

**Supplementary Materials: Table S1; Total data for the Japanese version of FAS**

Number of participants	Baseline	1 week	2 weeks	4 weeks	8 weeks
1	24	18	18	15	13
2	41	37	45	39	
3	35		38	37	32
4		25			
5	31	32			32
6	39	45			41
7	35	32	38		44
8	38	38			
9	37		38	37	
10	36	32	32	32	33
11	35	40	40	43	
12	40	37			
13	41	46	43	46	
14	46		39	39	37
15	41		44	44	38
16	40			43	30
17	42		50	46	36
18	32			19	14

19	37	37	37	36	36
20	29		29	22	20

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The blanks indicate missing values.