

**Table 3. Stress, Depression and Anxiety: Scores Pre-Post Intervention**

	<b>PwCF-Pre</b>	<b>PwCF-Post</b>	<b>Parents-Pre</b>	<b>Parents-Post</b>
<i>Stress Rating Scale, mean (SD)</i>	7.1 (1.8)	4.9 (1.8)	7.8 (2.6)	5.7 (1.9)
<i>PHQ-8, mean (SD)</i>	8.0 (4.3)	4.7 (3.2)	6.4 (3.8)	5.1 (3.6)
- No symptoms <i>n (%)</i>	4 (25)	7 (43.7)	6 (42.8)	5 (35.7)
- Mild, <i>n (%)</i>	5 (31.2)	8 (50)	4 (28.6)	7 (50)
- Moderate, <i>n (%)</i>	6 (37.5)	1 (6.3)	4 (28.6)	2 (14.3)
- Severe, <i>n (%)</i>	1 (6.3)	0 (0)	0 (0)	0 (0)
<i>GAD-7, mean (SD)</i>	6.9 (4.4)	5.6 (2.9)	8.1 (5.4)	7.9 (2.7)
- No symptoms, <i>n (%)</i>	4 (25)	4 (25)	3 (21.4)	3 (21.4)
- Mild, <i>n (%)</i>	9 (56.2)	11 (68.7)	5 (35.7)	7 (50)
- Moderate, <i>n (%)</i>	2 (12.5)	1 (6.3)	4 (28.6)	4 (28.6)
- Severe, <i>n (%)</i>	1 (6.3)	0 (0)	2 (14.3)	0 (0)

Abbreviations: *PwCF* = people with cystic fibrosis; *n* = number; *SD* = Standard Deviation; *PHQ-8*

= Patient Health Questionnaire-8 item; *GAD-7* = Generalized Anxiety Disorder 7-item.