Supplementary Table 1 Sensitivity analysis for the 39 study participants

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| --- | --- | --- | --- |
| **Variable** | **Control group****N=19****Mean +/- SD** | **Intervention group****N=20****Mean +/- SD** | **p-value** |
|  |  |  |  |
| **BIS** | -0.9+/-4.8 | -2.1+/-3.7 | 0.422 |
| **BIDQ** | -0.3+/-0.6 | -0.7+/-0.8 | 0.261 |
| **GSI T score** | -6.7+/-8 | -4.5+/-12 | 0.574 |
| **ASIRrecCOM** | 0.1+/-0.5 | 0.1+/-0.4 | 0.966 |
| **ASIRrecSES** | 0.1+/-0.5 | 0+/-0.4 | 0.746 |
| **BICSIAF** | -0.2+/-0.7 | -0.5+/-0.6 | 0.152 |
| **BICSIAV** | 0.2+/-0.6 | -0.3+/-0.6 | 0.014 |
| **BICSIPA** | 0+/-0.4 | -0.1+/-0.4 | 0.298 |
| **ASWAP\_PerSocImp2** | -1.3+/-8.5 | -6.2+/-8.4 | 0.100 |
| **FACTHNHNCS2** | -1.1+/-5.9 | 1.2+/-8.3 | 0.196 |
| **FACTHNTOTAL2** | 7.9+/-16.3 | 3.6+/-23.1 | 0.684 |

Supplementary Table 2: Results of the qualitative questionnaire

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| **Qualitative Results** |
| **Please indicate your overall level of satisfaction …** | **Not at all** **(0)** | **A little** **(1)** | **Somewhat****(2)** | **Quite a bit****(3)** | **Very much****(4)** |
| Intervention group… with the 4-week treatment program? | 0 (0%) | 0 | 1 (8%) | 2 (17%) | 9 (75%) |
| Control group… with the educational booklet? | 1 (7%) | 1 (7%) | 4 (29%) | 2 (14%) | 6 (43%) |
| **Qualitative Results for Intervention Group** |
| Would you recommend this program to other head and neck cancer patients? | Yes13 (86.67%) | No1 (6.67%) | Uncertain1 (6.67%) |
| Please indicate your thoughts about the number of sessions; i.e. whether 4 sessions were … | Just right11 (73.3%) | Not enough4 (26.37%) | Too many0 |
| Please indicate your preference on delivery of the program | Face to face10 (66.67%) | Phone 0 | Combination 5 (33.3%) |