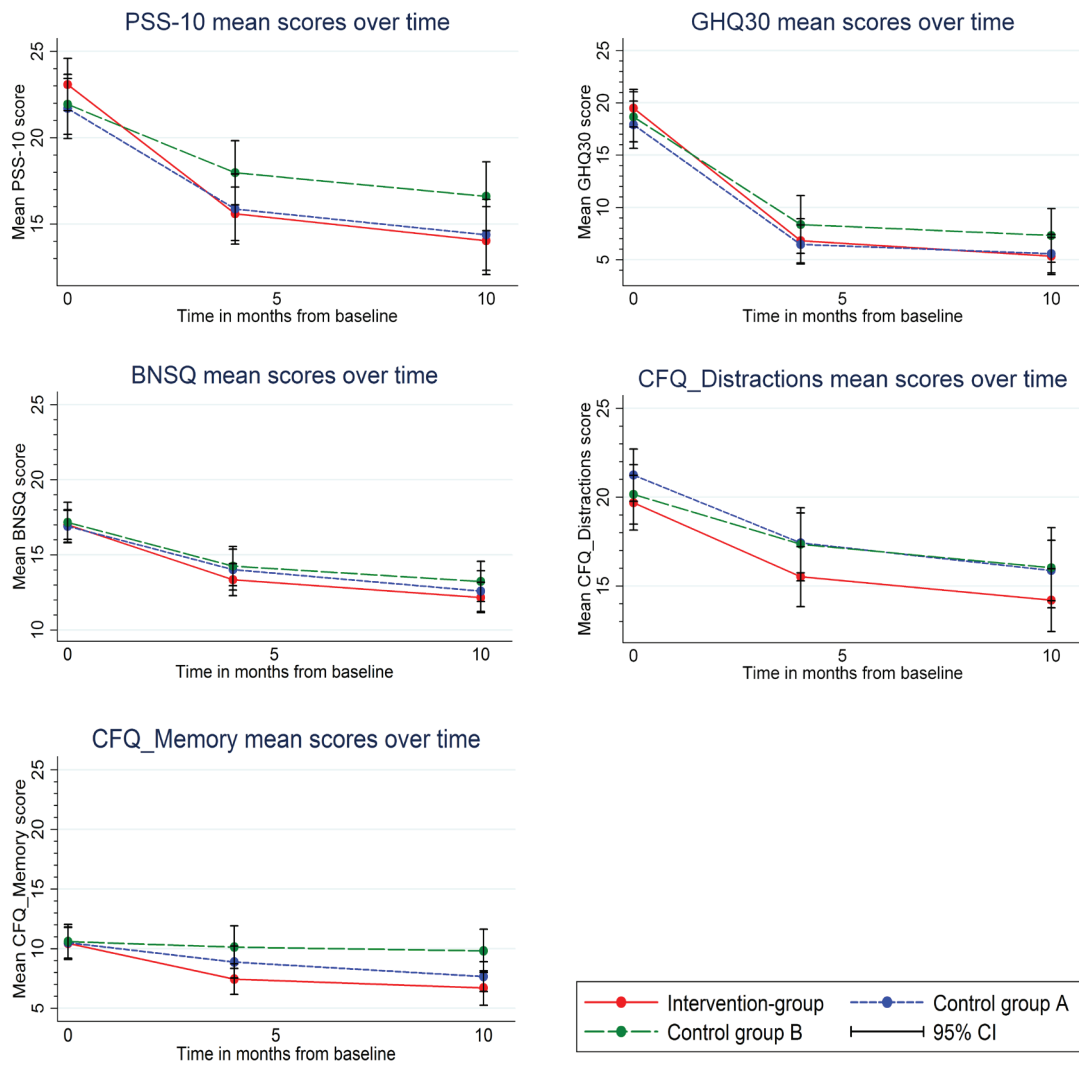


Additional file 1

Mean changes on psychological outcome measures from baseline through 4- and 10-month follow-up



PSS=Perceived Stress Scale, GHQ=General Health Questionnaire, BNSQ=Basic Nordic Sleep Questionnaire, CFQ=Cognitive Failures Questionnaire, CI=Confidence Interval.