-0.83 to 0.30)	0.35	-0.30 (-0.86 to 0.27)	0.30

IPQ-B Concern about illness	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	6.31 (2.89)	5.92 (2.56)						
5 months	5.10 (2.95)	5.13 (2.77)	-0.12 (-0.89 to 0.65)	0.76	-0.25 (-1.02 to 0.52)	0.52	-0.22 (-1.00 to 0.55)	0.57
12 months	4.68 (2.99)	4.49 (2.74)	0.10 (-0.67 to 0.87)	0.80	-0.05 (-0.83 to 0.72)	0.89	-0.03 (-0.81 to 0.76)	0.94
Overall effect	n/a	n/a	-0.01 (-0.65 to 0.63)	0.98	-0.15 (-0.80 to 0.50)	0.65	-0.13 (-0.78 to 0.53)	0.71
IPQ-B Comprehension of illness	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	4.99 (3.14)	5.01 (2.51)						
5 months	3.77 (2.70)	4.78 (2.87)	-1.05 (-1.96 to -0.14)	0.023*	-1.21 (-2.12 to -0.31)	0.009*	-1.24 (-2.15 to -0.34)	0.007*
12 months	4.68 (3.16)	4.55 (3.19)	0.03 (-0.88 to 0.95)	0.94	-0.17 (-1.09 to 0.74)	0.71	-0.19 (-1.10 to 0.72)	0.68
Overall effect	n/a	n/a	-0.51 (-1.24 to 0.21)	0.16	-0.70 (-1.42 to 0.02)	0.06	-0.73 (-1.45 to -0.01)	0.048*
IPQ-B Emotional response	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	6.56 (2.85)	5.95 (2.96)						
5 months	5.52 (2.96)	5.50 (3.05)	-0.28 (-1.10 to 0.53)	0.50	-0.45 (-1.26 to 0.36)	0.28	-0.49 (-1.30 to 0.32)	0.24
12 months	5.29 (3.16)	4.75 (3.14)	0.28 (-0.54 to 1.10)	0.51	0.08 (-0.74 to 0.90)	0.85	0.04 (-0.78 to 0.86)	0.93
Overall effect	n/a	n/a	-0.01 (-0.69 to 0.68)	0.99	-0.19 (-0.87 to 0.49)	0.58	-0.23 (-0.91 to 0.45)	0.50
IAS total	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	43.57 (15.01)	41.02 (15.55)						
5 months	36.39 (13.49)	38.67 (15.87)	-3.49 (-6.63 to -0.36)	0.029*	-3.50 (-6.66 to -0.34)	0.030*	-3.19 (-6.35 to -0.02)	0.049*
12 months	37.00 (15.26)	35.37 (14.89)	-0.20 (-3.36 to 2.96)	0.90	-0.26 (-3.45 to 2.93)	0.87	0.04 (-3.16 to 3.24)	0.98
Overall effect	n/a	n/a	-1.87 (-4.62 to 0.88)	0.18	-1.91 (-4.70 to 0.87)	0.18	-1.60 (-4.40 to 1.19)	0.26
IAS Health-related anxiety	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	19.99 (11.40)	19.00 (12.13)						
5 months	15.87 (9.53)	18.46 (12.00)	-3.00 (-5.12 to -0.89)	0.006*	-3.00 (-5.13 to -0.87)	0.006*	-2.70 (-4.83 to -0.57)	0.013*
12 months	16.39 (10.46)	16.41 (11.26)	-0.78 (-2.91 to 1.36)	0.47	-0.81 (-2.96 to 1.35)	0.46	-0.52 (-2.67 to 1.63)	0.64
Overall effect	n/a	n/a	-1.91 (-3.77 to -0.04)	0.045*	-1.93 (-3.81 to -0.04)	0.045*	-1.63 (-3.51 to 0.25)	0.09
IAS Illness behaviour/ Effects of symptoms; treatment experiences	Intervention group Mean (sd)	Control group Mean (sd)	Crude analyses		Adjusted analyses ^a		Adjusted analyses ^b	
			95% CI	p-value	95% CI	p-value	95% CI	p-value
Baseline	13.37 (4.29)	12.11 (4.29)						
5 months	11.49 (4.52)	10.42 (4.08)	0.30 (-0.78 to 1.39)	0.58	0.23 (-0.86 to 1.33)	0.67	0.30 (-0.81 to 1.40)	0.60
12 months	10.92 (5.37)	9.94 (4.11)	0.12 (-0.98 to 1.22)	0.83	0.05 (-1.06 to 1.17)	0.92	0.10 (-1.02 to 1.21)	0.87

Overall effect	n/a	n/a	0.22 (-0.72 to 1.15)	0.65	0.14 (-0.80 to 1.08)	0.77	0.20 (-0.75 to 1.15)	0.68
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Intervention group = psychosomatic therapy (n=79); control group = care as usual (n=84); 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; 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).