

Supplement 6. Converted scores on the PROMIS-Anxiety and PROMIS-Depression scales

To facilitate comparison of results to previous reports, PROMIS scores for each individual were converted to PHQ9 and GAD7 scores using previously published conversion tables.

	Condition	Baseline M (Stdev)	Week 4 M (Stdev)	Difference of the means
Anxiety (GAD7 Converted)	Experimental	11.6 (4.2)	9.8 (4.7)	-1.82
Anxiety (GAD7 Converted)	Control	10.5 (5.0)	10.9 (3.6)	0.38
Depression (PHQ9 Converted)	Experimental	10.8 (5.2)	9.5 (6.2)	-1.31
Depression (PHQ9 Converted)	Control	10.3 (6.2)	8.8 (3.8)	-1.48

GAD7 table: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4046852/pdf/nihms564318.pdf>

PHQ9 conversion table: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5515387/>