

| 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