

**Supplementary Table 1: GEE analysis of total SAS score. The analysis included time-treatment interactions. Results presented in the table are mean difference in the total SAS score between the intervention and control arms at each time point.**

<b>Month</b>	<b>Intervention</b>	<b>Control</b>	<b>Mean difference (95%CI)</b>	<b>p-value</b>
0	38.25 (5.52)	38.47 (4.19)	-0.22 (-2.71, 2.27)	0.86
1	37.89 (5.38)	38.33 (4.25)	-0.44 (-2.90, 2.02)	0.73
2	37.39 (5.31)	38.43 (4.46)	-1.04 (-3.53, 1.45)	0.41
4	36.29 (4.73)	38.33 (4.48)	-2.05 (-4.38, 0.29)	0.09
6	32.50 (3.17)	37.90 (4.16)	-5.40 (-7.26, -3.54)	<0.001