

Supplemental data

Table 1 S1: Average treatment costs per patient in the intervention and control group, respectively (€, 2019 prices)

| Type of costs | Mean cost per patient (12-month follow-up) | | | | P-value |
|--|--|--|----------------|--|---------|
| | Intervention, N=13 | | Control , N=12 | | |
| *Investment in the mind–body intervention | | | | | |
| Education of two nurses (1,5 hours each) | € 4 | | - | | - |
| A) Total investment costs | € 4 | | - | | - |
| Running costs | | | | | |
| Programme costs (three-day residential course + two 8-hour follow-up events): | | | | | |
| Accommodation, catering + salary coach | € 1126 | | - | | - |
| Staff time used on the intervention | € 294 | | - | | - |
| Outpatient visits (DAGS value) | € 2222 | | € 2166 | | |
| Hospital admissions (DRG value) | € 327 | | € 667 | | |
| Prescription drugs | € 107 | | € 176 | | |
| General practitioner visits | € 293 | | € 325 | | |
| B) Total running costs | € 4369 | | € 3334 | | |
| Time costs - patients | | | | | |
| **Cost of days used on intervention (introduction + three-day residential course and two follow-up events) | € 584 | | - | | - |
| C) Total time costs - patients | € 584 | | - | | - |
| Total costs (A+B+C) | € 4957 | | € 3334 | | |

Differences in costs were tested with the Mann-Whitney test.

* This element is the initial investment costs needed for running the intervention and it is divided by the total number of RCT patients (30). Regarding development of the intervention, e.g. producing course or guideline material, this component was included in the salary for the coach.

** On average, 46.5% of patients in the study population were in the workforce in 2015 and thus incurred lost time costs.

Table 2 S2: Average treatment costs per patient in the intervention and control group, respectively (€, 2019 prices)

| Type of costs | Mean cost per patient (12-month follow-up) | | | P-value |
|--|--|----------------|----------------|---------|
| | Intervention, N=13 | Control , N=13 | | |
| *Investment in the mind–body intervention | | | | |
| Education of two nurses (1,5 hours each) | € 4 | | - | - |
| A) Total investment costs | € 4 | | - | - |
| Running costs | | | | |
| Programme costs (three-day residential course + two 8-hour follow-up events): | | | | |
| Accommodation, catering + salary coach | € 1126 | | - | - |
| Staff time used on the intervention | € 294 | | - | - |
| Outpatient visits (DAGS value) | € 5651 | | € 4249 | |
| Hospital admissions (DRG value) | € 1273 | | € 17814 | |
| Prescription drugs | € 295 | | € 444 | |
| General practitioner visits | € 624 | | € 655 | |
| B) Total running costs | € 9263 | | € 23162 | |
| Time costs patients | | | | |
| **Cost of days used on intervention (introduction + three-day residential course and two follow-up events) | € 584 | | - | - |
| C) Total time costs patients | € 584 | | - | - |
| Total costs (A+B+C) | € 9851 | | € 23162 | |

Differences in costs were tested with the Mann-Whitney test.

* This element is the initial investment costs needed for running the intervention and it is divided by the total number of RCT patients (30). Regarding development of the intervention, e.g. producing course or guideline material, this component was included in the salary for the coach.

** On average, 46.5% of patients in the study population were in the workforce in 2015 and thus incurred lost time costs.