

Supplementary Table 1 Comparison of quality-of-life scores between the two groups ($\bar{x} \pm s$, score)

Group	n	Social Functioning		Bodily Pain		Role-Emotional		Mental Health	
		Pre-intervention	Post-intervention	Pre-intervention	Post-intervention	Pre-intervention	Post-intervention	Pre-intervention	Post-intervention
Control	8	63.30 ± 3.88	77.20 ± 4.23#	58.42 ± 3.65	75.60 ± 4.10#	65.26 ± 3.44	82.73 ± 4.13##	64.33 ± 4.16	78.95 ± 3.81#
Intervention group	8	63.21 ± 3.82	80.35 ± 4.61#	58.55 ± 3.61	78.45 ± 4.36#	65.19 ± 3.51	82.24 ± 4.40##	64.38 ± 4.21	81.72 ± 3.65#
<i>t</i>		0.155	4.723	0.238	4.467	0.134	0.762	0.079	4.925
<i>P</i> value		0.877	< 0.001	0.813	< 0.001	0.894	0.447	0.937	< 0.001

Compared with the same group before intervention, # $P < 0.05$.