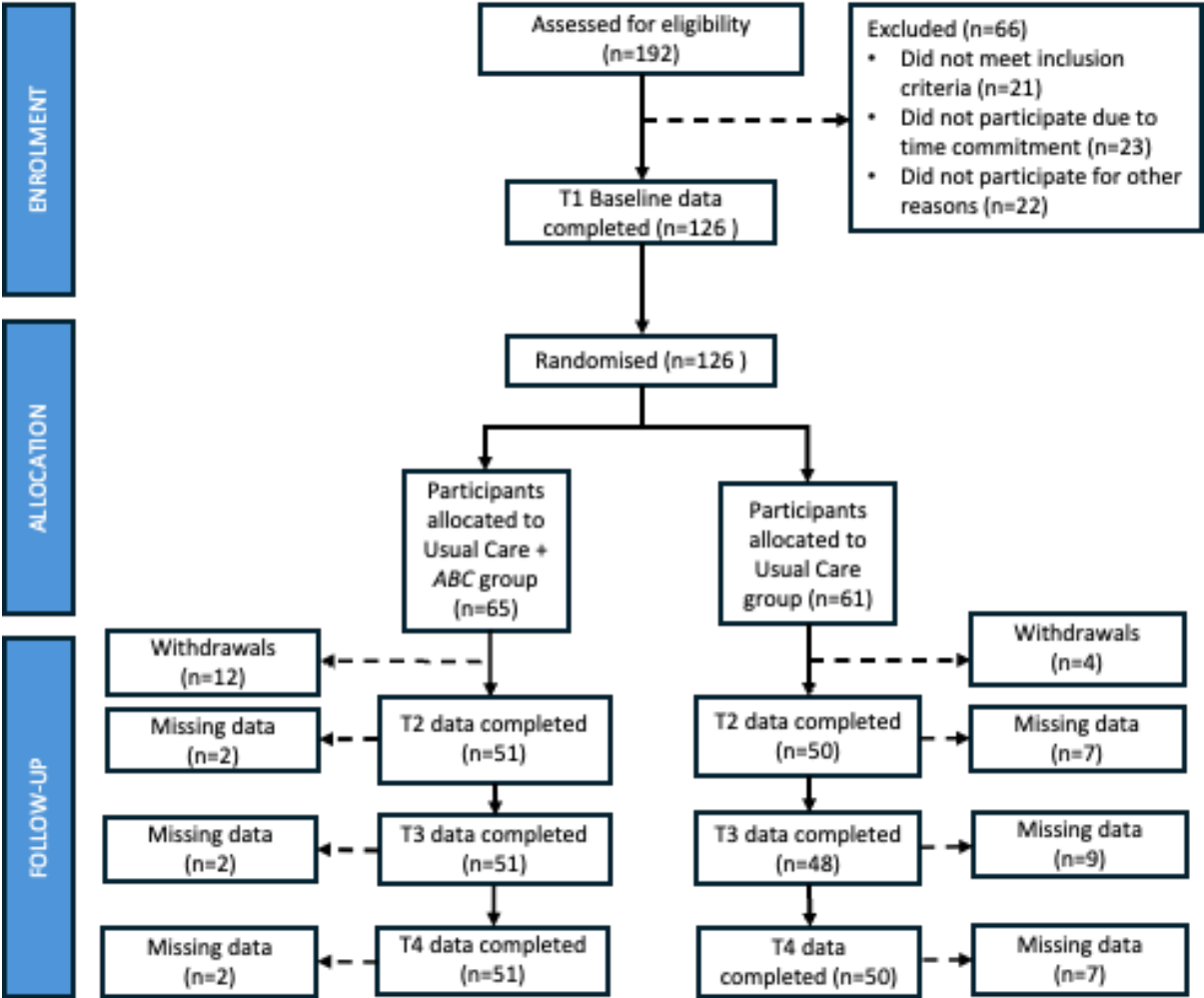


Participant flow



Baseline characteristics

Variable	Statistic	Usual Care (n=61)	Usual Care + ABC (n=65)
Age (years)	Mean (SD)	50.90 (9.46)	51.75 (10.19)
	Range	31–71	26–77
Ethnicity	White	88.5% (54/61)	95.4% (62/65)
	Black/African/Caribbean/Black British	6.6% (4/61)	3.1% (2/65)
	Asian/Asian British	0.0% (0/61)	3.3% (2/65)
	Mixed/multiple ethnic group	0.0% (0/61)	1.6% (1/65)
	Other	0.0% (0/61)	1.5% (1/65)
Sexual orientation	Heterosexual	85.4% (41/48)	92.0% (46/50)
	Bisexual/Lesbian/Queer	14.6% (7/48)	8.0% (4/50)
Relationship status	In a relationship	78.5% (51/65)	72.1% (44/61)
	Not in a relationship	21.5% (14/65)	27.9% (17/61)
Education	Undergraduate degree or higher	63.4% (38/60)	66.1% (43/65)
Years since active treatment	Mean (SD)	3.25 (4.00)	2.60 (3.09)
Breast surgery	Mastectomy only	57.4% (35/61)	44.6% (29/65)
	Mastectomy with reconstruction	24.6% (15/61)	30.8% (20/65)
	Lumpectomy/wide local excision	16.4% (10/61)	23.1% (15/65)
	No surgery	1.6% (1/61)	1.5% (1/65)
Chemotherapy	Yes	65.6% (40/61)	63.1% (41/65)
Radiotherapy	Yes	63.9% (39/61)	69.2% (45/65)
Hormone therapy	Yes	78.3% (47/60)	75.4% (49/65)

Note. Denominators vary slightly by item due to missing responses on individual questions.

Outcome measures

Outcome measure	Arm	Baseline Mean (SD)	N	Timepoint	N	Change from baseline Mean (SD)
Kessler Psychological Distress Scale (K10)	UC	24.89 (7.32)	50	T2	19	-2.60 (16.40)
				T3	30	2.91 (6.25)
				T4	40	4.03 (5.73)
	UC+ABC	25.49 (7.36)	50	T2	21	-3.29 (11.62)
				T3	23	-0.09 (4.10)
				T4	40	0.60 (4.43)
Body Appreciation Scale-2 (BAS-2)	UC	2.70 (0.65)	65	T2	38	-0.52 (0.50)
				T3	51	-0.58 (0.58)
				T4	52	-0.48 (0.63)
	UC+ABC	2.62 (0.60)	61	T2	42	-0.12 (0.37)
				T3	48	-0.06 (0.39)
				T4	50	-0.16 (0.41)
Hopwood Body Image Scale (BIS)	UC	20.13 (6.72)	65	T2	38	5.13 (4.14)
				T3	51	6.12 (5.31)
				T4	52	6.75 (5.41)
	UC+ABC	21.08 (6.03)	61	T2	41	0.93 (3.81)
				T3	48	0.54 (4.31)
				T4	50	1.70 (5.19)
BREAST-Q Sexual Well-Being	UC	18.8 (18.63)	64	T2	38	-5.86 (11.93)
				T3	51	-8.21 (16.29)
				T4	52	-9.97 (17.10)
	UC+ABC	12.0 (13.92)	60	T2	41	0.46 (14.80)
				T3	48	-1.67 (12.78)
				T4	50	-4.39 (16.38)
FACT-B (breast cancer subscale)	UC	54.14 (15.40)	65	T2	38	9.82 (11.81)
				T3	51	10.29 (13.35)
				T4	52	9.86 (14.77)
	UC+ABC	55.85 (15.75)	61	T2	42	0.92 (12.37)
				T3	48	0.78 (11.76)
				T4	50	3.15 (11.12)
Work and Social Adjustment Scale (WSAS)	UC	12.67 (9.06)	65	T3	51	3.13 (7.81)
				T4	52	4.13 (7.80)
	UC+ABC	13.84 (9.09)	61	T3	48	-1.44 (7.37)
				T4	50	1.02 (7.04)
EQ-5D-5L VAS	UC	59.79 (20.84)	64	T3	51	-3.24 (21.65)
				T4	52	-4.92 (20.07)
	UC+ABC	60.97 (18.25)	61	T3	48	-0.75 (12.81)
				T4	49	-2.16 (16.24)
EQ-5D-5L Utility Index	UC	0.74 (0.15)	65	T3	51	-0.00 (0.14)
				T4	52	-0.00 (0.18)

Outcome measure	Arm	Baseline Mean (SD)	N	Timepoint	N	Change from baseline Mean (SD)
ReQoL-10	UC+ABC	0.73 (0.19)	61	T3	48	0.03 (0.12)
				T4	49	0.04 (0.18)
	UC	22.56 (7.07)	65	T3	51	-3.55 (6.75)
				T4	52	-3.72 (6.09)
	UC+ABC	21.72 (7.67)	61	T3	48	1.15 (5.57)
				T4	50	-0.68 (5.24)

Note. Baseline and change scores are unadjusted (raw) means; the trial's primary inferential analyses used ANCOVA adjusting for baseline score (reported in the primary results publication). UC = Usual Care; UC+ABC = Usual Care + ABC. K10, EQ-5D-5L, WSAS, and ReQoL-10 were not collected at T2 by design.

Intervention attendance

Session	Attendance rate	Notes
Sessions 1–7 (combined)	77% attended ≥6 of 7 sessions	Per-session attendance/non-attendance reasons not itemised in data reviewed; see trial records

Adverse events

No adverse events were reported during the trial.