Supplemental File 2 (S2): Quantitative Data Tables

S2. Table A. Data capture rates for secondary outcomes as a proportion of assessments completed for each outcome.

Outcome	**Baseline T1 (n=53)**	**Post-Intervention T2 (n=38)**	**Follow-Up T3 (n=26)**
IBDQ Total Score	53 (100)	38 (100)	26 (100)
IBDQ Bowel Score	53 (100)	38 (100)	26 (100)
IBDQ Systemic Score	53 (100)	38 (100)	26 (100)
IBDQ Emotional Score	53 (100)	38 (100)	26 (100)
IBDQ Social Score	52 (98)	38 (100)	25 (96)
Self Efficacy manage bowel changes	52 (98)	38 (100)	26 (100)
Self Efficacy know foods improves bowel	48 (91)	38 (100)	26 (100)
Self Efficacy know foods worsen bowel	49 (92)	33 (87)	25 (96)
Self Efficacy eat wide variety foods	52 (98)	38 (100)	26 (100)
Self Efficacy prepare foods lessen bowel	51 (96)	38 (100)	26 (100)
QLQ-EN24 Gastrointestinal Symptoms	51 (96)	38 (100)	25 (96)
Knowledge Score	48 (91)	37 (97)	26 (100)

S2. Table B. Mean (sd) of secondary outcomes at each time point.

Outcome	**Baseline T1 (n=53)**	**Post-Intervention T2 (n=38)**	**Follow-Up T3 (n=26)**
IBDQ Total Score	168.2 (32.3)	177.2 (27.1)	179.9 (24.0)
IBDQ Bowel Score	53.8 (10.5)	56.4 (8.7)	56.6 (7.4)
IBDQ Systemic Score	22.8 (6.1)	24.2 (5.4)	25.5 (4.8)
IBDQ Emotional Score	62.5 (14.2)	65.4 (12.1)	67.1 (10.9)
IBDQ Social Score	29.3 (5.9)	31.2 (5.2)	31.1 (5.5)
Self Efficacy manage bowel changes	6.5 (2.8)	7.5 (2.3)	7.9 (1.5)
Self Efficacy know foods improves bowel	5.3 (3.1)	7.3 (2.1)	7.6 (1.7)
Self Efficacy know foods worsen bowel	5.6 (3.2)	7.3 (2.3)	7.6 (1.8)
Self Efficacy eat wide variety foods	6.8 (2.5)	7.2 (2.2)	7.4 (2.0)
Self Efficacy prepare foods lessen bowel	5.6 (3.2)	7.1 (2.4)	7.3 (1.7)
Knowledge Score	6.1 (2.4)	8.5 (1.6)	9.0 (1.2)
QLQ-EN24 Gastrointestinal Symptoms	29.7 (19.0)	24.6 (19.9)	29.1 (18.8)

S2. Table C. Results of mixed effects models estimating change across assessment periods. Baseline refers to the average value prior to the intervention. Intervention Change refers to the estimated change from baseline to post-intervention (T1 to T2). Follow-up Change refers to the estimated change from post-intervention to the follow-up assessment (T2 to T3). Random effects are estimates of the variability within the population, expressed in standard deviations.

	Estimate	95% CI	p-value	Random Effect (SD)
IBDQ Total Score				
Baseline	168.21	(159.36, 177.07)		31.56
Intervention Change	9.45	(3.39, 15.51)	0.003	17.04
Follow-up Change	2.09	(-3.27, 7.45)	0.44	10.84
Residual				6.64
IBDQ Bowel Score				
Baseline	53.81	(50.94, 56.68)		10.15
Intervention Change	2.76	(0.93, 4.59)	0.004	4.76
Follow-up Change	0.03	(-2.57, 2.63)	0.98	6.25
Residual				2.50
IBDQ Systemic Score				
Baseline	22.79	(21.12, 24.47)		5.92
Intervention Change	1.67	(0.38, 2.95)	0.01	3.54
Follow-up Change	0.91	(-0.38, 2.20)	0.16	2.92
Residual				1.46
IBDQ Emotional Score				
Baseline	62.46	(58.56, 66.36)		13.92
Intervention Change	2.86	(0.11, 5.61)	0.04	7.79
Follow-up Change	1.54	(-0.55, 3.63)	0.15	3.65
Residual				2.89
IBDQ Social Score				
Baseline	29.23	(27.60, 30.87)		5.68
Intervention Change	2.05	(0.20, 3.90)	0.03	5.54
Follow-up Change	0.01	(-1.33, 1.35)	0.98	2.52
Residual				1.64
Self Efficacy manage bowel changes				
Baseline	6.48	(5.70, 7.27)		2.74
Intervention Change	1.11	(0.24, 1.97)	0.01	2.63
Follow-up Change	0.31	(-0.36, 0.98)	0.36	1.57
Residual				0.76
Self Efficacy know foods improves bowel				
Baseline	5.36	(4.47, 6.25)		3.01
Intervention Change	1.97	(1.14, 2.80)	<0.001	2.41
Follow-up Change	0.28	(-0.37, 0.93)	0.40	1.36
Residual				0.79
Self Efficacy know foods worsen bowel				
Baseline	5.60	(4.71, 6.50)		3.04
Intervention Change	1.65	(0.85, 2.44)	<0.001	2.09
Follow-up Change	0.16	(-0.81, 1.13)	0.74	2.34

	Estimate	95% CI	p-value	Random Effect (SD)
Residual				0.83
Self Efficacy eat wide variety foods				
Baseline	6.83	(6.15, 7.51)		2.37
Intervention Change	0.52	(-0.08, 1.12)	0.09	1.64
Follow-up Change	0.28	(-0.34, 0.91)	0.37	1.38
Residual				0.69
Self Efficacy prepare foods lessen bowel				
Baseline	5.53	(4.63, 6.43)		3.15
Intervention Change	1.63	(0.76, 2.50)	<0.001	2.64
Follow-up Change	0.20	(-0.36, 0.77)	0.48	1.19
Residual				0.73
QLQ-EN24 Gastrointestinal Symptoms				
Baseline	30.20	(24.71, 35.69)		19.03
Intervention Change	-5.79	(-10.72, -0.86)	0.02	13.15
Follow-up Change	3.64	(-1.55, 8.82)	0.17	11.33
Residual				5.46
Knowledge Score				
Baseline	6.08	(5.40, 6.77)		2.31
Intervention Change	2.41	(1.72, 3.10)	<0.001	2.06
Follow-up Change	0.37	(-0.15, 0.89)	0.16	1.17
Residual				0.60

S2. Table D. Demographic comparisons of participants who did and did not complete all three study assessments. Statistical tests run were the Wilcoxon Rank Sum (WRS), Fisher's Exact test (FE) or the Chi-square test (CS)

	Completed T3 (n=26)	Lost to Follow-up (n=27)	p-value	Statistical Test
Age			0.30	WRS
Mean (sd)	62.0 (10.4)	64.0 (10.8)		
Median (Min,Max)	62 (44, 87)	66.5 (38.0, 91.0)		
Missing	0	1		
Marital_Status			0.81	FE
Married/Common-law	8 (31)	9 (33)		
Divorced/Separated	5 (19)	7 (26)		
Widowed	4 (15)	5 (19)		
Single, never married	9 (35)	6 (22)		
Ethnicity			0.67	FE
Black	0 (0)	2 (8)		
East Asian	3 (12)	3 (12)		
Indigenous	0(0)	1(2)		
Latino	1 (4)	1 (4)		
South Asian	0 (0)	1 (4)		
Southeast Asian	1 (4)	0 (0)		
West Asian	0 (0)	1 (4)		
White	20 (80)	16 (64)		
Other	0 (0)	1 (4)		
Missing	1	2		
Ethnicity			0.67	FE
White	20 (80)	16 (64)		
Asian	3 (12)	3 (12)		
South Asian	0 (0)	1 (4)		
Southeast Asian	1 (4)	0 (0)		
West Asian	0 (0)	1 (4)		
Black	0 (0)	2 (8)		
Latino	1 (4)	1 (4)		
Other	0 (0)	1 (4)		
Missing	1	2		
Cancer Type			0.52	FE
Cervical	6 (23)	3 (11)		
Endometrial	18 (69)	22 (81)		
Other	2 (8)	2 (7)		
Treatment: Radiation				No test
Radiation	26 (100)	27 (100)		
Treatment: Surgery			0.80	CS
No	5 (19)	7 (26)		
Yes	21 (81)	20 (74)		
Treatment: Chemotherapy			0.15	CS
No	8 (32)	15 (56)		
Yes	17 (68)	12 (44)		

	Completed T3 (n=26)	Lost to Follow-up (n=27)	p-value	Statistical Test
Missing	1	0		

S2. Table E. Comparisons of baseline outcome values between patients who did and did not complete all study assessments. Tests of differences in median value were conducted using the Wilcoxon Rank Sum test and the corresponding p-values are reported.

Outcome	Completed T3 (n=26)	Lost to Follow-up (n=27)	p-value
IBDQ Total Score			0.96
mean (sd)	167.7 (31.7)	168.7 (33.4)	
median (min, max)	174.9 (83.0, 207.0)	173.4 (103.2, 222.0)	
IBDQ Bowel Score			0.49
mean (sd)	53.2 (9.4)	54.4 (11.5)	
median (min, max)	54.8 (36.0, 67.0)	56 (30, 70)	
IBDQ Systemic Score			0.75
mean (sd)	23.0 (6.4)	22.6 (5.9)	
median (min, max)	23 (11, 34)	23 (13, 34)	
IBDQ Emotiol Score			0.86
mean (sd)	62.9 (13.7)	62.1 (14.9)	
median (min, max)	67 (26, 78)	64 (31, 84)	
IBDQ Social Score			0.56
mean (sd)	28.6 (6.8)	29.9 (5.0)	
median (min, max)	30.5 (7.0, 35.0)	31 (17, 35)	
missing	0	1	
Self Efficacy mage bowel changes			0.4
mean (sd)	6.0 (3.1)	6.9 (2.5)	
median (min, max)	7 (0, 10)	7 (2, 10)	
missing	0	1	
Self Efficacy know foods improves bowel			0.75
mean (sd)	5.2 (2.9)	5.4 (3.4)	
median (min, max)	5 (0, 10)	6 (0, 10)	
missing	3	2	
Self Efficacy know foods worsen bowel			0.28
mean (sd)	6.2 (2.5)	5.0 (3.6)	
median (min, max)	6 (1, 10)	5 (0, 10)	
missing	2	2	
Self Efficacy eat wide variety foods			0.36
mean (sd)	6.4 (2.7)	7.2 (2.2)	
median (min, max)	6.5 (0.0, 10.0)	7 (3, 10)	
missing	0	1	
Self Efficacy prepare foods lessen bowel			0.36
mean (sd)	5.2 (2.9)	5.9 (3.4)	
median (min, max)	5 (1, 10)	7 (0, 10)	
missing	1	1	

QLQ-EN24 Gastrointestil Symptoms			0.28
mean (sd)	32.5 (17.7)	26.9 (20.2)	
median (min, max)	33.3 (0.0, 60.0)	26.7 (0.0, 66.7)	
missing	1	1	
Knowledge Score			0.094
mean (sd)	6.5 (2.8)	5.7 (1.9)	
median (min, max)	7 (0, 10)	6 (1, 9)	
missing	2	3	