Change in Patient-reported Outcomes During Adjunctive Naturopathic Care (ANC)

- Glucose-checking (% increase SDSCA)
- Mood (% reduction PHQ-8)
- Physical activity (% increase SDSCA)
- Self-efficacy (% increase SES)
- Stress (% reduction PAID)
- Diet (% increase SDSCA)
- % non-depressed (%<10 PHQ-8)
- Lifestyle (% change in RI)
- Commitment (% change in RI)
- Stress (% reduction PSS)

% Change since baseline

- 6-months
  - p=0.001
  - p=0.02
  - p=0.0001
  - p=0.001
  - p=1.3
  - p=0.003
  - p=0.23
  - p=0.07
  - p=0.004

- 12-months
  - p=0.005
  - p=0.15
  - p=0.002
  - p=0.24
  - p=0.15
  - p=0.79
  - p=0.60