

**Appendix 3. Mean differences in patient-reported outcomes between baseline and post-condition time points.**

Outcome	n <sup>a</sup>	Condition	Mean <sup>b</sup>	SE	95% CI	Statistic (df)	Value	P-value <sup>c</sup>	Effect Size		
Pain Intensity	319					<i>F</i> (3,306)	=	0.29	>0.05		
		Baseline	6.70	0.32	6.08 7.33						
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-0.28	0.41	-1.10 0.53	<i>t</i> (306)	=	-0.68	.86	-0.09	
		post-Calm	-0.32	0.42	-1.14 0.49	<i>t</i> (306)	=	-0.78	.81	-0.11	
post-control	-0.02	0.48	-0.97 0.92	<i>t</i> (306)	=	-0.05	.99	-0.01			
Anxiety	317					<i>F</i> (3,305)	=	3.51	.02		
		Baseline	17.14	0.73	15.70 18.58						
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-3.02	0.95	-4.88 -1.16	<i>t</i> (305)	=	-3.19	.00	-0.43	
		post-Calm	-1.51	0.95	-3.38 0.35	<i>t</i> (305)	=	-1.60	.29	-0.22	
post-control	-1.14	1.10	-3.30 1.03	<i>t</i> (305)	=	-1.03	.64	-0.16			
Depression	319					<i>F</i> (3,306)	=	3.29	.02		
		Baseline	14.28	0.65	13.00 15.55						
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-2.38	0.85	-4.05 -0.72	<i>t</i> (306)	=	-2.81	.02	-0.38	
		post-Calm	-1.81	0.85	-3.48 -0.14	<i>t</i> (306)	=	-2.13	.09	-0.29	
post-control	-0.38	0.99	-2.32 1.56	<i>t</i> (306)	=	-0.39	.97	-0.06			
Sleep Disturbance	319					<i>F</i> (3,306)	=	5.39	.001		
		Baseline	22.6286	0.779	21.096 24.1615						
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-3.08	1.02	-5.08 -1.08	<i>t</i> (306)	=	-3.03	.01	-0.40	
		post-Calm	-3.53	1.02	-5.54 -1.53	<i>t</i> (306)	=	-3.46	.002	-0.47	
post-control	-1.01	1.18	-3.34 1.32	<i>t</i> (306)	=	-0.85	.76	-0.13			
Erectile Function	62					<i>F</i> (3,52)	=	1.92	.14		
		Baseline	6.34	0.48	5.38 7.30						
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	0.44	0.73	-1.03 1.90	<i>t</i> (52)	=	0.60	.86	0.08	
		post-Calm	-0.91	0.73	-2.38 0.55	<i>t</i> (52)	=	-1.25	.43	-0.17	
post-control	0.14	0.73	-1.32 1.60	<i>t</i> (52)	=	0.19	.99	0.03			
Sexual Activity Interest	319					<i>F</i> (3,306)	=	0.77	.51		

		Baseline	4.79	0.24	4.32	5.26					
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-0.05	0.31	-0.67	0.57	<i>t</i> (306)	=	-0.15	.99	-0.02
		post-Calm	-0.41	0.32	-1.03	0.22	<i>t</i> (306)	=	-1.28	.47	-0.17
		post-control	0.17	0.37	-0.55	0.89	<i>t</i> (306)	=	0.47	.95	0.07
Vaginal Discomfort	123						<i>F</i> (3,245)	=	2.37	.07	
		Baseline	4.32	0.41	3.52	5.12					
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-0.45	0.47	-1.37	0.47	<i>t</i> (245)	=	-0.96	.69	-0.13
		post-Calm	-1.21	0.46	-2.11	-0.31	<i>t</i> (245)	=	-2.65	.03	-0.36
		post-control	-0.55	0.53	-1.59	0.50	<i>t</i> (245)	=	-1.03	.64	-0.16
Satisfaction w/ Sex Life	283						<i>F</i> (3,304)	=	1.43	.23	
		Baseline	6.28	0.45	5.41	7.16					
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	0.41	0.58	-0.73	1.56	<i>t</i> (304)	=	0.71	.85	0.09
		post-Calm	-0.95	0.59	-2.11	0.21	<i>t</i> (304)	=	-1.62	.28	-0.22
		post-control	-0.05	0.68	-1.38	1.28	<i>t</i> (304)	=	-0.07	.99	-0.01
Orgasm	315						<i>F</i> (3,302)	=	0.99	.40	
		Baseline	2.70	0.21	2.28	3.12					
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-0.25	0.28	-0.80	0.30	<i>t</i> (302)	=	-0.88	.74	-0.12
		post-Calm	-0.45	0.28	-1.01	0.10	<i>t</i> (302)	=	-1.60	.29	-0.22
		post-control	0.01	0.32	-0.62	0.65	<i>t</i> (302)	=	0.05	.99	0.01
Physical Health	316						<i>F</i> (3,303)	=	11.5	<.001	
		Baseline	10.88	0.29	10.31	11.45					
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	1.47	0.38	0.73	2.21	<i>t</i> (303)	=	3.91	<.001	0.52
		post-Calm	1.23	0.38	0.47	1.98	<i>t</i> (303)	=	3.20	.005	0.44
		post-control	2.18	0.44	1.32	3.05	<i>t</i> (303)	=	4.98	<.001	0.77
Mental Health	315						<i>F</i> (3,302)	=	2.4	.07	
		Baseline	11.78	0.39	11.01	12.55					
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-1.15	0.51	-2.15	-0.16	<i>t</i> (302)	=	-2.28	.07	-0.30

		post- <i>Calm</i>	-0.93	0.51	-1.92	0.07	<i>t</i> (302)	=	-1.83	.18	-0.25
		post-control	0.03	0.58	-1.12	1.18	<i>t</i> (302)	=	0.05	.99	0.01
Total Symptom Burden	307						<i>F</i> (3,294)	=	2.31	.08	
		Baseline	42.32	2.29	37.82	46.83					
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-5.92	2.96	-11.75	-0.09	<i>t</i> (294)	=	-2.00	.13	-0.27
		post- <i>Calm</i>	-5.96	2.97	-11.81	-0.11	<i>t</i> (294)	=	-2.01	.13	-0.27
		post-control	0.54	3.46	-6.26	7.34	<i>t</i> (294)	=	0.16	.99	0.02
Fatigue	317						<i>F</i> (3,304)	=	2.71	.05	
		Baseline	6.60	0.32	5.97	7.24					
		<i>Difference at Post-Condition:</i>									
		post-10% Happier	-0.95	0.42	-1.78	-0.13	<i>t</i> (304)	=	-2.27	.07	-0.30
		post- <i>Calm</i>	-0.85	0.42	-1.68	-0.02	<i>t</i> (304)	=	-2.00	.13	-0.27
		post-control	0.13	0.49	-0.84	1.10	<i>t</i> (304)	=	0.26	.99	0.04

Controlling for gender, education level, and marital status

<sup>a</sup> n of PROMIS outcome measures

<sup>b</sup> Baseline Condition shows mean, SE for raw scores, Post-treatment Conditions shows mean difference, SE of mean difference

<sup>c</sup> Dunnett-Hsu adjustment for comparison of multiple groups