

# Supplementary Material: Effectiveness of Mind–Body Intervention for Inflammatory Conditions: Results from a 26-Week Randomized, Non-Blinded, Parallel-Group Trial

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**Table S1.** Values in each of the diagnoses: Psoriasis.

LsMeans (SE)	Treatment as Usual Group			Mind-Body Intervention		
	Week 0	Week 12	Week 26	Week 0	Week 12	Week 26
WHO-5	60.3 (3.6)	50.6 (4.5)	51.9 (4.6)	58.7 (3.6)	67.1 (4.6)	69.8 (5.0)
SF-36 PCS	43.8 (1.9)	43.6 (2.4)	43.8 (2.4)	44.0 (1.9)	45.3 (2.7)	42.4 (2.7)
SF-36 MCS	50.2 (1.7)	47.2 (2.2)	45.7 (2.2)	49.2 (1.7)	50.2 (2.4)	55.0 (2.4)
SF-36 PF	78.9 (4.2)	75.2 (5.4)	72.2 (5.4)	79.0 (2)	79.8 (5.4)	83.1 (5.4)
SF-36 RP	64.5 (8.4)	63.9 (10.9)	59.9 (10.9)	67.2 (8.5)	73.1 (11.0)	60.6 (11.0)
SF-36 BP	62.0 (5.5)	65.8 (7.1)	72.3 (7.1)	65.7 (5.5)	69.8 (7.1)	74.1 (7.1)
SF-36 GH	52.0 (3.7)	53.4 (4.7)	46.3 (4.7)	51.4 (3.7)	56.8 (5.2)	60.2 (5.2)
SF-36 VT	55.6 (4.7)	45.1 (6.1)	46.8 (6.1)	54.3 (4.7)	53.9 (6.6)	58.2 (6.6)
SF-36 SF	80.6 (4.9)	71.3 (6.3)	74.9 (6.2)	79.6 (4.8)	79.8 (6.2)	77.7 (6.2)
SF-36 RE	76.7 (7.2)	71.2 (9.3)	56.7 (9.3)	66.4 (7.3)	78.3 (9.5)	100.5 (9.5)
SF-36 MH	77.7 (2.5)	73.1 (3.2)	70.1 (3.2)	77.5 (2.5)	77.6 (3.6)	82.0 (3.6)

**Table S2.** Values in each of the diagnoses: Rheumatoid arthritis.

LsMeans (SE)	Treatment as Usual Group			Mind-Body Intervention		
	Week 0	Week 12	Week 26	Week 0	Week 12	Week 26
WHO-5	60.2(4.2)	62.4(4.2)	67.0 (4.5)	59.0(4.2)	68.7 (4.2)	68.5 (4.5)
SF-36 PCS	43.5(2.2)	42.5(2.2)	35.5 (2.4)	43.7(2.2)	47.5 (2.2)	46.7 (2.4)
SF-36 MCS	48.3(2.0)	55.0(2.0)	55.7 (2.2)	50.6(2.0)	51.2 (2.0)	52.3 (2.2)
SF-36 PF	79.0(5.0)	77.4 (5.0)	63.0 (5.4)	79.2(5.1)	84.9 (5.1)	83.4 (5.4)
SF-36 RP	61.6(10.1)	63.2(10.1)	49.4 (11.0)	62.9(10.1)	91.4 (10.1)	72.9 (10.9)
SF-36 BP	61.9 (6.5)	66.3 (6.5)	45.9 (7.1)	64.6 (6.5)	71.4 (6.5)	70.4 (7.1)
SF-36 GH	51.0 (4.4)	56.9 (4.4)	51.7 (4.8)	52.1 (4.4)	56.3 (4.4)	60.7 (4.7)
SF-36 VT	54.4 (5.6)	50.2 (5.6)	43.6 (6.1)	53.9 (5.6)	65.5 (5.6)	63.3 (6.1)
SF-36 SF	75.0 (5.9)	87.1 (5.9)	83.0 (6.4)	78.2 (5.8)	85.0 (5.8)	86.3 (6.2)
SF-36 RE	68.7 (8.6)	96.5 (8.6)	86.4 (9.2)	79.8 (8.7)	76.7 (8.7)	81.1 (9.4)
SF-36 MH	77.6 (3.0)	81.9 (3.0)	83.2 (3.3)	78.1 (3.1)	78.4 (3.1)	80.3 (3.3)

Abbreviations: LsMeans, least-squares means; WHO-5, The World Health Organisation- Five Well-Being Index; SF-36 PCS, Medical Outcomes Study 36-Item Short-Form Health Survey, Physical Component Summary; SF-36 MCS, Medical Outcomes Study 36-Item Short-Form Health Survey, Mental Component Summary; SF-36 PF, Medical Outcomes Study 36-Item Short-Form Health Survey, Physical Function; SF-36 RP, Medical Outcomes Study 36-Item Short-Form Health Survey, Role Physical; SF-36 BP, Medical Outcomes Study 36-Item Short-Form Health Survey, Bodily Pain; SF-36 GH, Medical Outcomes Study 36-Item Short-Form Health Survey, Global Health; SF-36 VT, Medical Outcomes Study 36-Item Short-Form Health Survey, Vitality; SF-36 SF, Medical Outcomes Study 36-Item Short-Form Health Survey, Social Function; SF-36 RE, Medical Outcomes Study 36-Item Short-Form Health Survey, Role Emotional; SF-36 MH, Medical Outcomes Study 36-Item Short-Form Health Survey, Mental Health.