

Supplementary Information

Domain	Original k	Original α	Final k	Final α
Stress	10	.66	6	.73
Cognition	8	.70	8	.70
Appetite	15	.63	11	.77
Sleep	14	.67	10	.70
Digestion	9	.82	9	.82
Somatic Symptoms	14	.85	14	.85

Supplementary Table S1 Internal consistency and item refinement of health domains: Original k/ α reflect the initial item pool; Final k/ α reflect internal consistency after removing items with a corrected item-total correlation (CITC) < .30 within domains that initially showed α < .70.

Item	<i>b</i>	<i>SE</i>	LL	UL	<i>d</i>	<i>p</i>	<i>q</i>
Somatic Symptoms							
Muscle tension in neck/shoulders	6.00	1.64	2.78	9.22	0.91	<.001	<.001
Tension headache	5.66	1.35	3.02	8.30	0.94	<.001	<.001
Facial flushing	4.22	1.52	1.24	7.20	0.62	.006	.007
Non-organic pain	2.47	0.98	0.55	4.38	0.56	.012	.012
Heart palpitation	4.59	1.90	0.87	8.32	0.50	.016	.012
Tinnitus	1.88	0.82	0.26	3.49	0.51	.023	.015
Orthostatic hypotension	3.38	1.56	0.31	6.44	0.48	.031	.016
Shortness of breath	2.31	1.50	-0.63	5.26	0.43	.124	.050
Dizziness / lightheadedness	1.97	1.60	-1.17	5.10	0.34	.219	.079
Neck / shoulder muscle pain	2.41	1.41	-0.35	5.17	0.37	.088	.039
Fatigue / low energy	1.88	1.70	-1.44	5.21	0.33	.269	.097
Trembling or shaking	1.66	1.57	-1.41	4.73	0.28	.290	.079
Nausea	-0.62	0.97	-2.54	1.29	-0.14	.521	.149
Sweating / hot flushes	1.06	1.60	-2.08	4.20	0.24	.507	.149
Sleep							
Headache on waking (poor sleep quality)	7.62	1.87	3.95	11.30	0.91	<.001	<.001
Difficulty falling asleep (sleep onset latency)	4.56	1.83	0.98	8.15	0.56	.013	.025
Early morning awakening	4.56	1.83	0.98	8.15	0.56	.013	.025

Sleep quality rating	2.84	1.47	-0.04	5.73	0.42	.054	.054
Frequency of nightmares	2.97	1.40	0.22	5.71	0.46	.034	.045
Feeling unrested on waking	1.97	1.66	-1.28	5.22	0.33	.234	.156
Frequency of night awakenings	0.69	1.49	-2.24	3.62	0.16	.646	.287
Daytime sleepiness	0.34	1.20	-2.01	2.70	0.10	.775	.310
Use of sleep medication	1.97	1.94	-1.83	5.76	0.28	.309	.177
Sleep duration adequacy	0.10	0.06	-0.02	0.23	0.15	.103	.082
Restless legs at night	-1.44	1.56	-4.49	1.62	-0.22	.356	.178
Digestion							
Abdominal cramp	4.72	1.41	1.96	7.48	0.75	<.001	<.001
Sleepy / lethargic after meals	4.31	1.37	1.63	7.00	0.70	.002	.002
Acid reflux	3.38	1.46	0.51	6.24	0.52	.021	.014
Nausea / stomach discomfort	4.72	1.41	1.96	7.48	0.75	<.001	<.001
Bowel movement frequency	3.69	1.80	0.16	7.22	0.44	.041	.016
Bloating	3.50	1.69	0.18	6.82	0.49	.039	.016
Diarrhea	2.47	1.25	0.02	4.92	0.40	.048	.016
Satiety after meals	2.75	1.83	-0.83	6.33	0.32	.132	.038
Meal-induced lethargy	1.75	1.54	-1.27	4.77	0.27	.257	.064
Constipation	-0.37	1.55	-3.42	2.67	-0.09	.809	.180
Cognition							
Hesitation or confusion in decisions	5.03	1.54	2.01	8.06	0.73	.001	.009
Mental clarity	-0.00	1.06	-2.07	2.07	0.00	1.000	1.000
Memory lapses	-0.31	1.20	-2.67	2.04	-0.09	.795	1.000
Concentration difficulties	-0.50	1.54	-3.52	2.52	-0.12	.745	1.000
Word-finding difficulty	-1.84	1.39	-4.56	0.87	-0.30	.184	.735
Distractibility	0.31	0.80	-1.25	1.88	0.07	.696	1.000
Slow thinking	-0.31	0.93	-2.14	1.51	-0.12	.737	1.000
Mental fatigue / brain fog	-0.06	1.10	-2.22	2.10	-0.02	.955	1.000
Appetite							
Frequency of hunger	3.34	1.14	1.10	5.59	0.65	.003	.014
Eating amount / speed under stress	4.53	1.61	1.37	7.69	0.63	.005	.014
Frequency of overeating	3.47	1.28	0.95	5.99	0.60	.007	.014
Appetite satisfaction	1.59	2.01	-2.34	5.52	0.18	.427	.343
Emotional eating	-0.72	1.38	-3.43	1.99	-0.12	.603	.402

Craving for sweet / high-calorie food	-0.31	1.51	-3.27	2.64	-0.05	.836	.500
Appetite level	-0.16	1.51	-3.11	2.80	-0.05	.917	.500
Skipping meals	1.06	1.43	-1.74	3.86	0.23	.457	.343
Binge eating	1.38	1.41	-1.40	4.15	0.22	.331	.331
Eating for comfort	2.00	1.41	-0.76	4.76	0.30	.155	.233
Portion size control	1.91	1.68	-1.39	5.20	0.27	.256	.308
Stress							
Feeling overwhelmed	1.25	1.90	-2.48	4.98	0.15	.511	.398
Feeling nervous or stressed	0.94	1.22	-1.46	3.33	0.19	.443	.398
Inability to control worries	3.12	1.95	-0.70	6.95	0.30	.109	.227
Emotional reactivity	-1.56	1.10	-3.72	0.59	-0.31	.155	.227
Difficulty relaxing	0.94	1.77	-2.54	4.41	0.12	.597	.398
Perceived stress level	1.88	1.37	-0.81	4.56	0.31	.170	.227

Supplementary Table S2 Complete item-level LMM results across all domains: Linear mixed-effects models estimated the fixed effect of Time (baseline vs. post-intervention) on each item's POMP-scaled score, with a random intercept for Participant. All 58 items across six domains are shown regardless of significance.

Variable	M	SD	1	2	3	4	5	6	7	8
1. Menstruation	0.35	0.40	—							
2. Drinking	0.42	0.37	-.24	—						
3. High-Int. Workout	0.28	0.38	.51	.04	—					
4. Flu	0.07	0.18	-.40	.08	-.10	—				
5. Poor Sleep	0.42	0.44	-.01	.30	.43	.40	—			
6. Extreme Stress	0.45	0.43	.00	.06	.34	.23	.48	—		
7. Caffeine	0.20	0.34	.21	.46	.37	-.27	.41	.39	—	
8. New Supplement	0.07	0.18	.16	.29	.36	-.18	.40	.21	.36	—

Supplementary Table S3 Correlations among covariates: All covariates were coded as binary indicators (0 = absent, 1 = present) at the participant-day level; M represents the proportion of observations in which the covariate was present, and SD reflects the variability of that binary indicator. Correlations are Spearman's rank-order coefficients (r_s), computed pairwise across all covariates.