Table 1. Analysis of variables related to lifestyle habits

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| --- | --- | --- | --- | --- |
| Variables | Pacients (n=45) | | OR (IC)\* | Value p\*\* |
|  | Before (t0)  N(%)1 | After (t1)  N(%) |
| Anxiety - Hamilton |  |  |  |  |
| No anxiety | 1 (2.2) | 25 (55.6) | 55.00(7.59-307.78) | <0.001 |
| Temporary anxiety | 6 (13.3) | 16 (35.6) | 3.58 (1.14-12.45) |
| Moderate anxiety | 14(31.1) | 2 (4.4) | 0.10 (0.01-0.51) |
| Severe anxiety | 24(53.3) | 2 (4.4) | 0.04 (0.00-0.19) |
| IPAQ |  |  |  |  |
| Very active | 8 (17.8) | 34 (75.6) | 14.29(4.65-45.58) | <0.001 |
| Active | 9 (20.0) | 8 (17.8) | 0.86 (0.30-2.49) |
| Irregularly active | 8 (17.8) | 0 (0) | NC2 |
| Sedentary | 20 (44.4) | 3 (6.7) | 0.09 (0.01-0.35) |
| Sleep – Pittsburgh |  |  |  |  |
| Good sleep quality | 14 (31.1) | 39 (86.7) | 14.39 (4.51-49.80) | <0.001 |
| Poor sleep quality | 31 (68.9) | 6 (13.3) | 0.07 (0.02-0.22) |
| Fiber consumption |  |  |  |  |
| Yes | 39 (86.7) | 43 (95.6) | 3.30(0.63-17.36) | 0.125 |
| No | 6 (13.3) | 2 (4.4) | 0.30(0.06-1.54) |
| Water intake (cups/day) |  |  |  |  |
| 1 | 2 (4.4) | 6 (13.3) | 3.30(0.63-17.36) | <0.001 |
| 2-5 | 31 (68.9) | 5 (11.1) | 0.06(0.02-0.17) |
| 6-9 | 8 (17.8) | 11 (24.4) | 1.50(0.54-4.16) |
| ≥ 10 | 4 (8.9) | 23 (51.1) | 10.72(3.29-34.92) |
| Soda consumption |  |  |  |  |
| Consumes | 30 (66.7) | 12 (26.7) | 0.18 (0.07-0.45) | <0.001 |
| Does not consume | 15 (33.3) | 33 (73.3) | 5.50(2.23-13.61) |
| Consumption of processed foods |  |  |  |  |
| Yes | 41 (91.1) | 9 (20.0) | 0.02(0.01-0.09) | <0.001 |
| No | 4 (8.9) | 36 (80.0) | 41.00(11.63-144.55) |

t0 = before treatment; t1 = 60 days after treatment; 1 N(%) = number of patients (percentage); 2 NC = not calculated; \*OR and CI were calculated by comparing post-treatment period to pre-treatment period; IPAQ: International Physical Activity Questionnaire. \*\* p<0.05 = statistically significant difference by McNemar test (nominal variables) and Wilcoxon test (ordinal variables).

Table 2. Analysis of physiological parameters of patients before and after treatment

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variables | Patients (n=45) | | OR (IC)\* | Value  p\*\* |
|  | Antes (t0) | Após (t1) |
| Weight (kg) (1 | 96.67 ± 14.89 | 90.93 ± 15.01 | - | <0.001 |
| Body fat mass (Kg)( | 39.48 ± 9.58 | 33.19 ± 8.36 | - | <0.001 |
| Lean body mass (kg)( | 28.59 ± 6.17 | 29.21 ±6.42 | - | 0.158 |
| BMI | 34.63 ±4.97 | 33.53 ± 5.35 | - | 0.035 |
| Glucose (mmol/L) | 95.93 ± 9.86 | 87.60 ± 6.49 | - | <0.001 |
| HBa1c (%) | 5.59 ± 0.45 | 5.44 ± 0.36 | - | 0.01 |
| Insulin (µUI/I) | 14.33 ± 7.44 | 8.83 ± 5.14 | - | <0.001 |
| HOMA-IR | 3.36 ± 1.84 | 2.37± 2.65 | - | 0.002 |
| HDL (mmol/L)( | 47.62 ± 12.35 | 56.02 ± 13.70 | - | <0.001 |
| LDL (mmol/L) | 136.36 ± 44.07 | 110.69 ± 39.76 | - | <0.001 |
| Triglycerides (mmol/L) | 171.09 ± 97.66 | 103.64 ± 46.01 | - | <0.001 |
| BMI Classification - N(%)2 |  |  |  |  |
| Overweight | 0 (0) | 13 (28.9) | NC3 | 0.09 |
| Obesity Grade I | 34 (75.60) | 18 (40) | 0.22(0.09-0.53) |
| Obesity Grade II | 6 (13.30) | 9 (20) | 1.62(0.53-5.02) |
| Obesity Grade III | 5 (11.1) | 5 (11.1) | 1.00(0.27-3.72) |
| Bowel Movement Frequency N(%) |  |  |  |  |
| Daily | 21 (46.7%) | 40 (89.9%) | 9.14(3.05-27.44) | <0.001 |
| Every Other Day | 10 (22.2%) | 0 (0) | NC |
| 2 Times/Week | 5 (11.1%) | 3 (6.7%) | 0.54(0.13-2.55) |
| Every 5 Days or More | 9 (20%) | 1 (2.2%) | 0.09(0.01-0.75) |
| Bristol Stool Scale - N(%) |  |  |  |  |
| 3 and 4 | 10 (22.2%) | 34 (75.6) | 10.81(4.07-28.76) | <0.001 |
| Others | 35 (77.8) | 11 (24.4) | 0.09(0.03-0.27) |  |

t0 = before treatment; t1 = 60 days after treatment; HBa1c = Glycated hemoglobin. BMI =Body Mass Index; HOMA-IR = Homeostasis model assessment for insulin resistance; LDL= Low-density lipoprotein; HDL= High-density lipoprotein.

1 2N(%)= Number of patients (percentage); 3NC=not calculated; \* OR (Odds Ratio) and CI (Confidence Interval) were calculated by comparing the post-treatment period to the pre-treatment period. \*\* p<0.05 = statistically significant difference by McNemar test (nominal variables) and Wilcoxon test (ordinal variables) and t-Student test (quantitative variables)