

Table 1. Participants' properties at baseline

Variables	Spirulina group (n = 36)	Placebo group (n = 37)	<i>p</i> ^a
Age(years)	11.67±37.77	39.48 ± 11.03	0.52
Sex (female/male)	18/18	20/17	0.72
Height (cm)	166.73 ± 8.38	165.37 ± 8.82	0.50
Weight (kg)	75.33 ± 13.59	69.72 ± 14.54	0.43
BMI (kg/m2)	26.01 ± 4.41	25.61 ± 5.05	0.73
WC (cm)	89.83 ± 11.46	87.56 ± 11.06	0.39
HC (cm)	9418 ± 18.83	96.81 ± 11.80	0.47
NC (cm)	36.72 ± 3.99	35.30 ± 3.97	0.30
SBP (mmHg)	11.87 ± 0.90	11.78 ± 1.66	0.77
DBP (mmHg)	7.97 ± 1.16	7.97 ± 1.16	0.74
Disease duration (year)	7.16 ± 5.59	5.21 ± 5.02	0.12
Dose of Mesalazine (mg/day)	2277.77 ± 1614.41	1959.45 ± 1180.73	0.41
Sleep quality score	11.11 ± 6.55	11.45 ± 6.02	0.81
Anxiety score	15.83 ± 12.57	16.45 ± 10.50	0.81
Stress score	22.00 ± 10.48	20.43 ± 9.54	0.51
Depression score	16.72 ± 12.74	16.91 ± 11.28	0.94
Fatigue score	33.55 ± 13.53	35.02 ± 11.57	0.61
Family history n (%)	8 (22.2)	7 (18.9)	0.72
Current medication n (%)			
Mesalazine (oral)	30 (83.3)	32 (86.4)	0.23
Mesalazine (rectal)	11 (30.5)	12 (32.4)	0.32
Sulfasalazine	6 (16.6)	3 (8.1)	0.69
Prednisolone	3 (8.3)	3 (8.1)	0.35
Azathioprine	6 (16.6)	5 (13.5)	0.62

Note: Variables are expressed as mean ± SD. Abbreviations: BMI, Body mass index; WC, Waist circumference; HC, Hip circumference; NC, Neck circumference; SBP, Systolic Blood Pressure; DBP, diastolic blood pressure . ^a p values resulted from independent t tests for quantitative and Chi-square for qualitative variables between the two groups.