

Mindfulness-based stress reduction may decrease stress, disease activity, and inflammatory cytokine levels in patients with autoimmune hepatitis

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Table S1. Perceived Stress Scale (PSS).

The questions in this scale ask you about your feelings and thoughts **during the last month**. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way.

	0 = Never	1 = Almost Never	2 = Sometimes	3 = Fairly Often	4 = Very Often
1. In the last month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
2. In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
3. In the last month, how often have you felt nervous and "stressed"?	0	1	2	3	4
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
5. In the last month, how often have you felt that things were going your way?.....	0	1	2	3	4
6. In the last month, how often have you found that you could not cope with all the things that you had to do?	0	1	2	3	4
7. In the last month, how often have you been able to control irritations in your life?	0	1	2	3	4
8. In the last month, how often have you felt that you were on top of things?..	0	1	2	3	4
9. In the last month, how often have you been angered because of things that were outside of your control?.....	0	1	2	3	4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

**Table S2. The Brief Self-Scoring Self-Control Scale (BSCS).
10-Item Self-Scoring Self-Control Scale**

Adapted from
Tangney, J.P., Baumeister, R.F., Boone, A.L. (2004). High Self-Control Predicts Good Adjustment, Less Pathology, Better Grades, and Interpersonal Success. *Journal of Personality*, 271-324.

First, please read the following 10 statements and for each, check the box that best represents you.

	Not at all like me	A little like me	Some what like me	Mostly Like Me	Very much like me
I have a hard time breaking bad habits.	5	4	3	2	1
I get distracted easily.	5	4	3	2	1
I say inappropriate things.	5	4	3	2	1
I refuse things that are bad for me, even if they are fun.	1	2	3	4	5
I'm good at resisting temptation.	1	2	3	4	5
People would say that I have very strong self-discipline.	1	2	3	4	5
Pleasure and fun sometimes keep me from getting work done.	5	4	3	2	1
I do things that feel good in the moment but regret later on.	5	4	3	2	1
Sometimes I can't stop myself from doing something, even if I know it is wrong.	5	4	3	2	1
I often act without thinking through all the alternatives.	5	4	3	2	1

Next, add up all the points for the checked boxes and divide by 10. The maximum score on this scale is 5 (extremely self-controlled), and the lowest score on this scale is 1 (not at all self-controlled).

Table S3. Individual data on disease duration, disease activity, and immunosuppressive medications for each study participant.

Study Participant #	Disease duration before enrollment (years)	# of relapses in prior 2 years	Active Disease at Enrollment	Comments	6-months pre-Baseline	Baseline	8-weeks	8-months	1-year
1	2	0	N		AZA 75 mg/day Pred 7.5 mg/day	AZA 75 mg/day Pred 5 mg/day	AZA 75 mg/day Pred 2.5 mg/day	AZA 75 mg/day -	AZA 50 mg/day -
2	4	0	N		AZA 100 mg/day Pred 3.5 mg/day	AZA 100 mg/day Pred 3.5 mg/day	AZA 100 mg/day Pred 2.5 mg/day	AZA 75 mg/day Pred 2.5 mg/day	AZA 75 mg/day Pred 2.5 mg/day
3	21	0	N		-	-	-	-	-
4	3	0	N		AZA 50 mg/day Pred 7.5 mg/day	AZA 50 mg/day Pred 7.5 mg/day	AZA 50 mg/day Pred 6.5 mg/day	AZA 100 mg/day Pred 5 mg/day	AZA 100 mg/day Pred 5 mg/day
5	19	0	Y	Incomplete response to ongoing treatment	AZA 150 mg/day Pred 7.5 mg/day	AZA 150 mg/day Pred 15 mg/day	- Pred 5 mg/day	AZA 150 mg/day Pred 2.5 mg/day	- -
6	2	0	N		AZA 100 mg/day Budes 6 mg/day	AZA 100 mg/day Budes 6 mg/day	AZA 100 mg/day	AZA 100 mg/day Budes 3 mg/day	AZA 100 mg/day

							Budes 6 mg/day		Budes 3 mg/day
7	1	0	Y	New treatment regimen	- -	AZA 50 mg/day Budes 9 mg/day	AZA 50 mg/day Budes 9 mg/day	AZA 75 mg/day Budes 9 mg/day	- Budes 3 mg/day
8	38	0	N		AZA 75 mg/day Pred 5 mg/day	AZA 50 mg/day Pred 5 mg/day	AZA 50 mg/day Pred 5 mg/day	AZA 50 mg/day Pred 4 mg/day	AZA 50 mg/day Pred 2.5 mg/day
9	1	0	N		AZA 50 mg/day - Pred 20 mg/day	AZA 100 mg/day - Pred 10 mg/day	AZA 125 mg/day - Pred 12.5 mg/day	- TAC 1 mg BID Pred 17.5 mg/day	- TAC 1 mg BID Pred 17.5 mg/day
10	1	0	Y	Initial treatment regimen	- - -	- AZA 50 mg/day Budes 6 mg/day	- AZA 100 mg/day Budes 9 mg/day	- - Budes 9 mg/day	MMF 500 mg BID - Budes 6 mg/day
11	14	3	N		Pred 12.5 mg/day	Pred 15 mg/day	Pred 12.5 mg/day	Pred 10 mg/day	Pred 10 mg/day
12	8	0	N		MMF 1000 mg BID	MMF 500 mg BID	- TAC 4 mg BID	- TAC 7 mg BID	- TAC 7 mg BID

					TAC 3 mg BID Pred 20 mg/day	TAC 3 mg BID Pred 10 mg/day	Pred 5 mg/day	Pred 2.5 mg/day	Pred 5 mg/day
13	7	1	N		AZA 150 mg/day	AZA 150 mg/day	AZA 150 mg/day	AZA 150 mg/day	AZA 150 mg/day
14	2	1	Y	Treatment for relapse	AZA 50 mg/day - Pred 12.5 mg/day	- - Pred 10 mg/day	- - Pred 7.5 mg/day	- - Pred 7.5 mg/day	- - Budes 9 mg/day -
15	3	1	N		MMF 1000 mg BID Pred 2 mg/day	MMF 500 mg BID Pred 2 mg/day	MMF 500 mg BID Pred 2 mg/day	MMF 1000 mg BID Pred 2 mg/day	MMF 1000 mg BID Pred 2 mg/day
16	0.8	1	Y	Treatment for relapse	AZA 50 mg/day Pred 30 mg/day	AZA 100 mg/day Pred 17.5 mg/day	AZA 150 mg/day Pred 15 mg/day	AZA 150 mg/day Pred 7.5 mg/day	AZA 150 mg/day Pred 5 mg/day
17	0.4	1	Y	Treatment for relapse	- -	- Pred 15 mg/day	AZA 100 mg/day Pred 10 mg/day	AZA 100 mg/day Pred 40 mg/day	AZA 100 mg/day Pred 10 mg/day

Abbreviations:

- AZA (azathioprine); Pred (prednisone); Budes (budesonide); MMF (mycophenolate mofetil); TAC (tacrolimus); mg (milligrams); BID (twice-daily).

Table S4. Journal of Hepatology CTAT methods.

Tables for a “Complete, Transparent, Accurate and Timely account” (CTAT) are now mandatory for all revised submissions. The aim is to enhance the reproducibility of methods.

- Only include the parts relevant to your study
- Refer to the CTAT in the main text as ‘Supplementary CTAT Table’
- Do not add subheadings
- Add as many rows as needed to include all information
- Only include one item per row

If the CTAT form is not relevant to your study, please outline the reasons why:

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1.1 Antibodies/ELISA KITS

Name	Citation	Supplier	Cat no.	Clone no.
ELISA KIT for Macrophage Migration Inhibitory Factor (MIF)	www.rndsystems.com	Biotechnie-R&D systems Human MIF DuoSet ELISA	CAT # DY289 Lot P136289	N/A
Multi-Cytokine ELISA (LEGENDplex) Human Inflammation Panel (13 Plex)	www.Biolegend.com	Biolegend	CAT #740118, Lot No. B250150	N/A
Antibodies for Soluble CD74 (sCD74) ELISA	www.SCBT.com and Assis et al. (Hepatology 2014; PMID 23913513)	Santa Cruz Biotechnology	LN-2 C-16	sc-6262 sc-5438

1.2 Cell lines

Name	Citation	Supplier	Cat no.	Passage no.	Authentication test method
N/A					

1.3 Organisms

Name	Citation	Supplier	Strain	Sex	Age	Overall n number
N/A						

1.4 Sequence based reagents

Name	Sequence	Supplier
N/A		

1.5 Biological samples

Description	Source	Identifier
N/A		

1.6 Deposited data

Name of repository	Identifier	Link
N/A		

1.7 Software

Software name	Manufacturer	Version
Prism	GraphPad	7

1.8 Other (e.g. drugs, proteins, vectors etc.)

N/A		

1.9 Please provide the details of the corresponding methods author for the manuscript:

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2.0 Please confirm for randomised controlled trials all versions of the clinical protocol are included in the submission. These will be published online as supplementary information.

N/A