

S1 Table. Mean change of the SPS score from baseline at 6 months (intervention effect on primary outcome) by multiple imputation.

Total	ITT/MI (n = 1,509)				
	Difference	SE	95% CI		P-value
Model 1	-1.02	0.48	-2.05	-0.003	0.049
Model 2	-0.78	0.47	-1.78	0.22	0.118
Model 3	-0.79	0.49	-1.84	0.28	0.131

SPS, subjective psychosomatic symptoms; ITT/MI, Analysis by intention-to-treat principles using multiple imputation (number of imputations = 200); SE, standard error; Model 1, crude mixed model; Model 2, mixed model adjusted for baseline; Model 3, mixed model adjusted for baseline, sex, age, and BMI.