

TABLE S1. Group Comparisons of the Primary and Secondary Outcomes

		Baseline	Immediate	3 months	F, P value	n ²
Primary outcomes, mean (SD)						
HADS depression^a	I	9.42 (1.88)	4.58 (3.03)	5.25 (4.05)	$F_{(2,56)}=6.43, P=.003$.19
	C	9.67 (3.69)	9.28 (4.34)	9.28 (4.50)		
HADS anxiety^a	I	11.75 (6.17)	8.33 (5.91)	6.67 (4.56)	$F_{(1,45,56)}=1.55, P=.226$.05
	C	11.28 (3.63)	9.39 (4.03)	9.28 (4.75)		
PANAS positive affect^b	I	23.00 (5.81)	29.92 (6.43)	29.92 (9.07)	$F_{(2,56)}=.446, P=.642$.02
	C	19.06 (4.61)	24.11 (7.45)	23.00 (7.15)		
PANAS negative affect^b	I	25.67 (10.44)	21.67 (8.04)	19.83 (7.47)	$F_{(2,56)}=.413, P=.663$.02
	C	27.39 (6.18)	24.72 (8.01)	24.61 (8.60)		
BEAQ^a	I	54.83 (15.04)	43.17 (13.49)	40.25 (12.86)	$F_{(1,46,56)}=4.68, P=.024$.14
	C	56.50 (9.04)	51.17 (11.15)	56.78 (13.72)		
Secondary outcomes, mean (SD)						
MFIS physical fatigue^a	I	24.33 (5.00)	17.92 (7.24)	21.83 (7.00)	$F_{(2,56)}=4.07, P=.022$.13
	C	26.28 (5.65)	25.67 (6.33)	25.94 (7.23)		
PSQI^a	I	10.83 (3.97)	10.50 (3.83)	8.33 (3.23)	$F_{(2,56)}=1.33, P=.272$.05
	C	11.35 (3.94)	10.29 (3.20)	10.06 (4.42)		
PES^a	I	17.83 (5.20)	14.92 (4.14)	17.67 (6.62)	$F_{(2,56)}=0.009, P=.991$.00
	C	19.50 (6.46)	16.78 (6.09)	19.22 (6.24)		
GSES^b	I	27.42 (3.65)	30.25 (2.83)	32.25 (3.89)	$F_{(2,56)}=3.72, P=.030$.12
	C	27.61 (4.57)	28.33 (4.26)	29.28 (4.10)		
DMSES^b	I	48.75 (12.82)	54.92 (10.01)	58.50 (12.98)	$F_{(2,56)}=0.514, P=.601$.02
	C	43.39 (9.86)	46.67 (12.43)	47.78 (14.48)		
COPE active coping^c	I	10.42 (2.47)	11.08 (2.23)	11.58 (2.31)	$F_{(1,70,56)}=.253, P=.742$.01
	C	10.61 (3.16)	11.22 (2.34)	11.22 (2.46)		
COPE planning^c	I	11.17 (2.52)	12.17 (3.13)	13.08 (2.81)	$F_{(2,56)}=.802, P=.454$.03
	C	10.61 (3.70)	11.56 (2.91)	11.56 (3.35)		
COPE suppression of competing activities^c	I	9.92 (2.64)	10.17 (1.19)	10.58 (2.87)	$F_{(2,56)}=.004, P=.996$.00
	C	9.72 (2.74)	9.89 (2.27)	10.39 (2.80)		
COPE restraint^c	I	8.58 (2.07)	8.83 (2.37)	9.33 (1.72)	$F_{(2,56)}=.014, P=.986$.00
	C	9.00 (2.06)	9.39 (2.06)	9.78 (2.21)		
COPE instrumental social support^c	I	9.83 (4.06)	11.42 (3.37)	12.42 (2.81)	$F_{(2,56)}=6.75, P=.002$	0.19
	C	11.72 (3.21)	11.33 (3.73)	11.00 (3.88)		
COPE positive reinterpretation and growth^c	I	10.17 (2.48)	12.50 (2.32)	13.08 (2.61)	$F_{(2,56)}=2.14, P=.127$.07
	C	10.78 (3.26)	11.39 (2.57)	11.89 (2.95)		
COPE acceptance^c	I	10.00 (2.41)	12.00 (1.28)	11.50 (2.15)	$F_{(2,56)}=1.87, P=.163$.06
	C	10.17 (2.79)	10.44 (2.36)	11.67 (2.22)		
COPE denial^c	I	6.33 (2.87)	5.33 (2.15)	5.75 (2.30)	$F_{(1,69,56)}=1.15, P=.319$.04
	C	6.06 (2.01)	6.22 (2.62)	5.44 (2.23)		
COPE turning to religion^c	I	9.58 (5.14)	9.58 (5.07)	9.75 (5.10)	$F_{(1,77,56)}=.021, P=.969$.00
	C	9.56 (4.80)	9.39 (5.45)	9.61 (5.34)		
COPE emotional social support^c	I	8.58 (3.68)	10.25 (3.17)	10.42 (4.03)	$F_{(2,56)}=1.73, P=.186$.06
	C	10.44 (3.45)	11.00 (3.94)	10.28 (4.21)		

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COPE venting emotions^c	I	9.33 (3.17)	9.33 (1.67)	9.00 (2.56)	$F_{(2,56)}=1.45, P=.644$.02
	C	11.67 (2.95)	12.00 (2.20)	12.22 (2.86)		
COPE behavioral disengagement^c	I	6.50 (2.24)	6.33 (2.23)	6.33 (1.37)	$F_{(2,56)}=.042, P=.959$.00
	C	8.39 (2.00)	8.00 (2.57)	8.00 (2.14)		
COPE mental disengagement^c	I	10.83 (2.29)	9.91 (2.31)	9.67 (2.71)	$F_{(2,56)}=.249, P=.780$.01
	C	11.11 (2.68)	10.17 (2.66)	9.33 (1.61)		
COPE substance use^c	I	5.25 (3.28)	4.92 (2.23)	4.92 (2.39)	$F_{(2,56)}=.672, P=.515$.02
	C	5.17 (1.86)	5.28 (2.32)	4.50 (1.29)		
COPE humor^c	I	8.92 (3.53)	9.83 (3.35)	10.17 (3.95)	$F_{(2,56)}=.533, P=.590$.02
	C	8.72 (4.25)	8.72 (3.71)	8.83 (4.08)		
BFIMSS total score^b	I	84.58 (14.42)	95.33 (16.52)	98.58 (16.03)	$F_{(2,56)}=5.07, P=.009$.15
	C	89.44 (17.38)	91.72 (16.58)	91.33 (16.47)		
UWRS^b	I	23.92 (5.11)	27.00 (5.13)	28.33 (6.12)	$F_{(1,69,56)}=3.20, P=.058$.10
	C	23.67 (5.99)	23.17 (5.48)	23.11 (6.74)		
Ryff autonomy^b	I	66.33 (10.54)	69.00 (12.58)	69.92 (10.09)	$F_{(2,56)}=.387, P=.681$.01
	C	59.33 (15.68)	60.44 (13.94)	63.61 (12.49)		
Ryff environmental mastery^b	I	49.83 (10.96)	58.42 (10.83)	61.00 (11.65)	$F_{(2,56)}=5.84, P=.005$.17
	C	45.06 (10.01)	48.50 (9.58)	46.72 (11.18)		
Ryff personal growth^b	I	66.67 (10.89)	71.50 (10.83)	73.50 (8.64)	$F_{(2,56)}=1.00, P=.373$.04
	C	62.89 (12.32)	66.67 (10.87)	66.11 (12.80)		
Ryff positive relations with others^b	I	56.83 (15.45)	64.17 (13.62)	66.58 (12.71)	$F_{(1,49,56)}=4.47, P=.027$.14
	C	55.83 (11.38)	59.17 (12.59)	56.72 (13.77)		
Ryff purpose in life^b	I	55.17 (14.06)	62.75 (10.41)	66.83 (10.99)	$F_{(2,56)}=2.23, P=.117$.07
	C	51.83 (13.46)	55.50 (11.08)	56.22 (11.43)		
Ryff self-acceptance^b	I	47.42 (14.84)	57.75 (12.80)	61.00 (13.84)	$F_{(2,56)}=3.69, P=.031$.12
	C	45.56 (16.00)	49.39 (15.23)	48.33 (17.12)		
SWLS^b	I	16.58 (4.83)	22.75 (5.61)	23.08 (5.33)	$F_{(1,79,56)}=1.76, P=.185$.06
	C	15.56 (8.38)	18.22 (8.34)	18.22 (8.12)		
FS^b	I	37.75 (8.00)	45.17 (9.85)	47.67 (5.76)	$F_{(2,56)}=3.99, P=.024$.13
	C	36.89 (10.33)	38.33 (10.32)	40.28 (10.39)		

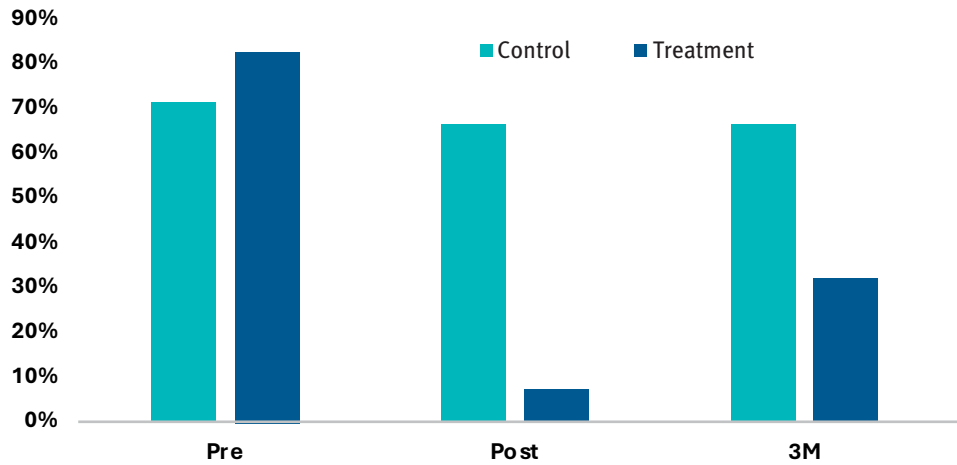
BEAQ, Brief Experiential Avoidance Questionnaire; BFIMSS, Benefit Finding in Multiple Sclerosis Scale; C, control arm; COPE, Coping Orientation to Problems Experienced Inventory; DMSES, University of Washington Disease Management and Self-Efficacy Scale; FS, Flourishing Scale; GSES, General Self-Efficacy Scale; HADS, Hospital Anxiety and Depression Scale; I, intervention arm; MFIS, Modified Fatigue Impact Scale; PANAS, Positive and Negative Affect Schedule; PES, Medical Outcomes Study Pain Effects Scale; PSQI, Pittsburgh Sleep Quality Index; Ryff, Ryff Psychological Well-Being Scales; SWLS, Satisfaction With Life Scale; UWRS, University of Washington Resilience Scale.

^aLower scores indicate better functioning.

^bHigher scores indicate better functioning.

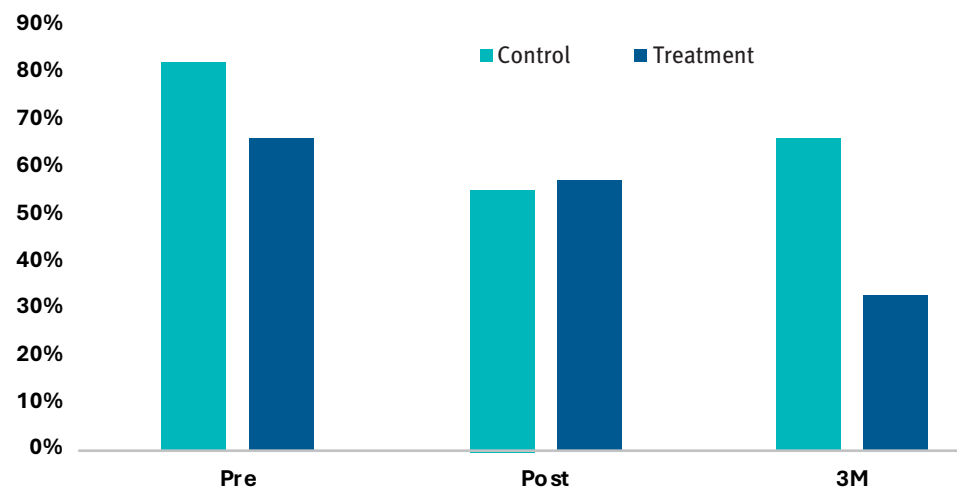
^cHigher scores indicate greater use of coping mechanism.

FIGURE S1. Participants Meeting Cutoff for Depression



3M, 3-month follow-up; Post, after intervention; Pre, before intervention.

FIGURE S2. Participants Meeting Cutoff for Anxiety



3M, 3 months after intervention; Post, after intervention; Pre, before intervention.