**Supplementary Table 1. Mean scores for all items of the MSES**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Experimental (n = 18) | Control (n = 21) |  | p-value‡ |
| 1. I can maintain my personal hygiene with or without help. |  |  |  |
|  | Pre-test |  | 5.06 ± 1.66 | 5.29 ± 1.68 |  | 0.600 |
|  | Post-test |  | 5.50 ± 1.65 | 5.33 ± 1.65 |  | 0.684 |
|  | p-value§ |  | **0.015** | 0.783 |  |  |
| 2. I can avoid having bowel accidents. |  |  |  |  |  |
|  | Pre-test |  | 4.56 ± 1.46 | 5.00 ± 1.61 |  | 0.373 |
|  | Post-test |  | 4.83 ± 1.42 | 4.76 ± 1.64 |  | 0.805 |
|  | p-value§ |  | **0.037** | 0.331 |  |  |
| 3. I can participate as an active member of the household. |  |  |
|  | Pre-test |  | 5.33 ± 1.19 | 5.48 ± 1.60 |  | 0.476 |
|  | Post-test |  | 5.61 ± 1.14 | 5.57 ± 1.69 |  | 0.803 |
|  | p-value§ |  | **0.037** | 0.589 |  |  |
| 4. I can maintain relationships in my family. |  |  |  |  |  |
|  | Pre-test |  | 5.28 ± 1.13 | 5.57 ± 1.69 |  | 0.320 |
|  | Post-test |  | 5.56 ± 1.20 | 5.38 ± 1.75 |  | 0.871 |
|  | p-value§ |  | **0.037** | 0.526 |  |  |
| 5. I can get out of my house whenever I need to. |  |  |  |  |  |
|  | Pre-test |  | 5.61 ± 1.72 | 5.43 ± 1.47 |  | 0.545 |
|  | Post-test |  | 5.78 ± 1.59 | 5.67 ± 1.56 |  | 0.705 |
|  | p-value§ |  | 0.149 | 0.337 |  |  |
| 6. I can have a satisfying sexual relationship. |  |  |  |  |  |
|  | Pre-test |  | 2.50 ± 1.62 | 3.24 ± 2.17 |  | 0.371 |
|  | Post-test |  | 2.44 ± 1.54 | 3.71 ± 2.24 |  | 0.079 |
|  | p-value§ |  | >0.999 | 0.222 |  |  |
| 7. I can enjoy spending time with my friends. |  |  |  |  |  |
|  | Pre-test |  | 5.39 ± 1.20 | 5.29 ± 1.59 |  | 0.988 |
|  | Post-test |  | 5.67 ± 1.14 | 5.57 ± 1.25 |  | 0.873 |
|  | p-value§ |  | **0.037** | 0.124 |  |  |
| 8. I can find hobbies and leisure pursuits that interest me. |  |  |
|  | Pre-test |  | 5.44 ± 1.04 | 5.33 ± 1.43 |  | 0.873 |
|  | Post-test |  | 5.50 ± 1.15 | 5.52 ± 1.50 |  | 0.772 |
|  | p-value§ |  | 0.766 | 0.296 |  |  |
| 9. I can maintain contact with people who are important to me. |  |  |
|  | Pre-test |  | 5.50 ± 1.15 | 5.33 ± 1.56 |  | 0.805 |
|  | Post-test |  | 5.72 ± 1.23 | 5.57 ± 1.47 |  | 0.872 |
|  | p-value§ |  | 0.129 | 0.298 |  |  |
| 10. I can deal with unexpected problems that come up in life. |
|  | Pre-test |  | 5.11 ± 1.28 | 4.95 ± 1.60 |  | 0.761 |
|  | Post-test |  | 5.44 ± 1.46 | 5.24 ± 1.41 |  | 0.717 |
|  | p-value§ |  | **0.020** | 0.089 |  |  |
| 11. I can imagine being able to work at some time in the future. |
|  | Pre-test |  | 4.72 ± 1.45 | 4.57 ± 1.80 |  | 0.806 |
|  | Post-test |  | 5.00 ± 1.57 | 4.52 ± 1.75 |  | 0.399 |
|  | p-value§ |  | **0.037** | 0.533 |  |  |
| 12. I can accomplish most things I set out to do. |  |  |  |  |  |
|  | Pre-test |  | 5.39 ± 1.04 | 5.33 ± 1.35 |  | 0.872 |
|  | Post-test |  | 5.56 ± 1.10 | 5.48 ± 1.33 |  | 0.918 |
|  | p-value§ |  | 0.233 | 0.407 |  |  |
| 13. When trying to learn something new, I will persist until I am successful. |
|  | Pre-test |  | 5.06 ± 1.00 | 5.38 ± 1.28 |  | 0.455 |
|  | Post-test |  | 5.17 ± 1.04 | 5.24 ± 1.34 |  | 0.780 |
|  | p-value§ |  | 0.424 | 0.408 |  |  |
| 14. When I see someone I would like to meet, I am able to make the first contact. |
|  | Pre-test |  | 5.28 ± 0.89 | 5.29 ± 1.31 |  | 0.895 |
|  | Post-test |  | 5.50 ± 1.10 | 5.33 ± 1.32 |  | 0.620 |
|  | p-value§ |  | 0.129 | 0.766 |  |  |
| 15. I can maintain good health and well-being. |  |  |  |  |  |
|  | Pre-test |  | 5.28 ± 1.07 | 5.33 ± 1.15 |  | 0.988 |
|   | Post-test |  | 5.39 ± 1.33 | 5.48 ± 1.25 |  | 0.953 |
|  | p-value§ |  | 0.484 | 0.437 |  |  |
| 16. I can imagine having a fulfilling lifestyle in the future. |
|  | Pre-test |  | 5.06 ± 1.30 | 5.33 ± 1.35 |  | 0.562 |
|  | Post-test |  | 5.28 ± 1.36 | 5.33 ± 1.32 |  | 0.965 |
|  | p-value§ |  | 0.279 | >0.999 |  |  |

‡Mann-Whitney U test

§Wilcoxon signed-rank test