**Supplementary Table 1. RAND 36 at baseline, 4 weeks and 12 months postoperatively as randomised.** Mean values for the eight domains in RAND-36.

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **CONTROL** | | | | | | **INTERVENTION** | | | | | |
| **Baseline** | | **4 weeks** | | **12 months** | | **Baseline** | | **4 weeks** | | **12 months** | |
| **DOMAIN** | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD | Mean | SD |
| **Physical functioning** | 85.64 | 18.8 | 82.25 | 19.2 | 82.81 | 20.4 | 87.73 | 15.2 | 86.91 | 14.2 | 85.04 | 16.9 |
| **Social functioning** | 82.40 | 21.5 | 78.58 | 23.0 | 83.87 | 22.8 | 82.73 | 23.2 | 76.81 | 26.1 | 81.30 | 24.7 |
| **Role limitations due to physical health** | 76.19 | 37.3 | 47.46 | 44.6 | 70.21 | 40.2 | 82.97 | 31.4 | 54.77 | 42.4 | 71.11 | 38.0 |
| **Role limitations due to emotional problems** | 73.02 | 36.2 | 65.21 | 41.4 | 76.87 | 35.2 | 74.45 | 36.2 | 70.48 | 40.4 | 75.98 | 37.6 |
| **Emotional well-being** | 68.05 | 19.3 | 71.80 | 19.1 | 75.92 | 18.4 | 69.17 | 20.1 | 72.00 | 21.5 | 76.12 | 19.4 |
| **Energy/fatigue** | 65.54 | 19.4 | 62.90 | 21.5 | 65.14 | 23.5 | 65.18 | 22.9 | 65.69 | 23.6 | 63.69 | 23.5 |
| **Pain** | 81.95 | 23.3 | 69.50 | 23.6 | 76.86 | 27.9 | 82.02 | 21.8 | 70.49 | 24.8 | 74.66 | 27.5 |
| **General health** | 67.28 | 19.8 | 69.40 | 69.4 | 67.65 | 23.0 | 65.22 | 19.4 | 71.19 | 20.4 | 66.57 | 22.4 |

SD: Standard deviation