

Fig. S1. CONSORT 2025 flow diagram of participant recruitment, allocation, follow-up, and analysis.

Note. All 68 randomised participants remained in the study through 6 months. FIQR and PSQI were complete at all assessment points. DASS-42 questionnaire non-response occurred only in the intervention group (8 at 3 months; 13 at 6 months); the 8 participants missing at 3 months were among the 13 missing at 6 months.

CONSORT: Consolidated Standards of Reporting Trials; DASS-42: Depression Anxiety Stress Scales-42; FIQR: Revised Fibromyalgia Impact Questionnaire; PSQI: Pittsburgh Sleep Quality Index.

