

Table 2. Outcome variables over time.

		Control (n=30)			Intervention (n=32)			Intervention vs. Control
Outcome	Time	Mean [95% CI] or %	<i>d</i> or <i>h</i>	<i>P</i>	Mean [95% CI] or %	<i>d</i> or <i>h</i>	<i>P</i>	<i>P</i>
Hospital Anxiety and Depression Scale – total								
	0	14.4 [11.7, 17.1]			13.8 [11.9, 15.7]			
	1	14.8 [12.2, 17.3]	.06	.44	11.4 [9.5, 13.2]	.48	.06	.01
	2	14.3 [11.5, 17.1]	.01	.72	11.5 [9.6, 13.5]	.43	.06	.03
	3	14.3 [11.4, 17.1]	.02	.92	12.2 [9.7, 14.6]	.27	.25	.27
Hospital Anxiety and Depression Scale – anxiety								
	0	9.6 [8.3, 10.9]			10.0 [8.8, 11.2]			
	1	9.7 [8.2, 11.1]	.01	.60	7.9 [6.8, 9.0]	.64	<0.001	.01
	2	9.1 [7.5, 10.6]	.14	.18	8.2 [7.0, 9.3]	.55	0.002	.09
	3	9.0 [7.5, 10.5]	.16	.14	8.3 [7.0, 9.6]	.49	0.003	.19
Hospital Anxiety and Depression Scale – depression								
	0	4.9 [3.3, 6.4]			3.8 [2.9, 4.8]			
	1	4.9 [3.3, 6.4]	.02	.22	3.4 [2.4, 4.4]	.14	.97	.19
	2	5.1 [3.7, 6.5]	.06	.14	3.4 [2.3, 4.4]	.16	.89	.11
	3	5.0 [3.5, 6.6]	.04	.32	3.9 [2.5, 5.2]	.02	.58	.69
Brief Resilience Scale								
	0	20.3 [18.7, 21.9]			19.7 [17.6, 21.8]			
	1	19.2 [17.2, 21.1]	.24	.82	20.7 [18.8, 22.6]	.17	.09	.049

	2	20.1 [18.3, 21.9]	.05	.50	21.5 [19.5, 23.6]	.31	.01	.06
	3	20.1 [17.9, 22.3]	.04	.43	20.9 [18.9, 22.8]	.20	.08	.35
Perceived Stress Scale								
	0	19.9 [17.4, 22.4]			19.0 [16.3, 21.7]			
	1	20.3 [17.7, 23.0]	.06	.93	16.9 [14.5, 19.3]	.30	.03	.047
	2	18.9 [16.6, 21.3]	.15	.27	16.6 [14.0, 19.3]	.32	.02	.24
	3	19.9 [17.1, 22.7]	.00	.48	17.0 [14.1, 19.9]	.26	.04	.17
Satisfaction With Life Scale								
	0	20.2 [17.4, 22.9]			18.8 [15.9, 21.7]			
	1	20.3 [17.4, 23.3]	.02	.78	19.8 [17.0, 22.5]	.12	.50	.69
	2	20.2 [17.1, 23.2]	.00	.88	20.2 [17.3, 23.0]	.18	.32	.41
	3	20.3 [17.1, 23.5]	.02	.73	19.6 [16.7, 22.5]	.10	.59	.86
Social Provisions Scale – total								
	0	79.0 [74.6, 83.3]			79.5 [74.8, 84.1]			
	1	78.1 [73.3, 82.8]	.08	.31	79.5 [75.2, 83.8]	.00	.73	.49
	2	78.2 [73.9, 82.5]	.07	.41	81.8 [77.1, 86.5]	.18	.48	.11
	3	78.1 [73.2, 82.9]	.08	.33	80.3 [75.8, 84.9]	.07	.98	.31
Social Provisions Scale – attachment								
	0	12.7 [11.7, 13.6]			12.5 [11.5, 13.5]			
	1	12.2 [11.1, 13.4]	.15	.47	12.7 [11.7, 13.8]	.08	.66	.29
	2	12.4 [11.5, 13.4]	.10	.68	12.9 [11.8, 13.9]	.13	.42	.22
	3	12.6 [11.6, 13.6]	.02	.89	13.1 [12.1, 14.1]	.20	.23	.18
Social Provisions Scale - social integration								

	0	13.3 [12.4, 14.2]			13.2 [12.1, 14.2]			
	1	12.7 [11.8, 13.6]	.26	.11	12.9 [12.0, 13.7]	.11	.40	.43
	2	12.9 [12.0, 13.7]	.20	.25	13.5 [12.6, 14.5]	.15	.37	.04
	3	12.4 [11.5, 13.2]	.42	.03	13.2 [12.3, 14.1]	.01	.93	.05
Social Provisions Scale - reassurance of worth								
	0	12.6 [11.9, 13.3]			13.2 [12.4, 13.9]			
	1	12.5 [11.6, 13.4]	.07	.15	13.2 [12.3, 14.0]	.00	.61	.35
	2	12.2 [11.4, 13.1]	.19	.09	13.6 [12.8, 14.4]	.20	.84	.05
	3	12.1 [11.2, 13.0]	.27	.07	13.2 [12.4, 14.0]	.01	.58	.21
Social Provisions Scale - reliable alliance								
	0	13.3 [12.3, 14.3]			13.6 [12.6, 14.5]			
	1	12.9 [11.7, 14.0]	.15	.20	13.9 [13.1, 14.7]	.13	.63	.08
	2	13.3 [12.4, 14.3]	.01	.79	14.3 [13.5, 15.2]	.30	.16	.08
	3	13.0 [11.9, 14.2]	.10	.48	13.6 [12.6, 14.5]	.00	.85	.61
Social Provisions Scale – guidance								
	0	13.1 [12.1, 14.0]			13.5 [12.4, 14.5]			
	1	13.2 [12.3, 14.1]	.07	.86	13.5 [12.5, 14.4]	.00	.97	.89
	2	13.0 [12.1, 13.9]	.03	.73	13.7 [12.6, 14.9]	.09	.60	.39
	3	12.7 [11.7, 13.8]	.13	.46	13.7 [12.8, 14.7]	.10	.52	.17
Social Provisions Scale - opportunity for nurturance								
	0	13.8 [13.1, 14.5]			13.5 [12.5, 14.4]			
	1	14.0 [13.2, 14.8]	.08	.13	13.1 [12.2, 14.0]	.15	.76	.09
	2	13.9 [13.2, 14.7]	.05	.15	13.4 [12.5, 14.3]	.03	.62	.35
	3	14.0 [13.2, 14.8]	.08	.07	13.5 [12.6, 14.5]	.02	.41	.33

Positive and Negative Affect Scale - positive affect								
	0	32.9 [30.1, 35.8]			30.6 [27.6, 33.6]			
	1	30.7 [27.7, 33.7]	.28	.44	27.9 [24.3, 31.5]	.29	.21	.65
	2	30.8 [27.5, 34.2]	.25	.46	29.2 [25.4, 33.0]	.14	.51	.91
	3	30.9 [27.6, 34.1]	.25	.52	28.0 [24.0, 32.1]	.26	.22	.59
Positive and Negative Affect Scale - negative affect								
	0	16.9 [14.1, 19.6]			14.9 [13.0, 16.8]			
	1	19.6 [16.4, 22.8]	.34	.14	15.8 [13.8, 17.7]	.16	.89	.17
	2	19.6 [16.8, 22.4]	.37	.15	17.3 [14.7, 19.8]	.38	.25	.75
	3	18.7 [15.4, 22.0]	.23	.42	16.0 [13.6, 18.5]	.19	.73	.61
General health (%)								
	0	45			59			
	1	35	.21	.31	59	.00	.99	.35
	2	30	.31	.14	53	.13	.14	.43
	3	35	.21	.45	47	.25	.21	.81
Days pain inhibited usual activities								
	0	4.0 [1.6, 6.4]			3.7 [0.8, 6.5]			
	1	4.9 [1.5, 8.2]	.11	.24	3.1 [0.3, 5.9]	.08	.95	.24
	2	6.2 [3.0, 9.3]	.29	.02	3.3 [0.6, 6.0]	.05	.93	.02
	3	3.9 [1.7, 6.0]	.02	.62	4.2 [1.0, 7.3]	.06	.49	.86
Days not getting enough sleep								
	0	13.8 [9.9, 17.7]			11.7 [8.3, 15.2]			
	1	13.4 [9.7, 17.1]	.05	.51	11.1 [7.9, 14.3]	.07	.19	.49

	2	14.0 [10.5, 17.4]	.01	.59	11.4 [8.2, 14.5]	.04	.23	.51
	3	13.6 [9.7, 17.4]	.03	.50	10.9 [7.6, 14.1]	.10	.19	.55
Days felt healthy and full of energy								
	0	13.2 [9.7, 16.7]			14.8 [11.0, 18.7]			
	1	12.9 [9.2, 16.5]	.04	.80	15.4 [11.6, 19.2]	.06	.38	.53
	2	13.9 [10.4, 17.3]	.07	.49	15.7 [12.1, 19.4]	.09	.50	.98
	3	15.1 [11.6, 18.5]	.21	.21	13.5 [10.0, 17.0]	.13	.91	.18
Better mental health (%)								
	0	20			31			
	1	27	.16	.47	56	.51	<i>.03</i>	.37
	2	30	.23	.36	44	.26	.32	.97
	3	41	.47	.02	41	.19	.37	.28

Note. *P* values are from a linear mixed effects model (means) with group, month, and interaction between month and group as factors in addition to covariates for adjustment. Monthly means are raw means while change from baseline means are from the model adjusted for covariates. Significant *P* values are bold and italicized.