File 3. Outcomes and assessment period

| **Variable** | **Objective measurement** | **Patient-reported outcome measures (PROM)** | **Baseline****(1 week pre-****surgery)** | **3 months post-****surgery** | **6 months post-****surgery** | **1-year post-****surgery** |
| --- | --- | --- | --- | --- | --- | --- |
| Baseline information |
| Age |  | Questionnaire | X |  |  |  |
| Gender |  | Questionnaire | X |  |  |  |
| Height |  | Questionnaire | X |  |  |  |
| Weight |  | Questionnaire | X |  |  |  |
| Employment |  | Questionnaire | X |  |  |  |
| Smoking |  | Questionnaire | X |  |  |  |
| Duration of symptoms |  | Questionnaire | X |  |  |  |
| Other back surgeries |  | Questionnaire | X |  |  |  |
| Comorbidities |  | Charlson Comorbidity Index | X |  |  |  |
| Educational level |  | Questionnaire | X |  |  |  |
| Diagnosis | Medical record |  | X |  |  |  |
| Type of surgery | Medical record |  | X |  |  |  |
| Primary outcome |
| Sedentary Behaviour | Accelerometer (SENS) |  | X | X |  | X |
| Secondary outcomes |
| Disability |  | Ostwestry Disability Index (ODI)Questionnaire  | X | X | X | X |
| Pain |  | Visual Analogue Scale (VAS)Questionnaire  | X | X | X | X |
| Fear of movement |  | Short version of Tampa Scale of Kinesiophobia (TSK-11)Questionnaire | X | X | X | X |
| Confidence in exercise |  | Self-efficacy for exercise Scale (SEES)Questionnaire | X | X | X | X |
| Quality of life |  | Quality of life survey (EQ-5D) Questionnaire  | X | X | X | X |
| Patient satisfaction with results of the surgery |  | Questionnaire |  | X | X | X |