

## **Supplementary Material**

- Article Title: A 9-Week Randomized Trial Comparing a Chronotherapeutic Intervention (Wake and Light Therapy) to Exercise in Major Depressive Disorder Patients Treated With Duloxetine
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#### List of Supplementary Material for the article

- 1. <u>eFigure 1</u> Design Flowchart Showing the Run-In, Intervention, and Continuation Phases
- 2. <u>eFigure 2</u> Estimated Mean WHO-5 Well-Being Scores Shown for Each Treatment Group and With Danish National Norm Inserted
- 3. eFigure 3 CONSORT 2010 Flow Diagram

#### <u>Disclaimer</u>

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Supplementary eFigure 1. (Design Flow Chart Showing the Run-in, Intervention and

Continuation-phases. W signifies individual wake night)

# **Treatment elements**



Supplementary eFigure 2. (Estimated mean WHO-5 well-being scores shown for each treatment Group and with Danish national norm inserted. Green bar indicates run-in-phase, red bar intervention-phase and blue bar continuation-phase)



WHO-5 well-being estimated mean scores for wake n = 37 and exercise n = 38

Random-effects Regression Model (RRM) \*\* p< 0.01 post hoc analysis, \* p< 0.05

### Supplementary eFigure 3. (CONSORT 2010 Flow Diagram)

