

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	0·24
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: 56 days)			0·450	0·366, 0·535	-1·15	0·25	0·30
Mean (SD)	162 (126)	145 (104)					
Median (Q1, Q3)	116 (78, 193)	103 (71, 192)					
Min, Max	58, 704	56, 635					
Missing	23	22					
Module 3 (advised: 84 days)			0·421	0·332, 0·515	-1·65	0·10	0·30
Mean (SD)	210 (135)	185 (111)					
Median (Q1, Q3)	165 (121, 250)	152 (103, 229)					
Min, Max	88, 938	84, 521					
Missing	38	37					
Module 4 (advised: 112 days)			0·399	0·307, 0·499	-1·97	0·048	0·24
Mean (SD)	260 (138)	223 (122)					
Median (Q1, Q3)	226 (153, 336)	189 (140, 248)					
Min, Max	117, 890	113, 667					
Missing	46	44					
Module 5 (advised: 140 days)			0·373	0·272, 0·486	-2·19	0·028	0·17
Mean (SD)	325 (161)	258 (113)					
Median (Q1, Q3)	290 (186, 418)	228 (177, 279)					
Min, Max	152, 919	141, 649					
Missing	58	58					
Module 6 (advised: 168 days)			0·408	0·298, 0·528	-1·51	0·13	0·30
Mean (SD)	363 (181)	309 (152)					
Median (Q1, Q3)	329 (208, 441)	259 (208, 347)					
Min, Max	174, 965	162, 901					
Missing	66	58					

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