|  |  |  |  |
| --- | --- | --- | --- |
|  | ESR  Mean change(SD) | Mental health quality of life  Mean change(SD) | Physical health quality of life  Mean change(SD) |
| Intervention | 0.92(11.41) | 0.61(6.23) | -1.09(8.21\_ |
| Control | -0.71(12.05) | -1.02(5.97) | 1.43(7.27) |
| Mean difference (95% CI) | 1.63 (-2.98 to 6.24) | 1.63 (-0.76 to 4.02) | -2.52 (-5.55 to 0.51) |