

Statistical Analyses Plan (SAP) as follows:

Baseline Comparisons:

- Descriptive statistics will be used to assess the baseline comparability of the intervention and control groups by demographics.
- The Shapiro-Wilks test will determine the normality of the data distribution. For non-normally distributed data, medians and inter-quartile ranges will describe the data. For normally distributed data, means and standard deviations will be used.

Efficacy Analyses:

- Given the pilot nature of the RCT and its underpowered status, an accurate assessment of intervention efficacy is limited.
- The primary outcome measure at 12 weeks will be analyzed using the parametric student-t test to compare mean changes between the intervention and control groups.
- Intention to Treat (ITT) analyses will include all randomized patients, regardless of their compliance with the ReFresh program. This pragmatic approach provides an estimate of treatment benefits compared to planned treatment.
- Per Protocol (PP) analyses will assess participants who adhere closely to the ReFresh protocol, defined as accessing at least four out of six ReFresh modules.
- Imputation of missing/incomplete data will use the last observation carried forward method for all outcome measures.