

**Table 3. Changes From Baseline in Self-reported Quality of Life Ratings in 176 Study Participants After Following Two Different Bone-Health Plans for Six Months**

RATING SCALE 0=Not a problem 1=A MINOR problem 2=A MAJOR problem 3=A SEVERE problem	Baseline	Change	Repeated	RATING SCALE 0=Not a problem 1=A MINOR problem 2=A MAJOR problem 3=A SEVERE problem	Baseline	Change	Repeated
	Mean	from Baseline	Measures <i>P</i> Levels		Mean	from Baseline	Measures <i>P</i> Levels
Average Total Score	0.289	-0.001	0.958	25 Lupus*	0.031	0.000	N/A
01 Headaches	0.328	0.023	0.670	26 Irregular heartbeat	0.185	-0.040	0.277
02 Irritable bowel syndrome	0.215	0.059	0.171	27 Shortness of breath	0.131	-0.001	1.000
03 Arthritis	0.512	-0.015	0.725	28 Constipation or diarrhea	0.397	0.046	0.448
04 Premenstrual syndrome	0.156	0.025	0.435	29 Stomach gas or indigestion	0.411	-0.003	0.774
05 Recurring sinus infections	0.260	-0.038	0.355	30 Feeling weak	0.290	0.002	1.000
06 Tension fatigue syndrome	0.305	0.067	0.319	31 Eating too rapidly	0.346	-0.056	0.150
07 Recurrent anxiety	0.285	-0.010	0.854	32 Eating after being full	0.359	-0.051	0.251
08 Recurrent depression	0.275	0.000	1.000	33 Embarrassed about overeating	0.122	0.046	0.202
09 Insomnia	0.481	0.015	0.815	34 Depressed over eating habits	0.160	0.023	0.614
10 Low self esteem	0.260	-0.046	0.305	35 Depressed about my weight	0.374	0.008	0.887
11 Binge eating	0.176	0.092	0.064	36 Difficult to stop eating	0.214	0.002	1.000
12 Chronic tension	0.321	0.008	0.889	37 Worrying about the future	0.450	-0.050	0.624
13 Lack of energy	0.669	0.003	1.000	38 Unable to concentrate	0.481	-0.112	0.058
14 Food allergies	0.260	-0.044	0.258	39 Forgetfulness	0.588	-0.023	0.707
15 Feeling under stress	0.809	-0.008	0.916	40 Bad temper or quick to anger	0.244	-0.015	0.725
16 Cancer	0.031	0.008	0.656	41 Indigestion	0.214	-0.015	0.696
17 Prostate problems	0.057	-0.015	0.158	42 Diabetes	0.130	-0.031	0.250
18 Overeating	0.385	0.035	0.663	43 Vomiting	0.000	0.000	N/A
19 Stomach pain	0.099	0.084	0.048	44 Heartburn	0.208	0.008	0.858
20 Back pain	0.649	0.015	0.797	45 Esophageal reflux	0.214	-0.037	0.299
21 Pain in arms, legs or joints	0.656	-0.008	0.887	46 Control over my appetite	0.305	0.000	1.000
22 Menstrual pain or problems	0.160	-0.003	1.000	47 Ability to relax	0.443	0.015	0.794
23 Chest pain	0.085	-0.016	0.529	48 Heart disease	0.115	-0.023	0.319
24 Dizziness	0.154	0.022	0.566	49 Fibromyalgia	0.096	-0.013	0.259

\*At baseline, only one subject recorded a rating for Lupus and no one, including this subject, recorded any ending rating of Lupus precluding the calculation of a *P* value and making the rating irrelevant. It is our view that most likely the baseline rating was an error.