

Supplementary Online Content

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eTable. Untransformed means and standard deviations for cholesterol and inflammatory markers.

eFigure. Post-intervention cardiovascular risk measures.

This supplementary material has been provided by the authors to give readers additional information about their work.

eTable. Untransformed means and standard deviations for cholesterol and inflammatory markers

	Baseline M (SD)	Post M (SD)
IL-6 (pg/ml)		
Intervention	1.06 (0.65)	0.83 (0.66)
Control	1.25 (1.72)	1.33 (1.48)
CRP (mg/L)		
Intervention	0.62 (0.76)	0.37 (0.39)
Control	0.76 (1.15)	1.13 (2.87)
Cholesterol (mg/dL)		
Intervention	116.90 (31.16)	139.89 (21.07)
Control	118.74 (39.38)	150.99 (30.52)

eFigure. Post-Intervention Cardiovascular Risk Measures

Differences between intervention (volunteering) and control (wait-list) groups at post-intervention (4 months after baseline) on: (A) interleukin-6 (IL-6); (B) C-reactive protein (CRP); (C) total cholesterol; and (D) body mass index (BMI). Values were log-transformed for IL-6, CRP, and cholesterol. Values shown represent baseline adjusted means and standard errors. No statistically significant differences between intervention and control groups were found on any of the above measures at baseline.

