

Appendix 1. Results of the Bonferroni post hoc test at different time points for the variables of internalized stigma and quality of life (and its subscales) between the experimental and control groups

Variable	I (time)	J (time)	Mean Difference (I-J)	Standard Error	P value	95% Confidence Interval for Difference	
						Lower Bound	Upper Bound
IS	Pretest	Post-test	-17.467*	4.118	0.001	-27.954	-6.980
		Follow-up	-19.867*	4.524	<0.001	31.387	-8.346
	Post-test	Pretest	-17.467*	4.118	0.001	6.980	-0.674
		Follow-up	2.400*	3.393	1.000	-11.040	6.240
	Follow-up	Pretest	19.867*	4.524	<0.001	8.346	31.387
		Post-test	2.400	3.393	1.000	-6.240	11.040
Phy H	Pretest	Post-test	-5.600*	1.82	0.014	-10.225	-0.975
		Follow-up	-4.967*	1.75	0.025	-9.428	-0.505
	Post-test	Pretest	-5.600*	1.82	0.014	0.975	10.225
		Follow-up	0.633*	0.17	0.003	0.195	1.072
	Follow-up	Pretest	4.967*	1.75	0.025	0.505	9.428
		Post-test	-0.633*	0.17	0.003	-1.072	-0.195
Psych H	Pretest	Post-test	-3.533*	0.562	<0.001	-4.963	-2.103
		Follow-up	3.100*	0.537	<0.001	1.731	4.469
	Post-test	Pretest	3.533*	0.562	<0.001	2.103	4.963
		Follow-up	0.433	0.192	0.097	-0.056	0.923
	Follow-up	Pretest	3.100*	0.537	<0.001	1.731	4.469
		Post-test	-0.433	0.192	0.097	-0.923	0.056
SR	Pretest	Post-test	-4.100*	0.635	<0.001	-5.718	-2.482
		Follow-up	-3.467*	0.620	<0.001	-5.045	-1.888
	Post-test	Pretest	4.100*	0.635	<0.001	2.482	5.718
		Follow-up	0.633*	0.179	0.004	0.177	1.089

	Follow-up	Pretest	3.467*	0.620	<0.001	1.888	5.045
		Post-test	-0.633*	0.179	0.004	-1.089	-0.177
Env.	Pretest	Post-test	0.400	1.072	1.000	-2.329	3.129
		Follow-up	0.833	1.079	1.000	-1.915	3.581
	Post-test	Pretest	-0.400	1.072	1.000	-3.129	2.329
		Follow-up	0.433	0.193	0.099	-0.058	0.925
	Follow-up	Pretest	-0.833	1.079	1.000	-3.581	1.915
		Post-test	-0.433	0.193	0.099	-0.925	0.058
GQOL	Pretest	Post-test	-0.300	0.139	0.120	-0.654	0.054
		Follow-up	-0.200	0.157	0.638	-0.599	0.199
	Post-test	Pretest	0.300	0.139	0.120	-0.054	0.654
		Follow-up	0.100	0.100	0.978	-0.155	0.355
	Follow-up	Pretest	0.200	0.157	0.638	-0.199	0.599
		Post-test	-0.100	0.100	0.978	-0.355	0.155

Note. IS: Internalized Stigma; Phy.H: Physical Health; Psych H: Psychological Health; SR: Social Relationships;
Env: Environment; GQOL: General Quality of Life.

*The mean difference is significant at the 0.05 level.