**SUPPLEMENTAL TABLES**

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| **Table S1.** Outcome measures after intervention and at 3-week follow-up for Irritable Bowel Syndrome (IBS)(N=19, top) and Inflammatory Bowel Disease (IBD) (N=29, bottom). |
|  | Baseline (Pre-Intervention) | Week 5(Mid-Intervention) | Week 10(Post-Intervention) | Week 13(Short-Term Follow-Up) |
| IBS | IBD | IBS | IBD | IBS  | IBD | IBS  | IBD |
| Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE | Mean | SE |
| IBD Questionnaire (IBD-Q) |  |  | 171.2 | 6.1 |  |  | 172.0. | 5.8 |  |  | 185.0\*\* | 5.5 |  |  | 184.3\* | 5.4 |
| IBS Quality of Life (IBS-QOL) | 67.1 |  5.1 |  |  | 71.5 |  4.3 |  |  | 74.8\* |  3.5 |  |  | 80.6\*\*\* |  3.3 |  |  |
| IBS Symptom Severity Index (IBS-SSI) | 215.1 | 24.4 |  |  | 153.7\*\* | 23.3 |  |  | 127.5\*\*\* | 23.5 |  |  | 147.1\* | 26.6 |  |  |
| State-Trait Anxiety Inventory (STAI-Y) – State Anxiety | 37.2 |  2.9 | 36.9 | 2.5 | 35.8 |  2.9 | 36.0 | 2.6 | 31.6 |  2.9 | 31.6 | 2.8 | 30.8 |  3.4 | 31.7 | 3.0 |
| State-Trait Anxiety Inventory (STAI-Y) – Trait Anxiety  | 39.0 |  2.8 | 39.3 | 2.4 | 35.9 |  2.7 | 36.6 | 2.3 | 34.3\* |  2.5 | 32.4\*\* | 2.3 | 33.7\* |  2.6 | 33.6\* | 2.5 |
| Pain Catastrophizing Scale (PCS) | 10.7 |  2.5 | 14.8 | 1.9 | 12.2 |  2.3 | 14.0 | 2.0 | 10.0 |  1.8 | 10.6\* | 2.0 | 5.0\* |  1.8 | 9.6\*\* | 2.1 |
| Brief Pain Inventory (BPI) – Pain Interference | 1.3 |  0.5 | 1.5 | 0.5 | 1.7 |  0.5 | 1.7 | 0.4 | 2.2 |  0.5 | 1.0 | 0.4 | 1.2 |  0.5 | 1.0 | 0.4 |
| Brief Pain Inventory (BPI) – Pain Severity | 2.0 |  0.5 | 1.5 | 0.3 | 2.3 |  0.5 | 1.7 | 0.3 | 2.3 |  0.5 | 1.0 | 0.4 | 2.0 |  0.6 | 1.1 | 0.4 |
| Erythrocyte Sedimentation Rate (ESR) | 2.5 |  0.2 | 2.4 | 0.2 |  |  |  |  | 2.3 |  0.2 | 2.4 | 0.2 |  |  |  |  |
| C-reactive protein (CRP) | 0.4 |  0.3 | 0.9 | 0.2 |  |  |  |  | 0.6 |  0.3 | 0.8 | 0.3 |  |  |  |  |
| \*P<0.05, \*\*P<0.01, \*\*\*P<0.001 indicate mixed model analysis comparing baseline scores to post-intervention and short-term follow-up.  |