**Online supplement E. SMBQ: Multiple comparisons within a between treatments**

SMBQ – Multiple comparisons within a treatment (between points in time)

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Control group (point in time i)** | | **Comparison group (point in time j)** | | **Z** | **Sig. #** |
| **NNBT** | Start | End | | -4.10 | | p<0.0001\*\*\* |
|  | Start | Month 3 | | -4.39 | | p<0.0001\*\*\* |
|  | Start | Month 6 | | -4.61 | | p<0.0001\*\*\* |
|  | Start | Month 12 | | -4.75 | | p<0.0001\*\*\* |
|  | End | Month 3 | | -1.10 | | p=0.272 n.s |
|  | End | Month 6 | | -1.56 | | p=0.120 n.s |
|  | End | Month 12 | | -2.37 | | p=0.018 n.s |
|  |  |  | |  | |  |
| **STreSS** | Start | End | | -4.25 | | p<0.0001\*\*\* |
|  | Start | Month 3 | | -4.18 | | p<0.0001\*\*\* |
|  | Start | Month 6 | | -4.45 | | p<0.0001\*\*\* |
|  | Start | Month 12 | | -4.15 | | p<0.0001\*\*\* |
|  | End | Month 3 | | -1.32 | | p=0.186 n.s. |
|  | End | Month 6 | | -2.01 | | p=0.044 n.s. |
|  | End | Month 12 | | -2.55 | | p=0.011 n.s. |

# Adjusted alpha levels of 0.0071\* , 0.0014\*\*and 0.00014\*\*\* corrected for   
 multiple comparisons (Bonferroni, 0.05/7, 0.01/7 and 0.001/7, respectively)

SMBQ – Multiple comparisons between treatments (at each point in time)

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| --- | --- | --- |
| STresS vs. NNBT (n1=37 and n2=39) | U | Sig. # |
| Start | 672.0 | p=0.61 n.s. |
| End | 707.0 | p=0.88 n.s. |
| Month 3 | 697.0 | p=0.80 n.s. |
| Month 6 | 658.0 | p=0.51 n.s. |
| Month 12 | 716.0 | p=0.95 n.s. |

# Adjusted alpha levels of 0.01\* , 0.002\*\*and 0.0002\*\*\*   
 corrected for multiple comparisons   
 (Bonferroni, 0.05/5, 0.01/5 and 0.001/5, respectively)