



Supplementary Fig. 2. Changes in the Generalized Anxiety Disorder-7 (GAD-7) and the European Quality of Life-5 Dimensions 3 Level (EQ-5D-3L) index. (A) GAD-7 changes from baseline. (B) GAD-7. (C) EQ-5D-3L index change from baseline. (D) EQ-5D-3L index. Data are means (with error bars showing standard errors). ^a*P*<0.05 for the difference to baseline within each group.