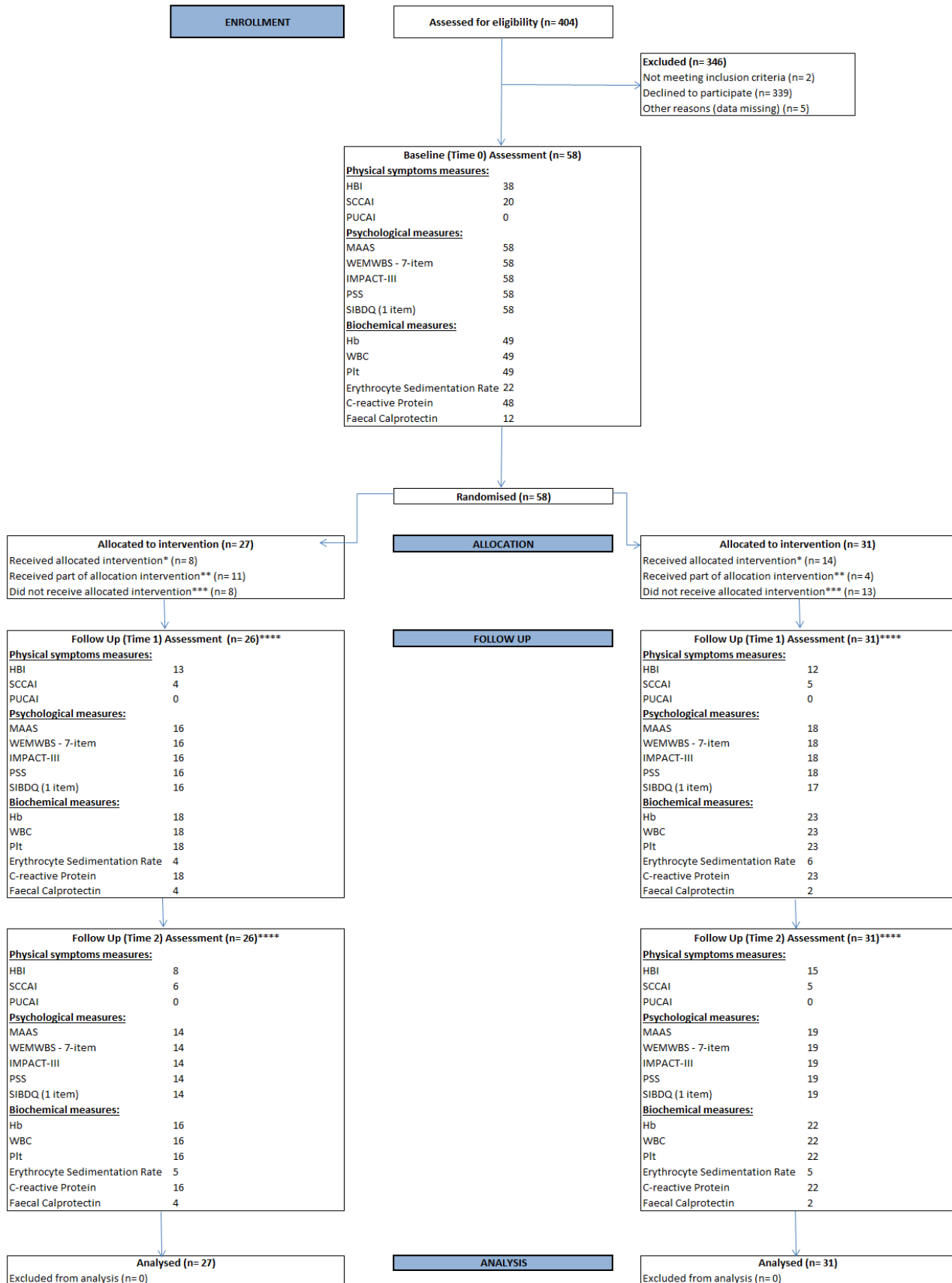


# Participant Flow



\*Attended >=75% of sessions

\*\* Attended <75% of sessions

\*\*\* most common reasons were distance and travel; school/work commitments or other commitments

\*\*\*\*Missing data is due to not being able to contact participants

### **Baseline Characteristics**

	Intervention Group (N = 27)  (Mean (SD): N(%))	Control Group (N = 31)  (Mean (SD): N(%))	All (N=58)  (Mean (SD): N(%))
Age (years)	19.814 (2.166)	19.677 (2.625)	19.741 (2.402)
Gender (female)	11 (40.7%)	16 (51.6%)	27 (46.6%)
Ethnicity			
White British	17 (63.0%)	18 (58.1%)	35 (60.3%)
Asian/Asian British	2 (7.4%)	2 (6.5%)	4 (6.9%)
Black/black British	3 (11.1%)	8 (25.8%)	11 (19.0%)
Other	5 (18.5%)	3 (9.7%)	8 (13.8%)
Education			
None/GCSE	6 (22.2%)	8 (25.8%)	14 (24.1%)
AS/A-Level/BTEC/IB/NVQ	12 (44.4%)	13 (41.9%)	25 (43.1%)
Degree or higher	9 (33.3%)	10 (32.3%)	19 (32.8%)
Previous psychological treatment?			
None	13 (48.1%)	20 (64.5%)	33 (56.9%)
Previous	12 (44.4%)	9 29.0%)	21 (36.2%)
Current	2 (7.4%)	2 (6.5%)	4 (6.9%)
Height (cm)	165.653 (9.473)	163.406 (10.825)	164.530 (10.061)
Weight (kg)	58.687 (12.173)	62.658 (12.117)	60.617 (12.135)
Primary Diagnosis			
Crohn's Disease	18 (66.7%)	20 (64.5%)	38 (65.5%)
Ulcerative Colitis	9 (33.3%)	11 (35.5%)	20 (34.5%)
Time since diagnosis (months)	82.538 (47.905)	82.538 (59.289)	82.538 (53.367)
Time since enrolled at participating clinic (months)	38.000 (28.112)	34.354 (28.922)	36.051 (28.357)

## Outcome Measures

Primary Outcome Variables					
	Group	N	Mean	Std. Deviation	Std. Error Mean
Harvey-Bradshaw Index					
T0	Treatment	18	5.000	4.690	1.105
	Control	19	6.473	4.032	.925
T1	Treatment	13	2.000	1.683	.466
	Control	12	5.750	4.673	1.349
T2	Treatment	8	2.1250	2.47487	.87500
	Control	17	3.3529	2.91421	.70680
Simple Clinical Colitis Activity Index					
T0	Treatment	9	3.666	1.581	.527
	Control	11	4.090	3.986	1.201
T1	Treatment	5	3.200	1.643	.7348
	Control	5	3.600	1.140	.509
T2	Treatment	6	2.8333	1.47196	.60093
	Control	7	4.2857	3.03942	1.14879
Paediatric Ulcerative Colitis Activity Index					
T0	Treatment	0	.	.	.
	Control	1	4.000	.	.
T1	Treatment	0	.	.	.
	Control	0	.	.	.
T2	Treatment	0	.	.	.
	Control	0	.	.	.
Erythrocyte Sedimentation Rate					

T0	Treatment	9	8.333	15.157	5.052
	Control	14	33.857	31.855	8.513
T1	Treatment	4	9.000	5.354	2.677
	Control	6	31.000	29.010	11.843
T2	Treatment	5	13.2000	15.64289	6.99571
	Control	5	27.0000	19.59592	8.76356
C-reactive protein					
T0	Treatment	24	3.545	4.197	.856
	Control	27	17.963	33.874	6.519
T1	Treatment	19	5.58	7.903	1.813
	Control	25	8.92	21.789	4.358
T2	Treatment	17	2.9412	4.25985	1.03317
	Control	23	7.2391	12.01449	2.50519
Faecal calprotectin					
T0	Treatment	7	489.428	1008.107	381.028
	Control	5	1352.000	1972.313	882.045
T1	Treatment	4	49.500	37.846	18.923
	Control	2	1800.000	1866.761	1320.000
T2	Treatment	4	65.6500	49.35271	24.67636
	Control	2	427.5000	55.86144	39.50000
Haemoglobin					
T0	Treatment	25	137.120	15.089	3.017
	Control	28	127.571	16.513	3.120
T1	Treatment	18	138.611	10.488	2.472
	Control	25	134.920	13.215	2.643
T2	Treatment	19	135.7368	16.34979	3.75090
	Control	23	135.9565	12.40043	2.58567
White Blood Count					

T0	Treatment	25	7.790	1.914	.382
	Control	28	7.579	2.197	.415
T1	Treatment	18	7.626	2.249	.530
	Control	25	7.345	1.886	.377
T2	Treatment	18	7.0083	2.49933	.58910
	Control	23	7.0648	1.76975	.36902
Platelets					
T0	Treatment	25	289.720	61.275	12.255
	Control	28	372.285	98.184	18.555
T1	Treatment	18	290.555	41.490	9.779
	Control	25	336.320	79.816	15.963
T2	Treatment	18	285.6111	63.79760	15.03724
	Control	23	330.4348	88.69346	18.49386
Secondary Outcome Variables					
	Group	N	Mean	Std. Deviation	Std. Error Mean
Mindfulness Attention Awareness Scale					
T0	Treatment	27	3.875	.943	.181
	Control	31	4.088	.766	.137
T1	Treatment	18	4.093	.837	.197
	Control	18	3.385	.882	.207
T2	Treatment	14	3.9807	.83790	.22394
	Control	23	3.8935	.88529	.18460
Warwick-Edinburgh Mental Wellbeing Scale					
T0	Treatment	27	21.113	3.195	.614
	Control	31	21.171	3.882	.697
T1	Treatment	18	22.013	3.974	.936
	Control	17	20.580	4.576	1.110
T2	Treatment	14	23.9214	3.75408	1.00332

	Control	23	21.6448	3.83607	.79988
IMPACT – III Quality of Life Questionnaire					
T0	Treatment	27	63.465	16.726	3.218
	Control	31	54.682	15.814	2.840
T1	Treatment	18	71.388	11.759	2.771
	Control	17	61.548	15.441	3.745
T2	Treatment	14	75.3571	8.87611	2.37224
	Control	23	66.3661	13.95435	2.90968
Self-Administered Inflammatory Bowel Disease Questionnaire – 1 item					
T0	Treatment	27	3.518	4.397	.846
	Control	31	2.419	.992	.178
T1	Treatment	18	2.888	1.131	.266
	Control	16	2.875	2.801	.700
T2	Treatment	14	3.1429	1.02711	.27451
	Control	23	2.8261	.93673	.19532
Perceived Stress Scale					
T0	Treatment	27	20.07	8.199	1.578
	Control	31	20.87	8.354	1.500
T1	Treatment	18	16.333	7.791	1.836
	Control	17	18.529	8.818	2.138
T2	Treatment	14	14.2143	5.52169	1.47573
	Control	23	17.4783	7.53700	1.57157

## **Adverse Events**

There were no adverse events associated with this trial