

Variable	Usual Care		NEP		SRC	
	n	MEAN +/- ste	n	MEAN +/- ste	n	MEAN +/- ste
DEALING WITH ILLNESS						
Active Behavioral Coping						
Baseline	58	59.0±1.2	52	62.0±1.3	53	63.5±1.3 ^y
4-Month Change	57	59.2±1.2	48	62.8±1.3	53	62.5±1.3
Radiation		58.8±1.5				63.1±1.6^y (0.047)
1-Year Change	48	56.8±1.3 ^x	50	61.1±1.3	47	62.4±1.3 ^y
Radiation		56.6±1.5				62.9±1.7 ^y (0.005)
2-Year Change	48	58.3±1.3	44	59.5±1.3 ^x	50	60.5±1.3 ^x
Active Cognitive Coping						
BASELINE	58	60.9±1.0	52	61.7±1.1	53	62.2±1.1
4-Month Change	57	59.2±1.0 ^x	48	62.5±1.1	53	63.5±1.1 ^y
Radiation		58.6±1.2				64.8±1.4 ^y (0.0006)
1-Year Change	48	58.9±1.1 ^x	50	60.4±1.1	47	61.7±1.1
Radiation		58.2±1.3				62.6±1.4^y (0.019)
2-Year Change	48	59.6±1.1	44	58.8±1.1 ^x	50	61.8±1.1
Radiation				57.8±1.4		62.8±1.4^z (0.012)
Avoidance Coping*						
BASELINE	58	27.3±0.8	52	28.7±0.8	53	27.6±0.8
4-Month Change	57	27.5±0.8	48	28.1±0.8	53	25.9±0.8 ^x
Radiation		26.7±0.9		28.0±1.0		24.1±1.0^y (0.042)^z (0.0038)
1-Year Change	48	26.1±0.8	50	27.6±0.8	47	26.2±0.8 ^x
2-Year Change	48	26.7±0.8	44	26.2±0.8 ^x	50	26.1±0.8 ^x
FUNCTIONAL ASSESSMENT CA TX						
Social-Family Well-Being						
BASELINE	58	21.8±0.6	52	21.1±0.6	53	21.3±0.6
4-Month Change	57	20.8±0.6 ^x	47	20.3±0.6	53	21.2±0.6
Radiation				19.8±0.8		22.2±0.7^z (0.025)
1-Year Change	52	21.0±0.6	52	20.8±0.6	50	21.5±0.6
2-Year Change	50	20.5±0.6 ^x	45	20.6±0.7	49	21.3±0.6
Emotional Well-Being						
BASELINE	58	17.0±0.3	52	17.1±0.4	53	16.2±0.4
4-Month Change	57	16.7±0.3	48	16.9±0.4	53	16.9±0.4 ^x
Radiation		16.9±0.3		16.7±0.4		18.0±0.4^y (0.028)^z (0.015)
1-Year Change	52	17.8±0.4 ^x	52	17.2±0.4	50	17.1±0.4 ^x
2-Year Change	49	17.5±0.4	44	17.6±0.4	49	17.3±0.4 ^x
SpiritualityEx						

BASELINE	55	7.7±0.3	47	8.0±0.4	53	7.8±0.3
4-Month Change	54	7.6±0.3	44	7.3±0.4	52	8.9±0.3 ^{x,y,z}
Radiation		7.6±0.4		6.8±0.5		8.9±0.4 ^y (0.02) ^z (0.0009)
1-Year Change	49	7.9±0.3	47	7.6±0.4	50	8.8±0.3 ^{x,z}
Radiation				7.0±0.5		8.9±0.4 ^z (0.003)
2-Year Change	48	8.1±0.4	42	8.1±0.4	49	8.6±0.4 ^x
SENSE OF COHERENCE SCALE						
FCM/Comprehensibility						
BASELINE	56	53.9±1.3	50	52.4±1.4	50	51.1±1.4
4-Month Change	54	53.3±1.3	45	51.0±1.4	49	51.9±1.4
1-Year Change	48	55.5±1.3	47	52.9±1.4	44	51.2±1.4 ^y
Radiation		56.0±1.5				52.1±1.7 ^y (0.084)
2-Year Change	47	54.6±1.3	43	52.2±1.4	46	52.2±1.4
MEAN/Meaningfulness						
BASELINE	56	45.5±1.0	50	45.2±1.0	50	45.4±1.0
4-Month Change	54	43.7±1.0 ^x	45	43.5±1.1 ^x	49	46.8±1.0 ^{y,z}
Radiation		43.8±1.2		42.8±1.3		47.3±1.3 ^y (<0.05) ^z (0.02)
1-Year Change	48	45.0±1.0	47	44.6±1.1	44	46.8±1.1
Radiation				44.1±1.4		48.1±1.4^z (0.036)
2-Year Change	47	44.5±1.0	43	45.2±1.1	46	47.3±1.1 ^x
Radiation		44.6±1.2				48.4±1.3^y (0.030)
MMAC						
Helplessness*						
BASELINE	57	10.4±0.4	52	10.6±0.5	52	11.3±0.5
4-Month Change	56	11.1±0.4	47	11.6±0.5 ^x	52	10.9±0.5
Radiation				11.7±0.6		10.1±0.6^z (0.048)
1-Year Change	50	10.8±0.5	51	11.5±0.5 ^x	49	11.0±0.5
2-Year Change	48	10.6±0.5	45	10.5±0.5	49	10.6±0.5
Cognitive Avoidance*						
BASELINE	57	9.2±0.3	52	9.2±0.3	53	9.0±0.3
4-Month Change	56	9.3±0.3	47	9.3±0.3	53	8.8±0.3
Radiation		9.4±0.4				8.2±0.4^y (0.029)
1-Year Change	50	9.5±0.3	52	9.3±0.3	50	9.2±0.3
2-Year Change	48	8.8±0.3	45	8.7±0.3	50	8.7±0.3
SCL-90 (Symptom Checklist)						
Anxiety*						
BASELINE	58	0.22±0.05	52	0.29±0.05	53	0.37±0.05 ^y
Radiation		0.22±0.05				0.28±0.05 ^y (0.42)
4-Month Change	57	0.29±0.05	48	0.27±0.05	51	0.22±0.05 ^x

Radiation		0.28±0.05				0.14±0.05^y (0.032)
1-Year Change	49	0.18±0.05	50	0.23±0.05	47	0.27±0.05 ^x
2-Year Change	49	0.22±0.05	45	0.21±0.05	47	0.27±0.05 ^x
Hostility*						
BASELINE	58	0.24±0.05	52	0.35±0.05	53	0.31±0.05
4-Month Change	57	0.33±0.05	48	0.29±0.05	51	0.14±0.05 ^{x,y,z}
Radiation		0.32±0.05		0.26±0.06		0.12±0.06 ^y (0.008) ^{-z} (0.077)
1-Year Change	49	0.20±0.05	50	0.24±0.05	47	0.18±0.05 ^x
2-Year Change	49	0.28±0.05	45	0.22±0.05 ^x	47	0.18±0.05 ^x
Global Severity Index*						
BASELINE	58	0.37±0.04	52	0.38±0.04	53	0.42±0.04
4-Month Change	57	0.38±0.04	48	0.39±0.04	51	0.29±0.04 ^x
Radiation		0.36±0.04		0.36±0.05		0.22±0.05^y (0.033)^z (0.039)
1-Year Change	49	0.28±0.04 ^x	50	0.34±0.04	47	0.33±0.04 ^x
2-Year Change	49	0.35±0.04	45	0.30±0.04 ^x	47	0.32±0.04 ^x
Depression*						
BASELINE	58	0.53±0.07	52	0.53±0.07	53	0.65±0.07
4-Month Change	57	0.53±0.07	48	0.61±0.07	51	0.41±0.07 ^{x,z}
Radiation				0.58±0.08		0.31±0.08 ^z (0.02)
1-Year Change	49	0.34±0.07 ^x	50	0.46±0.07	47	0.46±0.07 ^x
2-Year Change	49	0.44±0.07	45	0.45±0.07	47	0.48±0.07 ^x
Paranoid Ideation*						
BASELINE	58	0.23±0.05	52	0.26±0.05	53	0.20±0.05
4-Month Change	57	0.30±0.05	48	0.26±0.05	51	0.15±0.05 ^y
Radiation		0.26±0.05				0.12±0.05 ^y (0.04)
1-Year Change	49	0.19±0.05	50	0.26±0.05	47	0.25±0.05
2-Year Change	49	0.31±0.05	45	0.20±0.05	47	0.20±0.05
COURTAULD EMOTIONAL CONTROL SCALE						
Anxious*						
BASELINE	54	16.6±0.6	47	16.7±0.6	53	15.1±0.6
4-Month Change	52	16.0±0.6	42	16.2±0.6	45	13.9±0.6 ^{x,y,z}
Radiation		15.9±0.6		15.7±0.7		14.1±0.7 ^y (<0.05) ^{-z} (0.11)
1-Year Change	44	16.0±0.6	44	15.4±0.6 ^x	46	14.9±0.6
2-Year Change	45	16.7±0.6	36	15.5±0.6	48	14.8±0.6 ^y
Radiation		16.4±0.7				14.5±0.7 ^y (0.04)
Unhappy*						
BASELINE	54	15.6±0.6	46	16.6±0.6	53	15.2±0.6
4-Month Change	52	15.2±0.6	41	15.5±0.6 ^x	46	13.7±0.6 ^{x,z}

Radiation				15.2±0.7		13.9±0.7 ^z (0.16)
1-Year Change	42	14.7±0.6	43	14.7±0.6 ^x	40	13.7±0.6 ^x
2-Year Change	42	15.6±0.6	34	15.2±0.7	45	13.6±0.6 ^{x,y}
Radiation		15.2±0.6				13.8±0.6 ^y (0.09)
Control*						
BASELINE	54	48.1±1.4	46	48.7±1.5	53	45.4±1.4
4-Month Change	52	46.4±1.4	41	46.8±1.5	45	41.5±1.5 ^{x,y,z}
Radiation		46.3±1.5		45.7±1.7		41.7±1.7 ^y (0.04) ^z (0.10)
1-Year Change	42	45.4±1.5 ^x	42	44.5±1.5 ^x	38	43.1±1.5
2-Year Change	39	47.1±1.5	33	45.3±1.6 ^x	45	42.5±1.5 ^{x,y}
Radiation		46.0±1.6				42.2±1.7 ^y (0.10)
*Lower score indicates improvement.						
^x Change from baseline differs from zero (P≤.05).						
^y Stress reduction intervention is significantly different from the usual care (P≤.05).						
^z Stress reduction intervention is significantly different from nutritional education intervention (P≤.05).						
<i>Bold Italics</i> represents a new significance relationship for the radiation treatment subset						