

Table S3. Impact of the 'Virtual Step Square Exercise' program on Impact of Fibromyalgia, Pain, Falls, Fear of Falling, and Risk of Falling after 12 weeks in Spanish women with fibromyalgia.

	Control (n=28)								Experimental (n=33)								Group Comparision	
	PRE:		POST:		DIFF.		<i>p</i>	PRE:		POST:		DIFF.		<i>p</i>	Mean			
	Mean (Sd)	Mean (Sd)	Mean (Sd)	Mean (Sd)	Mean (Sd)	Mean (Sd)		Mean (Sd)	Mean (Sd)	Mean (Sd)	Mean (Sd)	Diff. (SE)	<i>p</i>					
FIQ-R: Functions (0-30)	16.1	(8.5)	15.2	(7.8)	-0.9	(3.4)	.869	15.3	(7.2)	13.9	(7.9)	-1.4	(3.6)	.028	-0.5	(1.0)	.305	
FIQ-R: Impact (0-20)	10.9	(5.9)	10.5	(6.9)	-0.4	(4.6)	.661	10.2	(6.7)	9.6	(5.8)	-0.6	(3.5)	.182	-0.2	(1.2)	.425	
FIQ-R: Symptons (0-50)	31.9	(10.8)	30.5	(11.2)	-1.4	(7.8)	.794	31.6	(8.1)	30.0	(9.5)	-1.6	(5.4)	.074	-0.2	(2.0)	.465	
FIQ-R (0-100)	58.8	(24.5)	55.0	(24.2)	-3.8	(12.9)	.905	58.0	(19.4)	54.1	(21.4)	-3.9	(8.0)	.010	-0.1	(3.2)	.491	
VAS for Pain (0-10)	6.0	(1.8)	5.4	(2.4)	-0.6	(2.9)	.871	6.9	(1.9)	5.5	(2.4)	-1.4	(2.8)	.003	-0.8	(0.7)	.137	
Falls (n)	1.4	(2.1)	1.3	(2.3)	-0.1	(1.3)	.567	2.1	(3.4)	1.1	(1.3)	-1.0	(2.8)	.040	-1.0	(0.6)	.083	
Fear of Falling (16-64)	33.8	(10.4)	34.6	(11.6)	0.8	(7.1)	.307	36.5	(12.0)	33.9	(10.7)	-2.6	(7.9)	.058	-3.3	(2.2)	.068	
Risk of Falling (0-100)	53.2	(23.6)	57.2	(23.0)	4.0	(16.9)	.140	60.8	(17.3)	57.7	(21.1)	-3.1	(17.0)	.824	-7.1	(4.9)	.924	

n (number); Sd (Standard deviation); Diff. (Difference); *p* (p-value. Significant differences with Bonferroni's correction: $p < 0.006$); SE (Standard Error); FIQ-R (Fibromyalgia Impact Questionnaire-Revised: 0 and 100 represents lowest and highest impact, respectively. Also, in all three dimensions, a higher score represents a higher impact); VAS (Visual Analog Scale); Fear of Falling (16: not at all worried; 64: very worried); Risk of Falling (Scores below 67 are associated with a high risk of falls).