

Online Supplementary Material

Barrett B, Hayney MS, Muller D, et al. Meditation or exercise for preventing acute respiratory infection: a randomized controlled trial. *Ann Fam Med*. 2012;10(4):337-346.

<http://www.annfammed.org/content/full/10/4/337>

Supplemental Table 1. Zero-Inflated Poisson Regression Model for Total Days of Acute Respiratory Infection^a					
(Count Predictors) TOTDAYS ON			(Predictors of Excess Zero) TOTDAYS#1 ON		
Variable	Estimate (SE)^b	P Value	Variable	Estimate (SE)^b	P Value
Group 1: exercise	-0.013 (0.20)	.47	Group 1: exercise	0.82 (0.45)	.034
Group 2: meditation	-0.43 (0.23)	.033	Group 2: meditation	0.50 (0.42)	.12
Cohort	-0.26 (0.20)	.10	Cohort	0.084 (0.39)	.42
Age	0.013 (0.017)	.22	Age	0.049 (0.028)	.041
Smoking status	-0.35 (0.22)	.059	Smoking status	-2.53 (1.11)	.011 ^c
Education	0.023 (0.10)	.41	Education	-0.087 (0.21)	.34
BMI	0.010 (0.014)	.24	BMI	-0.038 (0.031)	.11
SF-12 physical health	-0.004 (0.012)	.37	SF-12 physical health	0.015 (0.024)	.26
SF-12 mental health	0.007 (0.013)	.30	SF-12 mental health	0.016 (0.029)	.29
Sex	-0.023 (0.18)	.45	Sex	0.021 (0.45)	.48
Intercept			Intercept		
TOTDAYS	1.71 (1.81)	.17	TOTDAYS#1	-3.24 (3.34)	.17

BMI = body mass index; INT1 = intercept 1; INT2 = intercept 2; SF-12 = 12-item Medical Outcomes Study Short Form; TOTDAYS = total days of acute respiratory infection.
 Notes: Group 1 (exercise = 1: control or meditation = 0); group 2 (meditation = 1: control or exercise = 0); cohort (cohort = 1: cohort 2 = 0); INT1 (group 1 × cohort 2); INT2 (group 2 × cohort 2); sex (male = 1: female = 0); smoking status (current smoker = 1: nonsmoker = 0); TOTDAYS (Poisson model); TOTDAYS#1 (zero-Inflated model).
^a Using maximum likelihood estimation.
^b Standard error of estimate.
^c P values < .025 are statistically significant.

Supplemental Table 2. Zero-Inflated Poisson Regression Model for Area-Under-Curve Severity^a					
(Count Predictors) AUCT ON			(Predictors of Excess Zero) AUCT#1^b ON		
Variable	Estimate (SE)^c	P Value	Variable	Estimate (SE)^c	P Value
Group 1: exercise	-0.16 (0.32)	.31	Group 1: exercise	0.83 (0.45)	.032
Group 2: meditation	-0.74 (0.32)	.010 ^d	Group 2: meditation	0.60 (0.42)	.079
Cohort	-0.46 (0.26)	.40	Cohort	0.16 (0.40)	.34
Age	0.026 (0.025)	.15	Age	0.05 (0.028)	.038
Smoking status	-0.028 (0.34)	.47	Smoking status	-2.51 (1.1)	.012 ^d
Education	-0.038 (0.15)	.40	Education	-0.041 (0.21)	.42
BMI	0.025 (0.024)	.15	BMI	-0.038 (0.031)	.11
SF-12 physical health	-0.021 (0.016)	.097	SF-12 physical health	0.018 (0.024)	.23
SF-12 mental health	0.004 (0.019)	.42	SF-12 mental health	0.015 (0.029)	.31
Sex	-0.003 (0.26)	.5	Sex	0.062 (0.45)	.45
Intercept			Intercept		
AUCT	5.51(2.27)	.008 ^d	AUCT#1	-3.76(3.36)	.13

AUCT = area under time-severity curve (global severity); BMI = body mass index; INT = intercept; SF-12 = 12-item Medical Outcomes Study Short Form.
 Notes: Group1 (exercise = 1: control or meditation = 0); group 2 (meditation = 1: control or exercise = 0); cohort (cohort 1 = 1: cohort 2 = 0); INT1 (group 1 × cohort 2); INT2 (group 2 × cohort 2); sex (male = 1: female = 0); smoking status (current smoker = 1: nonsmoker = 0); AUCT (Box-Cox transformed model); AUCT#1 (zero-Inflated model).
^a Logit scale.
^b Censored at 0.
^c Standard error of estimate.
^d P values < .025 are statistically significant.

Supplemental Table 3. Estimations of Covariate Multicollinearity			
Independent Variable	VIF	R2 Vs Other IV	Tolerance
Age	1.1	0.1	0.9
Baseline BMI	1.1	0.1	0.9
Education	1.1	0.1	0.9
Sex	1.0	0.02	1.0
Smoking status	1.1	0.1	0.9
SF-12 physical health at baseline	1.3	0.2	0.8
SF-12 mental health at baseline	1.4	0.3	0.7

BMI = body mass index; IV = independent variable; SF-12 = 12-item Medical Outcomes Study Short form; VIF = variance inflation factor.
 Notes: tolerance = 1-R_{2j}; VIF = 1/tolerance; R_{2j} is the coefficient of determination of a regression of IV j on all the other IV. A tolerance of < 0.20 or 0.10 and/or a VIF of 5 or ≥ 10 indicates a multicollinearity problem.