

Characteristic	Intervention N = 108	Placebo N = 113	p-hat	95% CI	t	p-value	q-value
Module 1 (advised: 28 days)			0·423	0.348, 0.501	-1·93	0·053	0·27
Mean (SD)	114 (110)	87 (76)					
Median (Q1, Q3)	69 (43, 151)	58 (36, 112)					
Min, Max	24, 691	23, 506					
Missing	2	7					
Module 2 (advised: 28 days)			0·486	0.401, 0.572	-0·315	0·75	>0·99
Mean (SD)	71 (61)	66 (56)					
Median (Q1, Q3)	45 (33, 78)	44 (33, 74)					
Min, Max	25, 312	22, 390					
Missing	24	22					
Module 3 (advised: 28 days)			0·407	0.319, 0.502	-1·92	0·055	0·27
Mean (SD)	73 (52)	60 (44)					
Median (Q1, Q3)	57 (36, 90)	42 (32, 74)					
Min, Max	27, 308	24, 246					
Missing	39	38					
Module 4 (advised: 28 days)			0·380	0.289, 0.481	-2·31	0·021	0·13
Mean (SD)	73 (60)	51 (35)					
Median (Q1, Q3)	46 (33, 91)	37 (30, 50)					
Min, Max	25, 325	24, 173					
Missing	47	45					
Module 5 (advised: 28 days)			0·494	0.384, 0.605	-0·101	0·92	>0·99
Mean (SD)	62 (46)	56 (34)					
Median (Q1, Q3)	44 (33, 84)	44 (33, 73)					
Min, Max	23, 223	28, 186					
Missing	58	58					
Module 6 (advised: 28 days)			0·387	0.28, 0.506	-1·86	0·063	0·27
Mean (SD)	43 (41)	38 (43)					
Median (Q1, Q3)	33 (23, 46)	27 (22, 35)					
Min, Max	15, 279	15, 317					
Missing	66	60					

Abbreviations: 95% CI = Confidence interval of the estimated relative effect, Q1 = 25th percentile, Q3 = 75th percentile, p-hat = estimated relative effect, q-value = Holm-Bonferroni adjusted p-value, t = Brunner–Munzel test statistic for unpaired samples