Electronic Supplementary Materials

**Mindfulness-Based Cognitive Therapy for Fatigue in Patients with Inflammatory Bowel Disease: Results of a Randomized Controlled Trial**

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**Supplementary Table 1.** Mean scores at baseline and post-measurement and group differences for primary and secondary outcome measures – complete cases (*n* = 90)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  | Time effect | Group effect |
| Measure | Group | BaselineMean (SD) | PostMean (SD) |  *t* |  *p* | Cohen’s *d* (95% CI) | Mean differencea (95% CI) |  *t*a |  *p*a | Cohen’s *d*a (95% CI) |
| Fatigue (CIS-20) |  |  |  |  |  |  |  |  |  |  |
| Subjective | MBCT | 41.2 (7.6) | 35.9 (10.2) | 3.84 | <0.001\* | 0.59 (0.13 – 1.05) | 3.69 (0.82 – 6.57) | 2.55 | 0.01\* | 0.46 (0.03 – 0.88) |
|  | WAIT | 42.2 (8.1) | 40.4 (9.1) | 2.54 | 0.01\* | 0.21 (-0.18 – 0.59) |  |  |  |  |
| Concentration | MBCT | 20.5 (7.3) | 19.8 (6.6) | 0.85 | 0.40 | 0.10 (-0.35 – 0.55) | 0.22 (-1.86 – 2.30) | 0.21 | 0.84 | 0.03 (-0.39 – 0.45) |
|  | WAIT | 18.8 (7.2) | 18.9 (7.0) | -0.19 | 0.85 | -0.01 (-0.40 – 0.37) |  |  |  |  |
| Motivation | MBCT | 17.2 (4.2) | 15.8 (5.0) | 1.44 | 0.16 | 0.30 (-0.15 – 0.76) | 0.44 (-1.43 – 2.32) | 0.47 | 0.64 | 0.09 (-0.33 – 0.51) |
|  | WAIT | 16.0 (4.6) | 15.7 (4.6) | 0.51 | 0.61 | 0.07 (-0.32 – 0.45) |  |  |  |  |
| Activation | MBCT | 14.0 (4.4) | 12.3 (5.1) | 2.96 | 0.01\* | 0.36 (-0.10 – 0.81) | 1.22 (0.19 – 2.63) | 1.71 | 0.09 | 0.27 (-0.15 – 0.69) |
|  | WAIT | 13.7 (4.5) | 13.3 (4.5) | 0.95 | 0.35 | 0.09 (-0.30 – 0.47) |  |  |  |  |
| Total | MBCT | 92.8 (16.8) | 83.7 (21.6) | 3.07 | <0.01\* | 0.47 (0.01 – 0.93) | 6.40 (0.07 – 12.73) | 2.01 | <0.05\* | 0.39 (-0.03 – 0.81) |
|  | WAIT | 90.6 (16.1) | 88.3 (18.9) | 1.41 | 0.17 | 0.13 (-0.25 – 0.52) |  |  |  |  |
| Fatigue interference | MBCT | 29.3 (12.2) | 25.1 (12.0) | 2.24 | 0.03\* | 0.35 (-0.11 – 0.80) | 1.24 (-3.01 – 5.49) | 0.58 | 0.56 | 0.10 (-0.32 – 0.52) |
| (FSI) | WAIT | 27.2 (13.7) | 25.1 (13.4) | 1.34 | 0.19 | 0.16 (-0.23 – 0.54) |  |  |  |  |
| Anxiety (GAD) | MBCT | 7.4 (4.9) | 6.1 (3.8) | 1.99 | 0.05 | 0.30 (-0.16 – 0.75) | 0.79 (-0.56 – 2.13) | 1.16 | 0.25 | 0.17 (-0.25 – 0.59) |
|  | WAIT | 6.2 (4.4) | 6.2 (4.4) | -0.08 | 0.94 | 0.00 (-0.38 – 0.38) |  |  |  |  |
| Depression (BDI-II) | MBCT | 16.5 (9.2) | 14.1 (9.4) | 1.86 | 0.07 | 0.26 (-0.19 – 0.71) | 2.47 (-0.29 – 5.22) | 1.78 | 0.08 | 0.27 (-0.15 – 0.69) |
|  | WAIT | 15.7 (9.3) | 15.9 (10.3) | -0.30 | 0.77 | -0.02 (-0.41 – 0.36) |  |  |  |  |
| Quality of Life  | MBCT | 173.1 (18.0) | 174.7 (21.7) | -0.20 | 0.85 | -0.08 (-0.53 – 0.37) | -0.35 (-6.94 – 6.25) | -0.10 | 0.92 | -0.01 (-0.43 – 0.40) |
| (IBD-Q) | WAIT | 172.0 (22.6) | 172.4 (24.0) | -0.18 | 0.86 | -0.02 (-0.40 – 0.37) |  |  |  |  |
| *Note.* WAIT = waiting-list; SD = standard deviation; CI = confidence interval. *n*MBCT = 38; *n*WAIT = 52. |
| a Estimate based on adjusted means |
| \**p*<0.05. |

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| Supplementary Table 2. Clinically relevant improvement and recovery – per-protocol (*n* = 96) |
| Improved, *n* (%) | Recovery, *n* (%) |
|  | MBCT | WAIT |  | MBCT | WAIT |
| Improved a | 15 (37) | 6 (10) | Recovered c | 8 (20) | 5 (9) |
| No change | 21 (55) | 50 (88) | Unrecovered | 31 (80) | 52 (91) |
| Deteriorated b | 3 (8) | 1 (2) |  |  |  |  |  |
| *Note.* WAIT = waiting-list. *n*MBCT = 39; *n*WAIT = 57. |
| Both improved and recovered: MBCT *n* = 7 (17%); WAIT *n* = 0 (0 %). |
| a Reliable Change Index score > 1.96 |
| b Reliable Change Index score < -1.96  |
| c Subjective fatigue score < 27 |