

Secondary Outcomes

1. Hospital Anxiety and Depression Scale (HADS): This 14-item self-report measure comprises two 7-item subscales for anxiety (HADS-A) and depression (HADS-D), with items scored on a 4-point scale (0-3). Following validation studies in SCI populations, we will employ modified scoring that excludes items potentially confounded by physical symptoms of spinal cord injury.
2. Five Facet Mindfulness Questionnaire (FFMQ): This 39-item instrument measures five distinct facets of mindfulness: Observing (8 items), Describing (8 items), Acting with Awareness (8 items), Non-judging (8 items), and Non-reactivity (7 items). Items are rated on a 5-point Likert scale from 1 (never or very rarely true) to 5 (very often or always true).
3. Pain Visual Analog Scale (VAS): A unidimensional measure of pain intensity using a 100-mm horizontal line anchored by "no pain" (0 mm) and "worst pain imaginable" (100 mm). Participants mark their current pain level, providing a continuous pain intensity score.
4. Patient Health Questionnaire-9 (PHQ-9): This 9-item depression module scores each item from 0 (not at all) to 3 (nearly every day), with total scores ranging 0-27. It corresponds to DSM-IV diagnostic criteria for major depressive disorder.
5. Generalized Anxiety Disorder-7 (GAD-7): A 7-item anxiety scale with items scored 0-3, providing total scores ranging 0-21. It demonstrates good sensitivity and specificity for generalized anxiety disorder.
6. PTSD Checklist (PCL-5): This 20-item measure corresponds to DSM-5 PTSD diagnostic criteria, with items rated 0-4 based on symptom severity over the past month. Total scores range 0-80.
7. Insomnia Severity Index (ISI): A 7-item instrument assessing insomnia severity over the past two weeks. Items are rated 0-4, with total scores ranging 0-28 across severity categories.
8. Posttraumatic Growth Inventory (PTGI): This 21-item measure assesses positive psychological changes following trauma across five domains: Relating to Others, New Possibilities, Personal Strength, Spiritual Change, and Appreciation of Life. Items are rated 0-5 based on the degree of change experienced.
9. Connor-Davidson Resilience Scale-10 (CD-RISC-10): This 10-item abbreviated version measures psychological resilience capabilities, with items rated 0-4 based on frequency over the past month.

Total scores range 0-40, with higher scores indicating greater resilience.

10. Spinal Cord Independence Measure (SCIM): A disability rating scale specifically developed for SCI patients, assessing self-care, respiration and sphincter management, and mobility abilities through 19 items scored based on task performance capability.
11. Modified CSRI for SCI: This adapted version documents healthcare service utilization, including hospitalizations, outpatient visits, medications, and assistive devices, collected through participant self-reports and medical record review with consent.
12. Caregiver Burden Inventory ³⁴: A 22-item measure assessing caregiver burden across multiple domains, collected from caregivers of participating SCI patients to evaluate intervention effects on caregiver well-being.