

Appendix 1. The effects of time and type of treatment on related indexes of evacuation and constipation in psyllium alone and psyllium + synbiotic groups.

Evacuation features	Effect	F	p-value	Effect size
Stool consistency	Group	5.11	0.026	0.044
	Time	107.7	< 0.001	0.49
	Interaction	31.92	< 0.001	0.223
Bulky stool	Group	0.198 ^a	0.656	-
	Time	59.045 ^a	< 0.001	-
	Interaction	27.99 ^a	< 0.001	-
Bloating severity	Group	6.24	0.014	0.053
	Time	31.42	< 0.001	0.221
	Interaction	16.48	< 0.001	0.129
Frequency of bowel movement	Group	2.77	0.099	0.024
	Time	48.41	< 0.001	0.304
	Interaction	8.48	0.001	0.071
Time: Lavatory per attempt (min)	Group	5.11	0.026	0.044
	Time	32.36	< 0.001	0.226
	Interaction	8.83	< 0.001	0.074
Difficulty: Painful evacuation effort	Group	0.755	0.387	0.007
	Time	47.40	< 0.001	0.299
	Interaction	13.89	< 0.001	0.111
Abdominal pain	Group	1.11	0.294	0.01
	Time	36.12	< 0.001	0.246
	Interaction	7.89	0.002	0.066
Completeness: Feeling incomplete evacuation	Group	0.370	0.544	0.003
	Time	41.53	< 0.001	0.272
	Interaction	24.71	< 0.001	0.182
Failure: Unsuccessful evacuation efforts/24 h	Group	0.071	0.786	0.001
	Time	6.91	0.003	0.059
	Interaction	5.25	0.011	0.045
Assistance: Type of assistance	Group	5.83	0.017	0.05
	Time	83.57	< 0.001	0.43
	Interaction	15.085	< 0.001	0.12
History: Duration of constipation (year)	Group	T= - 0.69	0.491	0.13
Total score	Group	1.58	0.212	0.014
	Time	111.007	< 0.001	0.50
	Interaction	30.86	< 0.001	0.22

^a Wald Chi-square. Significant values (< 0.05) are bold.

Appendix 2. Comparison of evacuation and constipation features in psyllium + synbiotic versus sole administration of synbiotic.

Evacuation and constipation features	Psyllium + Synbiotic	Synbiotic	<i>p</i> -value*
	4 th week	6 th week	
Stool consistency	1.06 ± 3.76	1.39 ± 4.43	< 0.001
Bulky stool	43 (74.1%)	47 (82.5%)	0.096
Bloating severity	1.64 ± 0.77	1.51 ± 0.78	0.301
Frequency of bowel movement	1.0 ± 0.92	0.64 ± 1.03	0.005
Time: Lavatory per attempt (min)	0.79 ± 0.64	0.41 ± 0.68	0.001
Difficulty: Painful evacuation effort	1.09 ± 1.11	0.79 ± 1.17	0.084
Abdominal pain	1.17 ± 1.17	0.82 ± 1.21	0.045
Completeness: Feeling incomplete evacuation	1.38 ± 1.40	1.20 ± 1.42	0.511
Failure: Unsuccessful evacuation efforts/24 h	0.90 ± 0.45	0.61 ± 0.59	0.004
Assistance: Type of assistance	0.15 ± 0.49	0.13 ± 0.43	0.699
Total score	8.41 ± 4.1	6.63 ± 5.02	0.009

Data are expressed as mean ± SD and frequency (%). Significant values (< 0.05) are bold.

*Comparison of the 4th week with the 6th week of psyllium + synbiotic by Dependent t-test.