Table S1. Differences in level of anxiety associated with selected diseases: baseline and final assessment in intervention and control groups.

| Disease          | Intervention | Control |
|------------------|--------------|---------|
|                  | Level | Baseline | Final | \(p^{\text{**}}\) | Level | Baseline | Final | \(p^{\text{**}}\) |
| **Myocardial infarction** | 1     | 26 (12.6%) | 21 (10.1%) | 0.05 | 30 (11.7%) | 27 (10.5%) |
|                  | 2     | 27 (13.0%) | 33 (15.9%) | 0.05 | 38 (14.8%) | 48 (18.8%) |
|                  | 3     | 46 (22.2%) | 56 (27.1%) | 0.3  | 76 (29.7%) | 78 (30.5%) |
|                  | 4     | 55 (26.6%) | 55 (26.6%) | 0.05 | 61 (23.8%) | 61 (23.8%) |
|                  | 5     | 53 (25.6%) | 42 (20.3%) | 0.3  | 51 (19.9%) | 42 (16.4%) |
| **Brain stroke**  | 1     | 14 (6.8%)  | 13 (6.3%)  | 0.3  | 17 (6.6%)  | 15 (5.9%)  |
|                  | 2     | 25 (12.1%) | 21 (10.1%) | 0.3  | 20 (7.8%)  | 25 (9.8%)  |
|                  | 3     | 27 (13.0%) | 43 (20.8%) | 0.3  | 47 (18.4%) | 52 (20.3%) |
|                  | 4     | 50 (24.2%) | 51 (24.6%) | 0.3  | 64 (25.0%) | 76 (29.7%) |
|                  | 5     | 91 (44.0%) | 79 (38.2%) | 0.3  | 108 (42.2%)| 88 (34.4%) |
| **Diabetes**      | 1     | 48 (23.2%) | 39 (18.8%) | 0.05 | 60 (24.3%) | 50 (19.5%) |
|                  | 2     | 63 (30.4%) | 67 (32.4%) | 0.05 | 63 (24.6%) | 78 (30.5%) |
|                  | 3     | 62 (30.0%) | 69 (33.3%) | 0.5  | 74 (28.9%) | 84 (32.8%) |
|                  | 4     | 25 (12.1%) | 23 (11.1%) | 0.3  | 39 (15.2%) | 29 (11.3%) |
|                  | 5     | 9 (4.3%)   | 9 (4.3%)   | 0.3  | 20 (7.8%)  | 15 (5.9%)  |
| **Cancer**        | 1     | 15 (7.2%)  | 11 (5.3%)  | 0.3  | 9 (3.5%)   | 10 (3.9%)  |
|                  | 2     | 12 (5.8%)  | 16 (7.7%)  | 0.3  | 9 (3.5%)   | 11 (4.3%)  |
|                  | 3     | 23 (11.1%) | 34 (16.4%) | 0.03 | 34 (13.3%) | 26 (10.2%) |
|                  | 4     | 41 (19.8%) | 48 (23.2%) | 0.3  | 53 (20.7%) | 67 (26.2%) |
|                  | 5     | 116 (56.0%)| 98 (47.3%) | 0.3  | 151 (59.0%)| 142 (55.5%)|
| **Asthma**        | 1     | 71 (34.3%) | 65 (31.4%) | 0.3  | 74 (28.9%) | 67 (26.2%) |
|                  | 2     | 53 (25.6%) | 68 (32.9%) | 0.3  | 78 (30.5%) | 88 (34.4%) |
|                  | 3     | 52 (25.1%) | 50 (24.2%) | 0.3  | 67 (26.2%) | 69 (27.0%) |
|                  | 4     | 20 (9.7%)  | 15 (7.2%)  | 0.3  | 29 (11.3%) | 26 (10.2%) |
|                  | 5     | 11 (5.3%)  | 9 (4.3%)   | 0.3  | 8 (3.1%)   | 6 (2.3%)   |
| **Flu**           | 1     | 98 (47.3%) | 105 (50.7%)| 0.3  | 142 (55.5%)| 133 (52.0%)|
|                  | 2     | 54 (26.1%) | 61 (29.5%) | 0.3  | 79 (30.9%) | 92 (35.9%) |
|                  | 3     | 40 (19.3%) | 29 (14.0%) | 0.05 | 28 (10.9%) | 23 (9.0%)  |
|                  | 4     | 6 (2.9%)   | 10 (4.8%)  | 0.3  | 6 (2.3%)   | 6 (2.3%)   |
|                  | 5     | 9 (4.3%)   | 2 (1.0%)   | 0.3  | 1 (0.4%)   | 2 (0.8%)   |
| **Liver cirrhosis** | 1    | 40 (19.3%) | 35 (16.9%) | 0.3  | 50 (19.5%) | 49 (19.1%) |
|                  | 2     | 32 (15.5%) | 40 (19.3%) | 0.3  | 43 (16.8%) | 50 (19.5%) |
|                  | 3     | 46 (22.2%) | 56 (27.1%) | 0.1  | 65 (25.4%) | 69 (27.0%) |
|                  | 4     | 48 (23.2%) | 46 (22.2%) | 0.3  | 55 (21.5%) | 55 (21.5%) |
|                  | 5     | 41 (19.8%) | 30 (14.5%) | 0.3  | 43 (16.8%) | 33 (12.9%) |
| **Schizophrenia** | 1     | 36 (17.4%) | 30 (14.5%) | 0.3  | 49 (19.1%) | 34 (13.3%) |
|                  | 2     | 15 (7.2%)  | 30 (14.5%) | 0.3  | 24 (9.4%)  | 35 (13.7%) |
|                  | 3     | 40 (19.3%) | 36 (17.4%) | 0.3  | 41 (16.0%) | 45 (17.6%) |
|                  | 4     | 43 (20.8%) | 52 (25.1%) | 0.3  | 45 (17.6%) | 53 (20.7%) |
|                  | 5     | 73 (35.3%) | 59 (28.5%) | 0.3  | 97 (37.9%) | 89 (34.8%) |
| **AIDS (Acquired Immune Deficiency Syndrome)** | 1 | 35 (16.9%) | 36 (17.4%) | 0.3  | 52 (20.3%) | 36 (14.1%) |
|                  | 2     | 18 (8.7%)  | 26 (12.6%) | 0.3  | 25 (9.8%)  | 35 (13.7%) |
|                  | 3     | 41 (19.8%) | 34 (16.4%) | 0.4  | 39 (15.2%) | 42 (16.4%) |
|                  | 4     | 37 (17.9%) | 39 (18.8%) | 0.4  | 48 (18.8%) | 56 (21.9%) |
|                  | 5     | 76 (36.7%) | 72 (34.8%) | 0.3  | 92 (35.9%) | 87 (34.0%) |
| **TB (Tuberculosis)** | 1 | 41 (19.8%) | 42 (20.3%) | 0.3  | 30 (11.7%) | 47 (18.4%) |
|                  | 2     | 43 (20.8%) | 43 (20.8%) | 0.3  | 38 (14.8%) | 54 (21.1%) |
|                  | 3     | 45 (21.7%) | 58 (28.0%) | 0.2  | 76 (29.7%) | 68 (26.6%) |
|                  | 4     | 46 (22.2%) | 39 (18.8%) | 0.3  | 61 (23.8%) | 56 (21.9%) |
|                  | 5     | 32 (15.5%) | 25 (12.1%) | 0.3  | 51 (19.9%) | 31 (12.1%) |

*1 expresses the lowest and 5 highest level of anxiety; **statistical significance in Wilcoxon test for paired variables.

Commented [m1]: * is not mentioned in the table. Please mention or delete notes for *.