

## Data supplement

**Table DS1** Characteristics between groups at baseline

Characteristic	Self-instructions (n=84)	Waiting list (n=85)
Age, years: mean (s.d.)	37.6 (10.0)	38.5 (10.6)
Duration of complaints, months: median (min., max.)	72 (12, 420)	96 (12, 420)
Male/female	15/69	20/65

**Table DS2** Change in outcome measures between baseline and second assessment

Outcome measure	Baseline Mean (s.d.)	Second assessment Mean (s.d.)	Baseline Mean (s.d.)	Second assessment Mean (s.d.)	Difference Mean (95% CI)	F <sub>(1,166)</sub>	P
CIS fatigue severity	49.1 (5.2)	38.9 (12.1)	49.9 (5.6)	46.4 (8.7)	-6.7 (-9.7 to -3.6)	20.61	<0.001
SIP8 total score	1659 (648)	1079 (690)	1515 (545)	1319 (619)	-384 (-543 to -225)	19.77	<0.001
SF-36 physical functional	52.3 (20.4)	65.9 (23.2)	54.1 (21.1)	60.2 (23.7)	7.5 (1.8 to 13.1)	6.56	0.011

CIS, Checklist Individual Strength; SIP8, Sickness Impact Profile; SF-36, 36-item Short Form Health Survey.

**Table DS3** Change in CIS fatigue severity between groups

Outcome measure	Self-instructions (n=84)	Waiting list (n=85)	OR (95% CI)	Wald	P
CIS fatigue severity: <sup>a</sup> proportion (%), 95% CI	23/84 (27, 18–37)	6/85 (7, 2–13)	4.9 (1.9–12.9)	10.35	0.001

CIS, Checklist Individual Strength.

a. CIS &lt;35 and reliable change index of &gt;1.96.