Online-only content for "The Efficacy of a Nurse-Led Breathing Training Program in Reducing Depressive Symptoms in Patients on Hemodialysis: A Randomized Controlled Trial" by Tsai and colleagues in the *American Journal of Nursing*, April 2015, p. 24-32.

Table 2. Demographic Characteristics and Parameters of Dialysis Treatment Adequacy Among Study Participants

Variables	Control Group (n = 25)	Intervention Group (n = 32)	Analyses
Demographics			
Age, mean ± SD, yr	61.08 ± 11.18	64.94 ± 9.51	$t = -1.41, P = 0.17$
BMI, mean ± SD	21.8 ± 2.98	23.67 ± 3.17	$t = 2.26, P = 0.03$
Sex, n (%)			$\chi^2 = 0.02, P = 0.88$
Male	12 (48)	16 (50)	
Female	13 (52)	16 (50)	
Educational level, n (%)			$\chi^2 = 1.29, P = 0.26$
Below senior high school	17 (68)	17 (53.1)	
Senior high school and above	8 (32)	15 (46.9)	
Marriage, n (%)			$\chi^2 = 0.14, P = 0.71$
Yes	21 (84)	28 (87.5)	
No	4 (16)	4 (12.5)	
Use of sleeping pills, n (%)			$\chi^2 = 0.004, P = 0.95$
Yes	8 (32)	10 (31.3)	
No	17 (68)	22 (68.7)	
Comorbidities			
Diabetes mellitus, n (%)			$\chi^2 = 1.12, P = 0.29$
Yes	16 (64)	16 (50)	
No	9 (36)	16 (50)	
Heart disease, n (%)			$\chi^2 = 1.48, P = 0.22$
Yes	15 (60)	14 (43.8)	
No	10 (40)	18 (56.3)	
Dialysis characteristics			
Frequency of dialysis, n (%)			$\chi^2 = 0.003, P = 0.95$
Twice per week	3 (12)	4 (12.5)	
Three times per week	22 (88)	28 (87.5)	
Dialysis shift, n (%)			$\chi^2 = 1.85, P = 0.4$
Morning	10 (40)	11 (34.4)	
Afternoon	6 (24)	13 (40.6)	
Evening	9 (36)	8 (25)	
Years of dialysis, mean ± SD	6.28 ± 5.1	5.72 ± 5.55	$t = 0.39, P = 0.7$
Vascular access, n (%)			$\chi^2 = 0.63, P = 0.73$
Arteriovenous fistula	20 (80)	28 (87.5)	
Arteriovenous graft	4 (16)	3 (9.4)	
Venous catheter	1 (4.2)	1 (3.1)	

Table 2. Continued

Variables	Control Group (n = 25)	Intervention Group (n = 32)	Analyses
Parameters of dialysis treatment adequacy			
Hematocrit, mean ± SD, %	30.17 ± 3.17	30.17 ± 3.96	$t = 0.002, P = 0.1$
Creatinine, mean ± SD, mg/dL	11.48 ± 2.72	11.34 ± 2	$t = 0.22, P = 0.82$
BUN, mean ± SD, mg/dL	85.36 ± 20.2	94.63 ± 32.18	$t = -1.26, P = 0.21$
Phosphate, mean ± SD, mg/dL	5.5 ± 1.39	5.71 ± 1.96	$t = -0.47, P = 0.64$
Albumin, mean ± SD, g/dL	3.9 ± 0.36	3.84 ± 0.34	$t = 0.56, P = 0.58$
Ferritin, mean ± SD, ng/mL	487.34 ± 337.63	350.74 ± 178.58	$t = 1.83, P = 0.08$
iPTH, mean ± SD, pg/mL	354.14 ± 337.37	296.92 ± 288.67	$t = 0.68, P = 0.5$
URR, mean ± SD, %	74.76 ± 6.77	73.7 ± 8.38	$t = 0.51, P = 0.61$
Kt/V, mean ± SD	1.66 ± 0.34	1.71 ± 0.42	$t = -0.46, P = 0.65$

BMI = body mass index; BUN = blood urea nitrogen; iPTH = intact parathyroid hormone; URR = urea reduction rate; Kt/V: K = dialyzer clearance of urea; t = dialysis time; V = volume of distribution of urea.