|                          | Intervention group | Control group | Time x group interaction |
|--------------------------|--------------------|---------------|--------------------------|
|                          | Baseline | 8 weeks | 6 months | Baseline | 8 weeks | 6 months |                           |
|                          | N | Mean (SD) | N | Mean (SD) | N | Mean (SD) | N | Mean (SD) | N | Mean (SD) | N | Mean (SD) |                           |
| Self-efficacy            |            |            |            |            |            |            |                |            |            |            |            |                |                           |
|                          | 33 | 26.12 (5.64) | 22 | 26.50 (7.20) | 17 | 29.24 (6.05) | 0.53 | .003a | 23 | 27.26 (9.36) | 13 | 31.69 (6.60) | 0.44 | .28 | .50 |
|                          | 33 | 27.26 (9.36) | 13 | 31.69 (6.60) | 10 | 30.80 (6.41) | 0.32 | .51 | .56 |
| Self-esteem              |            |            |            |            |            |            |                |            |            |            |            |                |                           |
|                          | 33 | 28.27 (4.38) | 22 | 28.86 (6.69) | 17 | 29.35 (5.05) | 0.23 | .30 | 24 | 27.58 (8.29) | 13 | 31.08 (7.01) | 0.32 | .51 | .56 |
| Illness cognition        |            |            |            |            |            |            |                |            |            |            |            |                |                           |
| Helplessness             | 33 | 2.26 (0.96) | 22 | 2.11 (0.72) | 17 | 1.85 (0.59) | 0.51 | .03a | 23 | 2.08 (0.74) | 14 | 1.82 (0.70) | 0.17 | .85 | .37 |
| Acceptance               | 33 | 2.64 (0.68) | 22 | 2.60 (0.68) | 17 | 2.62 (0.67) | 0.03 | .86 | 22 | 2.92 (0.85) | 14 | 3.16 (1.03) | 0.35 | .96 | .93 |
| Perceived benefits       | 33 | 2.50 (0.82) | 22 | 2.33 (0.60) | 17 | 2.38 (0.82) | 0.15 | .71 | 23 | 2.53 (0.86) | 14 | 2.51 (0.64) | 0.38 | .80 | .49 |
| Knowledge level          | 33 | 11.39 (4.65) | 22 | 12.50 (5.26) | 17 | 15.06 (5.26) | 0.74 | .002a | 24 | 13.21 (4.63) | 14 | 13.36 (5.37) | 0.07 | .77 | .23 |
|                          | 33 | 13.60 (6.60) | 10 | 13.60 (6.60) | 0.07 | .77 | .23 |

*a Statistically significant difference analyzed with hierarchical linear mixed models for repeated measures.