Supplementary Materials

|  |  |  |  |
| --- | --- | --- | --- |
| **Scale** | | **Description** | **Number of items** |
| **Anxiety** | | |  |
| State-Trait Anxiety  Inventory (STAI) | STAI-X 1(state) | Current level of anxiety | 20 |
| STAI-X 2 (trait) | The level of personality-based anxiety experienced in daily life | 20 |
| Beck Anxiety Inventory (BAI) | | The severity of anxiety with a focus on somatic symptoms designed to distinguish anxiety symptoms from depressive symptoms | 21 |
| **Anger** | | |  |
| State-Trait Anger Expression Inventory State (STAXI) | STAXI-S (state) | Current level of anger | 10 |
| STAXI-T (trait) | The level of personality-based anxiety experienced in daily life | 10 |
| Anger Expression  Inventory (AXI) | AXI-K-I  (anger-in) | Suppressing or hold anger in rather than expressing it | 8 |
| AXI-K-O  (anger-out) | The outward expression of anger toward other people or things either verbally or physically | 8 |
| AXI-K-C  (anger-control) | Ability to control angry feelings | 8 |
| **Depression** | | |  |
| Beck Depression Inventory-II (BDI II) | | The level of depression | 21 |
| **Optimism** | | | |
| The revised Life Orientation Test (LOT-R) | | Measuring positive expectations towards the future | 10 |
| **Satisfaction** | | |  |
| The Satisfaction with Life Scale (SWLS) | | Measuring current life satisfaction | 7 |
| The Life Satisfaction Expectancy Scale (LSES) | | Measuring anticipated satisfaction with future life | 7 |
| The Life Satisfaction Motivation Scale (LSMS) | | Measuring motivation for life satisfaction | 7 |

Table S1. Detailed description of anxiety-related scales

Table S2. Detailed description of anxiety-related scales

|  |  |  |
| --- | --- | --- |
|  | **Male** | **Female** |
| N (%) | 25 (37.3) | 42 (62.7) |
| Age  (mean±SD) | 33.2±10.7 | |
| 35.2±11.2 | 31.2±9.8 |
| **Type (%)** | | |
| GAD | 30 (44.8) | |
| PD | 26 (38.8) | |
| PTSD | 2 (3.0) | |
| SAD | 9 (13.4) | |

GAD, generalized anxiety disorder; PD, panic disorder; PTSD, posttraumatic stress disorder; SAD, social anxiety disorder; SD, standard deviation;

**Table S3.** The difference of outcomes for post treatment of 4 weeks between males and female

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Range** | **Male (n=25)** | | **Female (n=42)** | |
| **Improvement from baseline (%)** | **p-value** | **Improvement from baseline (%)** | **p-value** |
| **Anxiety** | |  | |  |  |
| STAI X-1# | 20-100 | 15.3 | <0.001\*\*\* | 14.2 | <0.001\*\*\* |
| STAI X-2# | 20-100 | 7.7 | 0.003\*\*\* | 10.8 | <0.001\*\*\* |
| BAI# | 21-63 | 22.0 | <0.001\*\*\* | 22.7 | <0.001\*\*\* |
| **Anger** | |  | |  |  |
| STAXI-S# | 10-40 | 7.3 | 0.022\*\*\* | 1.3 | 0.698 |
| STAXI-T# | 10-40 | 3.2 | 0.332 | 2.5 | 0.437 |
| AXI-K-I# | 8-32 | 4.2 | 0.125 | 5.6 | 0.046\*\*\* |
| AXI-K-O# | 8-32 | 5.5 | 0.007 \*\*\* | 1.6 | 0.455 |
| AXI-K-C | 8-32 | 3.3 | 0.862 | 0.4 | 0.865 |
| **Depression** | |  | |  |  |
| BDI II # | 0-63 | 9.5 | 0.002\*\*\* | 12.5 | <0.001\*\*\* |
| **Optimism** | |  | |  |  |
| LOT-R | 6-30 | 4.5 | 0.067 | 2.8 | 0.114 |
| **Satisfaction** | |  | |  |  |
| LSMS | 5-35 | 0.4 | 0.891 | 0.3 | 0.864 |
| SWLS | 5-35 | 0 | 1.000 | 1.4 | 0.401 |
| LSES | 5-35 | 7.9 | 0.019\*\*\* | 5.2 | 0.057 |
| **Quality of life** | |  | |  |  |
| EQ-5D | 0-1 | 3.5 | 0.042\*\*\* | 11.4 | <0.001\*\*\* |
| EQ-VAS | 0-100 | 7.0 | 0.021\*\*\* | 14.7 | <0.001\*\*\* |

AXI-K-C, Anger Expression Inventory Anger-Control; AXI-K-I, Anger Expression Inventory Anger-In; AXI-K-O, Anger Expression Inventory Anger-Out; BAI, Beck Anxiety Inventory; BDI II, Beck Depression Inventory-II; EQ-VAS, EuroQoL Visual Analog Scale; EQ-5D, Euro Quality of Life 5 Dimensions utility score; LOT-R, The Revised Life Orientation Test; LSES, The Life Satisfaction Expectancy Scale; LSMS, The Life Satisfaction Motivation Scale; STAI, State-Trait Anxiety Inventory, axis1 (X-1, State), axis2 (X-2, Trait); STAXI-S, State-Trait Anger Expression Inventory State Anger; STAXI-T, State-Trait Anger Expression Inventory Trait Anger; SWLS, The Satisfaction with Life Scale. # A lower score indicates a higher degree of symptoms. \*\*\* p<0.05

Table S4. The unit or cost of Korean Medicine for patients for 4 weeks and 12 weeks (KRW)

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Item** | **4 weeks treatment (n=67)** | | | | | **1-4 weeks treatment (n=36)** | | | | | **5~12 weeks treatment (n=36)** | | | | |
| Mean | Standard deviation | Total | Minimum | Maximum | Mean | Standard deviation | Total | Minimum | Maximum | Mean | Standard deviation | Total | Minimum | Maximum |
| Visit (Count) | 5.1 | 1.6 | 339 | 2 | 9 | 5.2 | 1.5 | 188 | 2.0 | 9.0 | 5.9 | 2.9 | 214.0 | 2.0 | 15.0 |
| Consultation fee | 50,395 | 14,254 | 3,376,430 | 26,530 | 89,200 | 52,655.3 | 12,681 | 1,895,590 | 26,530 | 80,240 | 52,849 | 24,039 | 1,902,590 | 21,160 | 120,870 |
| **Costs of a diagnostic test** | | | | | | | | | | | | | | | |
| Pattern identification | 13,415 | 3,593 | 898,800 | 3,15`0 | 22,050 | 14,460 | 3,440 | 520,590 | 5,880 | 22,050 | 15,563 | 5,329 | 560,280 | 6,300 | 26,460 |
| Past psychiatric history | 8,153 | 221 | 546,240 | 7,920 | 8,550 | 8,128 | 225 | 292,610 | 7,920 | 8,550 | - | - | - | - | - |
| Heart Rate Variability | 3,574 | 73 | 239,440 | 3,440 | 3,650 | 3,581 | 74. | 128,940 | 3,440 | 3,650 | - | - | - | - | - |
| Personality test | 13,941 | 2,485 | 934,030 | - | 14,950 | 14,336 | 329 | 516,120 | 14,030 | 14,950 | - | - | - | - | - |
| **Costs of treatments** | | | | | | | | | | | | | | | |
| Acupuncture | 87,335 | 29,267 | 5,852,750 | 17,520 | 169,740 | 92,567 | 29,112 | 3,332,420 | 35,040 | 169,740 | 106,551 | 53,099 | 3,835,860 | 35,220 | 262,800 |
| Korean medicine psychotherapy | 82,789 | 27,993 | 5,546,870 | 40,800 | 215,070 | 80,510 | 17,383 | 2,898,390 | 40,800 | 129,220 | 76,618 | 39,550 | 2,758,270 | 24,900 | 180,300 |
| Family therapy | 13,998 | 22,565 | 937,850 | - | 79,650 | 19,346 | 26,280 | 696,480 | 0 | 79,650 | 11,393 | 21,326 | 410,150 | 0 | 65,920 |
| Chuna therapy | 55,705 | 80,007 | 3,732,200 | - | 263,790 | 64,173 | 90,177 | 2,310,260 | 0 | 263,790 | 66,520 | 100,575 | 2,394,750 | 0 | 351,720 |
| Herbal medicine\* | 1,300,000 | 430,204 | 87,100,000 | 300,000 | 2,700,000 | 1,381,944 | 396,079 | 49,750,000 | 300,000 | 2,700,000 | 133,333 | 326,671 | 4,800,000 | 0 | 1,300,000 |
| Aromatherapy\* | 59,188 | 19,968 | 3,965,600 | 23,400 | 124,200 | 58,516 | 16,127 | 2,106,600 | 23,400. | 92,700 | 58,277 | 32,720 | 2,098,000 | 15,200 | 151,000 |
| Total reimbursement cost | 329,325 | | | | | 349,761 | | | | | 329,497 | | | | |
| Total non  reimbursement cost | 1,359,188 | | | | | 1,440,461 | | | | | 191,611 | | | | |
| Total cost | 1,688,513 | | | | | 1,790,222 | | | | | 521,108 | | | | |

\*: Herbal medicine and aromatherapy was not reimbursed.

텍스트, 스크린샷, 소프트웨어, 번호이(가) 표시된 사진

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Figure S1. Psychological and health-related quality of life measures

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Figure S2. Flowchart of the study

\*Among patients who visited two clinics in Seoul for treatment, 96 were recruited from one clinic and 10 from the other clinic.

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Figure S3. Plot of multidimensional scaling analysis, based on the clinic data