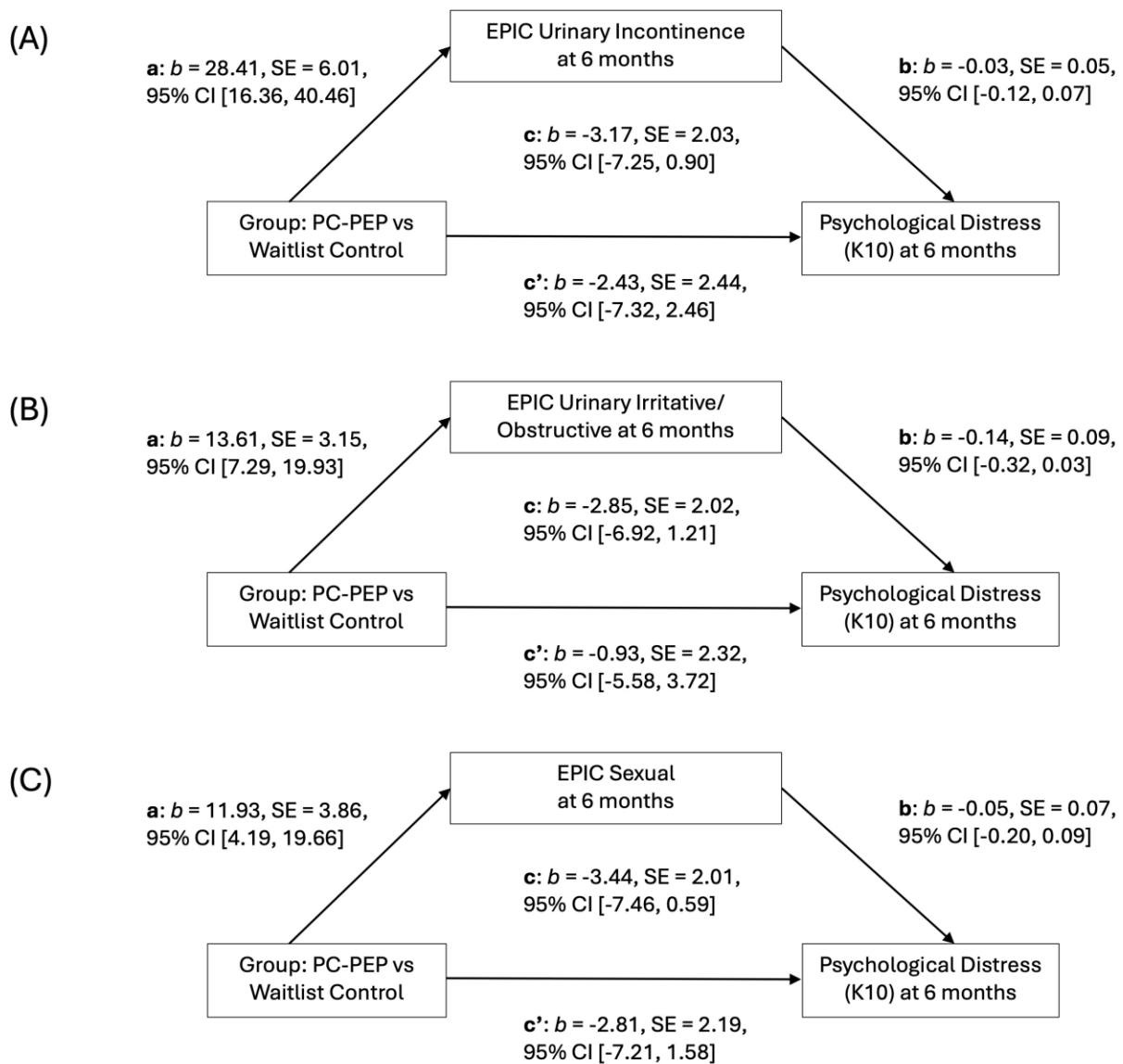


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**APPENDIX**

**Supplementary Figure 1.** Mediation analysis of the effect of PC-PEP on psychological distress by EPIC Sexual Function at 6 months (surgery subgroup only). *b*=regression coefficient; CI: confidence interval; EPIC: Expanded Prostate Cancer Index Composite; K10: Kessler Psychological Distress Scale; SE: standard error. Models were adjusted for age, Charlson comorbidity index, treatment modality, time between randomization and treatment, relationship status, prescribed medication for depression or anxiety, and baseline K10 and EPIC Sexual scores (n=62).



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<b>Supplementary Table 1. Psychological distress, urinary function, and sexual function outcomes from the PC-PEP randomized crossover trial</b>				
<b>A. Psychological distress (K10)</b>				
<b>Outcome</b>	<b>Estimate</b>	<b>95% CI</b>	<b>p</b>	<b>Interpretation</b>
Group difference in change from baseline to 6 months	-3.0	-5.6 to -0.3	0.028	Greater reduction in distress in PC-PEP vs. waitlist
Between-group difference at 6 months	-3.5	-5.7 to -1.3	0.002	Lower distress in PC-PEP at 6 months
<b>B. Urinary function (EPIC subscales)</b>				
<b>EPIC urinary incontinence (overall sample)</b>				
<b>Parameter</b>	<b>Estimate</b>	<b>95% CI</b>	<b>p</b>	
Group effect (PC-PEP vs waitlist)	-18	-25 to -11	<0.001	
Time effect (baseline to 6 months)	11	3.9 to 17	0.002	
Difference in pre-post change	20	10 to 29	<0.001	
<b>EPIC urinary irritative/obstructive symptoms (overall sample)</b>				
<b>Parameter</b>	<b>Estimate</b>	<b>95% CI</b>	<b>p</b>	
Group effect	-7.6	-12 to -3.4	<0.001	
Difference in pre-post change	6.5	1.7 to 11	0.008	
<b>C. Subgroup analyses by treatment modality</b>				
<b>Radical prostatectomy</b>				
<b>Outcome</b>	<b>Estimate</b>	<b>95% CI</b>	<b>p</b>	
Urinary incontinence (group effect)	-31	-41 to -22	<0.001	
Urinary irritative/obstructive (group effect)	-15	-21 to -8.3	<0.001	
Difference in pre-post change (incontinence)	27	14 to 40	<0.001	
Difference in pre-post change (irritative/obstructive)	9.2	1.7 to 17	0.017	
Sexual function: difference in decline	-12	-23 to -1.7	0.024	
<b>Radiotherapy</b>				
<b>Outcome</b>	<b>Estimate</b>	<b>95% CI</b>	<b>p</b>	
Urinary incontinence (group effect)	-1.9	-9.8 to 6.05	0.60	
Urinary irritative/obstructive (group effect)	-0.45	-6.1 to 5.3	0.90	
Sexual function (group effect)	10	-3.4 to 24	0.14	
<b>D. Sexual function (overall sample)</b>				
<b>Parameter</b>	<b>Estimate</b>	<b>95% CI</b>	<b>p</b>	
Time effect (overall decline)	30	23 to 37	<0.001	
Group effect (PC-PEP vs. waitlist)	-2.7	-12 to 6.2	0.60	

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<b>Supplementary Table 1. Mediation analysis of the effect of PC-PEP vs waitlist control on psychological distress (surgery subgroup only)</b>									
	<b>Total</b>			<b>Direct</b>			<b>Indirect</b>		<b>% mediated</b>
<b>Mediator</b>	<b>Effect size (95% CI)</b>	<b>SE</b>	<b>p</b>	<b>Effect size (95% CI)</b>	<b>SE</b>	<b>p</b>	<b>Effect Size (95% CI)</b>	<b>SE</b>	
EPIC urinary incontinence	-3.17 (-7.25, 0.90)	2.03	0.124	-2.43 (-7.32, 2.46)	2.44	0.323	-0.74 (-3.52, 1.81)	1.33	–
EPIC urinary obstructive	-2.85 (-6.92, 1.21)	2.02	0.164	-0.93 (-5.58, 3.72)	2.32	0.690	-1.92 (-5.60, 1.96)	1.91	
EPIC sexual	-3.44 (-7.46, 0.59)	2.01	0.093	-2.81 (-7.21, 1.58)	2.19	0.204	-0.62 (-2.93, 1.16)	1.03	–

CI; confidence interval; EPIC: Expanded Prostate Cancer Index Composite; K10: Kessler Psychological Distress Scale; SE: standard error. Psychological distress was measured at 6 months. Models were adjusted for age, Charlson comorbidity index, treatment modality, time between randomization and treatment, relationship status, prescribed medication for depression or anxiety, and baseline K10 and EPIC sexual scores (n=62).