

Electronic supplementary material 1

Table E1. The quality of life parameters at baseline and post-intervention

Variables	Intervention group (n = 25)	Control group (n = 25)	<i>P-Value</i> **	<i>P-Value</i> **
Physical performance				
Baseline	63.8 ± 24.0	62.6 ± 31.8	0.80	
After 2 months	63.4 ± 21.9	55.0 ± 28.6	0.35	
P-Value*	0.60	0.001		
Difference ^b	-0.48 ± 15.9	-7.60 ± 9.25		0.07
Physical limitations				
Baseline	53.0 ± 41.8	51.0 ± 42.9	0.84	
After 2 months	70.0 ± 36.7	39.0 ± 40.2	0.008	
P-Value ^a	0.04	0.09		
Difference ^b	17.0 ± 42.0	-12.0 ± 37.58		0.004
Emotional limitations				
Baseline	78.6 ± 35.8	64.0 ± 40.7	0.15	
After 2 months	84.0 ± 32.0	73.33 ± 39.6	0.24	
P-Value*	0.20	0.14		
Difference ^b	5.33 ± 20.8	9.33 ± 36.6		0.50
Energy and freshness				
Baseline	56.9 ± 18.4	57.80 ± 23.9	0.83	
After 2 months	60.8 ± 16.1	58.0 ± 23.4	0.51	
P-Value*	0.13	0.98		
Difference ^b	3.90 ± 15.1	0.2 ± 7.42		0.13
Mental health				
Baseline	64.8 ± 12.9	69.9 ± 18.0	0.07	
After 2 months	73.0 ± 33.8	71.04 ± 19.4	0.30	
P-Value*	0.04	0.44		
Difference ^b	8.21 ± 30.8	1.12 ± 8.44		0.20

Social performance				
Baseline	68.0 ± 23.9	74.0 ± 23.9	0.31	
After 2 months	71.6 ± 23.3	71.0 ± 25.4	0.92	
P-Value ^a	0.22	0.34		
Difference ^b	3.60 ± 15.5	-3.00 ± 16.6		0.12
Physical pain				
Baseline	63.1 ± 24.2	58.8 ± 27.7	0.59	
After 2 months	64.1 ± 26.6	54.3 ± 27.0	0.15	
P-Value ^a	0.31	0.13		
Difference	1.00 ± 15.8	-4.50 ± 15.3		0.09
General health				
Baseline	46.4 ± 3.8	45.4 ± 19.8	0.73	
After 2 months	50.2 ± 18.9	41.4 ± 21.3	0.07	
P-Value*	0.14	0.56		
Difference	3.80 ± 14.8	-3.92 ± 9.55		0.01
Total physical health				
Baseline	56.8 ± 18.4	54.4 ± 24.8	0.74	
After 2 months	61.9 ± 21.0	47.4 ± 22.2	0.009	
P-Value*	0.04	0.01		
Difference	5.08 ± 16.2	-7.01 ± 13.7		0.001
Total mental health				
Baseline	67.0 ± 15.4	66.4 ± 22.6	0.63	
After 2 months	72.3 ± 20.3	68.3 ± 22.5	0.63	
P-Value*	0.002	0.33		
Difference	5.26 ± 13.0	1.91 ± 12.1		0.19

SF-36 is a Short Form 36-item survey that assesses 8 domains of QoL, and it provides two component summary scores by integrating the aforementioned 8 scales, which include total physical health and total mental health. Each of the eight SF-36 domains is scored from zero to 100, with higher scores indicating better QoL. Values are expressed as means ± SD. * $P < 0.05$ was considered as significant using Wilcoxon test. ** $P < 0.05$ was considered as significant using Mann-Whitney U test between the two groups at baseline and post-intervention.