

**Additional file 6 – Median values of TICS and cortisol at each time point and change to baseline (D1, D2).**

			<b>BI</b>	<b>T1</b>	<b>T2</b>	<b>D1 (change T1–BI)</b>	<b>D2 (change T2–BI)</b>
<b>TICS score (T-values, range 15- 99)</b>	PM	median (range)	50.0 (37 to 59)	49.0 (35 to 66)	54.0 (37 to 65)	-2.0 (-11 to 16)	1.0 (-14 to 7)
		n	15	15	12	13	9
	CON	median (range)	58.5 (35 to 66)	56.0 (15 to 66)	53.0 (41 to 69)	-2.0 (-21 to 8)	3.5 (-25 to 6)
		n	12	11	8	11	8
			p-value <sup>a</sup> (group differences)	0.14	0.35	0.59	0.6
<b>Cortisol before relaxation in nmol/L</b>	PM	median (range)	220.0 (109 to 1307)	214.5 (98 to 402)	357.0 (122 to 576)	-11.0 (-1140 to 177)	85.5 (-1146 to 328)
		n	17	18	15	17	14
	CON	median (range)	219.5 (124 to 434)	239.0 (67 to 420)	312.0 (150 to 491)	-51.5 (-170 to 251)	78.0* (-19 to 311)
		n	12	13	9	12	8
			p-value <sup>a</sup> (group differences)	1	0.92	0.95	0.45
<b>Cortisol after relaxation (% change)</b>	PM	median (range)	-33.9# (-72 to 140)	-34.2## (-63 to 18)	-43.6 (-55 to 58)	0.9 (-172 to 67)	8.4 (-187 to 97)
		n	17	16	13	15	12
	CON	median (range)	-35.6## (-78 to -10)	-39.2## (-80 to 23)	-56.4## (-72 to -11)	-7.6 (-39 to 70)	-12.5 (-62 to 66)
		n	11	10	9	8	7
			p-value <sup>a</sup>	1	0.979	0.144	0.825

\* p-values <0.05: Testing whether change from T0 to T1 or T2 within groups differs from 0.

# p-values <0.05, ## p-values <0.001: Testing whether percentage of cortisol change after relaxation within groups at each point time differs from 0.

<sup>a</sup> p-values testing the significance of group differences at each time point, and of group differences in change. Null hypothesis: medians of both groups are equal.

BI: baseline, on average 5 weeks before the start of intervention

PM: PathMate group, CON: Control group, T1 and T2: 5.5 and 12 months after intervention start, respectively

TICS: Trierer Stress Inventar questionnaire

Cortisol after relaxation (% change): percentage change of plasma cortisol after biofeedback relaxation exercise compared to cortisol before relaxation