Figure 2. CONSORT flow chart of study design
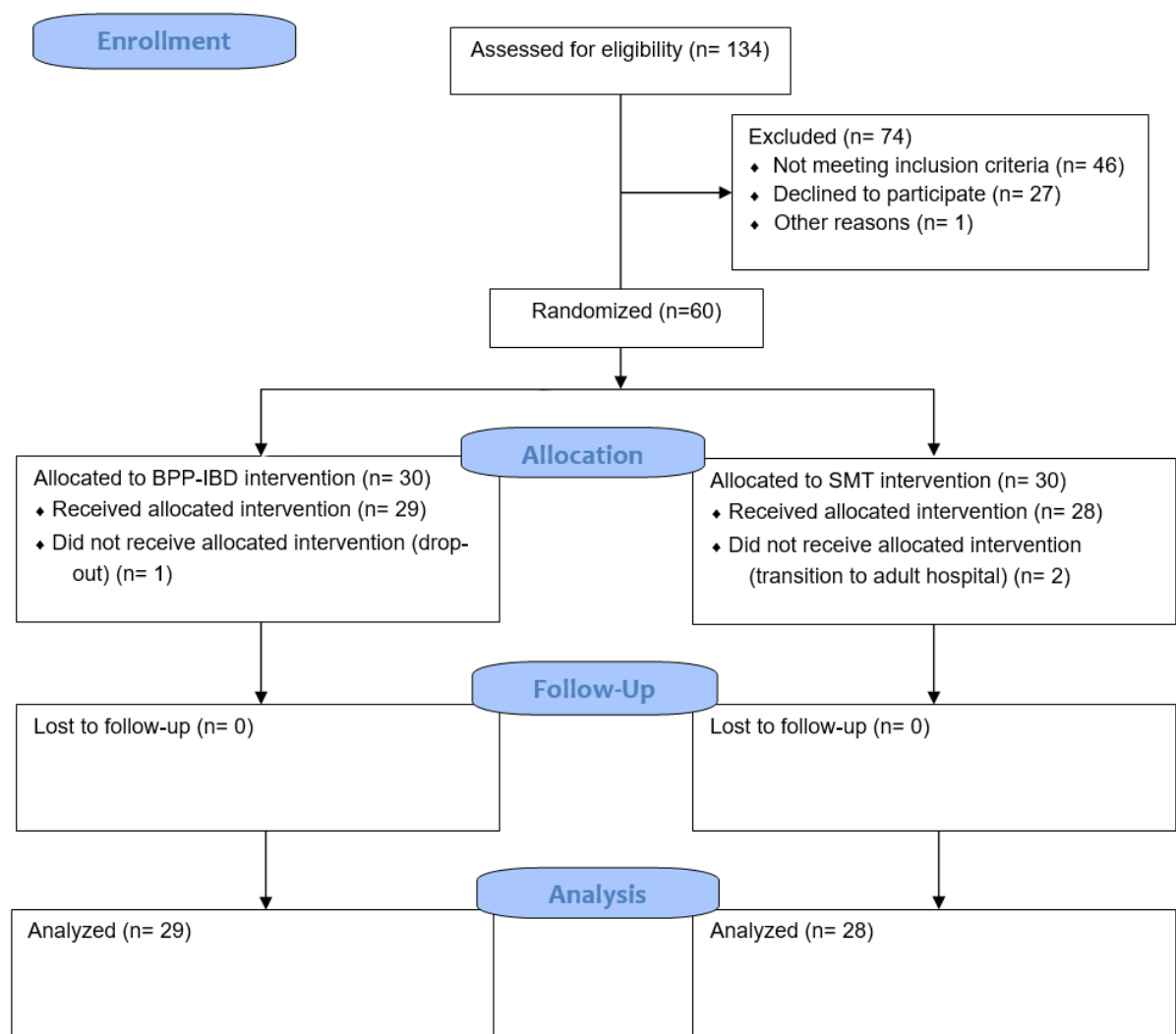
Table 1. Sociodemographic Characteristics of Participants at Baseline

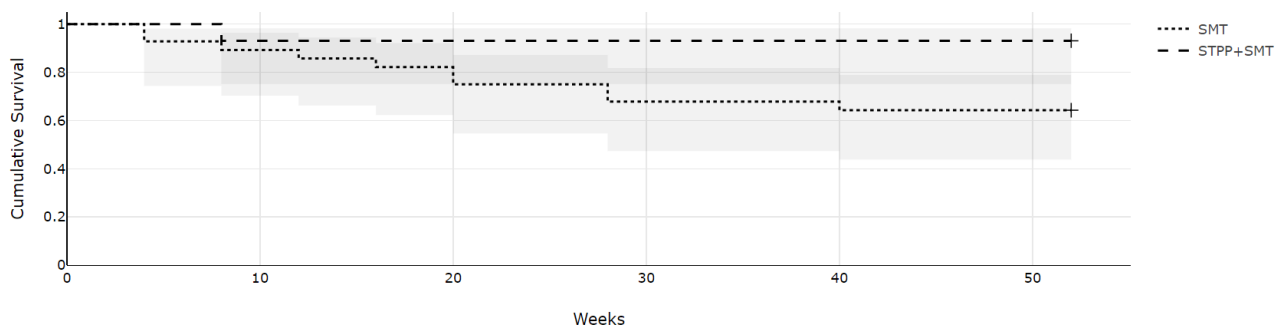| Baseline characteristic	SMT	STPP + SMT	p
	n=30	n=30	
Sex (male) (%)	18 (64.3)	18 (64.3)	1
Age (years) (mean (SD))	17.50 (2.98)	14.69 (2.80)	<.01
BMI (kg/m2) (mean (SD))	19.15 (6.27)	16.75 (8.54)	.23
Disease duration (months) (mean (SD))	40.71 (32.29)	18.93 (20.67)	<.01
IBD type (%)			1
CD	10 (35.7)	11 (37.9)	
UC	18 (64.3)	18 (62.1)	
Surgical resection (%)	1 (3.6)	2 (6.9)	1
Medication			
5-ASA (%)	13 (46.4)	15 (51.7)	.89
AZA (%)	5 (17.9)	2 (6.9)	.39
Steroid (%)	0 (0.0)	0 (0.0)	NA
Biologics (%)	6 (21.4)	7 (24.1)	1
Previous therapeutic lines [a] (%)	2.5 (1.2)	2.3 (1.3)	.43
Steroid naïve [b] (%)	7 (23.3)	9 (30)	.61
Previous flares [c] (%)			.23
1	14 (46.6)	19 (63.3)	
2	2 (6.7)	0	
Steroid cycles [d] (%)			.58
1	9 (30)	10 (33)	
3	0	1 (3.3)	
Baseline psychological symptoms			
Depressive symptoms (PHQ-9) (mean (SD))	6.9 (4.7)	7.7 (4.4)	.64
PHQ-9 ≥10 (%)	7 (25)	13 (44.8)	.12
Anxiety symptoms (GAD-7) (mean (SD))	7.3 (5.8)	8 (5)	.50
GAD-7 ≥10 (%)	8 (28.6)	8 (27.6)	.93
Previous psychotropic medication (%) [e]	2 (7.1)	0 (0.0)	.47

Note. $N = 60$ (n = 30 for each condition). [a,b,c,d] Refers to the 52 weeks preceding the baseline; [e] Reflects the number and percentage of participants answering "yes" to this question (including two youths treated with anxiolytic medication 4 years before baseline assessment).

Table 2. Comparison of primary and secondary outcomes between the two groups

Measure	SMT	STPP + SMT	p
	28	29	
Remission maintenance (at 52 weeks) (%)	18 (64.3)	27 (93.1)	.01
Healthcare utilization (%)			.64
0	21 (75.0)	17 (58.6)	
1	3 (10.7)	5 (17.2)	
2	3 (10.7)	3 (10.3)	
3	1 (3.6)	2 (6.9)	
4+	0 (0.0)	2 (6.9)	
Adherence to medication (Yes) (%)	24 (85.7)	28 (96.6)	.19

Table 3. Results of paired T-test of anxiety and depression symptoms according to group (baseline vs 52 weeks).

		Pre		Post		t	p
		M	SD	M	SD		
SMT	Anxiety	7.3	5.8	6.2	3.2	1.2	.239
	Depression	6.9	4.7	6.2	3.9	1.3	.203
STPP+SMT	Anxiety	8.0	5.0	5.6	3.0	3.4	.002
	Depression	7.7	4.4	4.3	2.8	3.6	.001

Figure 3. Time to disease recurrence (weeks) during the 52 weeks follow-up in SMT and STPP+SMT groups

S1. Multivariate analysis of clinical and psychological variables on disease flares in the 52 weeks after baseline.

Predictors	OR	95% CI		p
		LL	UL	
Intervention (STPP+SMT)	10.0	1.3	77.5	.03
Age (years)	1.1	.8	1.4	.45
Disease duration (months)	1.0	.9	1.0	.83
Sex (male)	1.5	.3	7.7	.61
Disease type (CD)	.6	.1	2.7	.53
Biologics use (yes)	.3	.1	2.0	.22
Baseline Anxiety symptoms (GAD-7≥10)	.8	.1	9.1	.86
Baseline Depressive symptoms (PHQ-9≥10)	1.6	.0	50.9	.68

Note. CI = confidence interval; *LL* = lower limit; *UL* = upper limit.

Adverse events

There were no adverse events associated with this study.