



Table S1. Cumulative Fatigue Symptoms Questionnaire (CFSQ) for adolescents: complaint rate (%) of individual symptoms severity including general fatigue, decreased vitality, mental overload, somatic symptoms, anxiety and discouragement.

	Group					
	AQUA (n=25)		LAND (n=23)		CONTROL (n=26)	
	PRE	POST	PRE	POST	PRE	POST
General fatigue	61	60	60	57	54	49
Decreased vitality	38	40	37	35	42	35
Mental overload	57	50	50	28	55	54
Somatic symptoms	34	33	30	33	13	18
Anxiety	50	44	45	30	36	38
Discouragement about studying and school	39	34	37	32	45	42

Data presented as complaint rate (%) of individual symptoms experienced by participants in AQUA, LAND and CONTROL groups.

Table S2. Pediatric Quality of Life Inventory 4.0 Generic Core Scales (PedsQL) for parents: physical, emotional, social, school functioning and the total score of the PedsQL.

	Group					
	AQUA (n=25)		LAND (n=23)		CONTROL (n=26)	
	PRE	POST	PRE	POST	PRE	POST
Physical Functioning	67.5 (17.8)	72.9 (17)	68.9 (15.3)	81.7 (13)**	70.6 (18.8)	74.2 (18.2)
Emotional Functioning	57.2 (19.5)	61.5 (16.5)	59.5 (18.9)	70.2 (14.3)**	58.2 (20.3)	64.2 (21.5)
Social Functioning	77.2 (17.3)	81.7 (13.7)	80.2 (16.4)	88.3 (12.5)*	82 (22.1)	79.4 (20.5)
School Functioning	63.8 (17.1)	71.3 (16.4)	66.1 (17.7)	75 (15.4)*	71.6 (21.3)	67.9 (22.4)
Total score PedsQL™	66.6 (13.6)	72 (11.9) †	68.7 (13.5)	79.2 (9.9)** †	70.6 (17.7)	71.8 (17.2)

Data presented as complaint mean (SD); ** $p < 0.01$; * $p < 0.05$; † minimal clinically meaningful difference (PRE-POST change > 4.5).