**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)