

Supp.5 Changes in stress and anxiety within each group.

Stress		Mean ± sd	median (1st quartile, 3rd quartile)	p (before vs after, Wilcoxon signed rank test)
Stressed group (n=41)	before	3 ± 1.2	3 (2, 4)	0.126
	after	3.3 ± 1.3	3 (3, 4)	
	delta	0.3 ± 1.3	0 (0, 1)	
Unstressed group(n=898)	before	2.3 ± 1.2	3 (1, 3)	<0.001
	after	2.7 ± 1.4	3 (2, 4)	
	delta	0.4 ± 1	0 (0, 1)	

Responses to the questionnaire (Stress). The stress level was answered in 5 grades from 0 to 5.

(As reference) Comparison results between the two groups for delta: p=0.991 Mann–Whitney U test.

Anxiety		Mean ± sd	median (1st quartile, 3rd quartile)	p (before vs after, Wilcoxon signed rank test)
Stressed group (n=41)	before	2.7 ± 1.3	3 (2, 3)	<0.001
	after	3.2 ± 1.3	3 (3, 4)	
	delta	0.5 ± 0.9	0 (0, 1)	
Unstressed group (n=899)	before	2.1 ± 1.2	2 (1, 3)	<0.001
	after	2.7 ± 1.4	3 (2, 4)	
	delta	0.6 ± 1	0 (0, 1)	

Responses to the questionnaire (anxiety). The anxiety level was answered in 5 grades from 0 to 5.

(As reference) Comparison results between the two groups for delta: p=0.809 Mann–Whitney U test.