Supplementary Table S2. Baseline characteristics of participants who completed follow-up and those lost to follow-up.

Characteristic	Completed follow-up (n = 28)	Lost to follow-up (n = 8)
Age, years	48.8 ± 12.3	51.9 ± 7.6
BMI, kg/m²	29.2 ± 4.2	25.7 ± 2.9
FIQR, points	65.5 ± 22.2	54.8 ± 10.9
MoCA, points	22.4 ± 3.5	25.0 ± 0.8
Jenkins Sleep Questionnaire, points	14.1 ± 5.6	14.3 ± 1.5
DASS-21 Depression, points	11.1 ± 6.2	11.5 ± 2.1
DASS-21 Anxiety, points	11.6 ± 5.4	11.5 ± 1.2
DASS-21 Stress, points	13.6 ± 4.7	12.5 ± 0.9

Note. Values are presented as mean ± standard deviation. Comparisons are descriptive only; no hypothesis tests were performed. FIQR, Fibromyalgia Impact Questionnaire-Revised; MoCA, Montreal Cognitive Assessment; DASS-21, Depression Anxiety Stress Scales-21; BMI, body mass index.