

Table 1) Background, demographic, and clinical characteristics of patients admitted with COVID-19 in both groups at the beginning of the study

	Intervention group (n=29)		Control group (n=35)		P-value
	No.	%	No.	%	
Gender					
Male	16	55.2	21	60	0.7*
Female	13	44.8	14	40	
Occupation					
Employed	24	82.8	28	80	0.8*
Unemployed	5	17.2	7	20	
Existence of at least one underlying disease/risk factor					
Yes	12	41.4	19	54.3	0.3*
No	17	58.6	16	45.7	
Type of underlying disease/risk factor					
Hypertension	8	27.8	9	25.7	0.8*
Cardiovascular disease	8	27.8	9	25.7	0.8*
Chronic respiratory disease	1	3.4	3	8.5	0.1**
Diabetes	7	24	8	22.8	0.9*
Immune system defects	-	-	-	-	-
Malignancy/Chemotherapy	-	-	1	2.8	0.5**
Organ transplants	-	-	1	2.8	0.4**
Others (taking corticosteroids)	-	-	2	5.7	0.3**
BMI (mean \pmstandard deviation)	4.9 \pm 29.1		3.9 \pm 27.7		0.2+
Age (mean \pmstandard deviation)	17.6 \pm 53.5		16.4 \pm 56.9		0.3++

*Chi-square test, **Fisher exact-test, +Mann-Whitney test, ++independent t-test

Table 2) CT scan findings, vital signs, and depression and anxiety scores in patients hospitalized with COVID-19 in both groups at the beginning of the study

Variable	Intervention group (n=29)		Control group (n=35)		p-value
	No. (%)	Mean	No. (%)	Mean	
CT scan findings on admission					0.2*
Ground Glass	18 (62.1)	-	21 (60)	-	
Patchy Infiltration	4 (13.8)	-	10 (28.6)	-	
Consolidation	4 (24.1)	-	4 (11.4)	-	
Vital signs on admission					
Body temperature (°C)	-	37.6±0.7	-	38.1±0.7	0.01**
Number of breaths per minute	-	15.4±2.6	-	15.3±2.2	0.7**
Heart rate per minute	-	94.4±10.6	-	90.4±9.9	0.04**
SPO2	-	89.8±1.7	-	88.4±2.8	0.09**
HADS					
Anxiety	-	8.4±4.6	-	7.9±4.0	0.6+
Depression	-	4.9±2.8	-	6.7±3.7	0.03+

*Chi-square test, **Mann-Whitney test, +Independent t-test

Table 3) Comparison of length of hospital stay and transfer to ICU after the intervention in the two groups

	Intervention group (n=29) No.	Control group (n=35) No.	p- value
Average hospitalization days (standard deviation)	5.8 (1.7)	6.7 (1.7)	0.2*
Request to transfer to ICU	1	14	0.000* *
transfer to ICU	0	2	0.4**
Intubated	0	14	0.000* *
Death	0	16	0.000* *

* Independent t-test, **Fisher exact-test

Table 4) Comparison of anxiety and depression scores in the two groups

	Intervention group (n=29)						Control group (n=35)						p-value
	Before intervention(٢٩)		After intervention*(٢٨)		The difference between before and after the intervention*(٢٨)		Before intervention*(٢٨)		After intervention*(١٨)		The difference between before and after the intervention*(١٨)		
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
Anxiety (HADS)	8.4	4.6	5.1	3.2	3.1	3.6	7.9	4.0	05-Aug	3.6	0.94	2.6	0.03**
Depression (HADS)	4.9	2.8	3.4	3.0	1.5	2.1	76.7	3.7	6.1	3.3	-0.89	1.8	0.00*

* One case in the intervention group and 16 cases in the control group did not perform the final evaluation of the study due to decreased level of consciousness, transfer to ICU, or death.

**independent t-test

Table 5) Factors associated with anxiety and depression in hospitalized patients with COVID-19

Dependent variable	Independent variable	Standardized beta coefficients	P-value
Anxiety score at the end of the study	Intervention group	-0.32	0.03
	Fever (°C)	0.04	0.77
	Heart rate per minute	-0.19	0.20
	SPO2	-0.03	0.84
	Depression score before intervention	0.42	0.007
Depression score at the end of the study *	Intervention group	-0.38	0.01
	Fever (°C)	-0.06	0.67
	Heart rate per minute	0.11	0.48
	SPO2	-0.27	0.08

*Due to the high correlation coefficient of depression score before and after the intervention (correlation=0.76) the depression score at baseline did not enter the regression model.