



Supplementary Material

10.1302/2633-1462.43.BJO-2022-0161.R2

Table i. EuroQol five-dimension five-level descriptive system scores.

Component	Control n (%)	Intervention n (%)	Between- group comparis on p-value
Mobility			
Baseline	n = 30	n = 29	
No/slight problem	16 (53.3)	10 (34.5)	0.145
Moderate – extreme problem	14 (46.7)	19 (65.5)	
1 month	n = 30	n = 29	
No/slight problem	21 (70.0)	17 (58.6)	0.361
Moderate – extreme problem	9 (30.0)	12 (41.4)	
6 months	n = 30	n = 29	
No/slight problem	20 (66.7)	18 (62.1)	0.712
Moderate – extreme problem	10 (33.3)	11 (37.9)	
12 months	n = 29	n = 29	
No/slight problem	17 (58.6)	18 (62.1)	0.788
Moderate – extreme problem	12 (41.4)	11 (37.9)	
Self-care			
Baseline	n = 30	n = 29	
No/slight problem	24 (80.0)	25 (86.2)	0.731
Moderate – extreme problem	6 (20.0)	4 (13.8)	
1 month	n = 30	n = 29	
No/slight problem	28 (93.3)	28 (96.6)	> 0.999
Moderate – extreme problem	2 (6.7)	1 (3.4)	

6 months	n = 30	n = 29	
No/slight problem	26 (86.7)	28 (96.6)	0.353
Moderate – extreme problem	4 (13.3)	1 (3.4)	
12 months	n = 29	n = 29	
No/slight problem	26 (89.7)	27 (93.1)	> 0.999
Moderate – extreme problem	3 (10.3)	2 (6.9)	
Usual activities			
Baseline	n = 30	n = 29	
No/slight problem	13 (43.3)	9 (31.0)	0.329
Moderate – extreme problem	17 (56.7)	20 (69.0)	
1 month	n = 30	n = 29	
No/slight problem	22 (73.3)	17 (58.6)	0.233
Moderate – extreme problem	8 (26.7)	12 (41.4)	
6 months	n = 30	n = 29	
No/slight problem	20 (66.7)	16 (55.2)	0.365
Moderate – extreme problem	10 (33.3)	13 (44.8)	
12 months	n = 29	n = 29	
No/slight problem	19 (65.5)	19 (65.5)	> 0.999
Moderate – extreme problem	10 (34.5)	10 (34.5)	
Discomfort			
Baseline	n = 30	n = 29	
No/slight problem	6 (20.0)	2 (6.9)	0.254
Moderate – extreme problem	24 (80.0)	27 (93.1)	
1 month	n = 30	n = 29	
No/slight problem	14 (46.7)	13 (44.8)	0.887
Moderate – extreme problem	16 (53.3)	16 (55.2)	
6 months	n = 30	n = 29	
No/slight problem	15 (50.0)	14 (48.3)	0.895
Moderate – extreme problem	15 (50.0)	15 (51.7)	
12 months	n = 29	n = 29	
No/slight problem	12 (41.4)	15 (51.7)	0.430
Moderate – extreme problem	17 (58.6)	14 (48.3)	
Anxiety			
Baseline	n = 30	n = 29	
No/slight problem	21 (70.0)	20 (69.0)	0.931
Moderate – extreme problem	9 (30.0)	9 (31.0)	

1 month	n = 30	n = 29	
No/slight problem	25 (83.3)	23 (79.3)	0.748
Moderate – extreme problem	5 (16.7)	6 (20.7)	
6 months	n = 30	n = 29	
No/slight problem	27 (90.0)	21 (72.4)	0.104
Moderate – extreme problem	3 (10.0)	8 (27.6)	
12 months	n = 29	n = 29	
No/slight problem	22 (75.9)	23 (79.3)	0.753
Moderate – extreme problem	7 (24.1)	6 (20.7)	

Table ii. EuroQol five-dimension five-level visual analogue scale scores.

Score	Control	Intervention	Between-group comparison on p-value
Baseline	n = 30	n = 29	
Median (IQR)	73 (50 to 85)	70 (60 to 80)	0.825
1 month	n = 30	n = 29	
Median (IQR)	80 (60 to 90)	80 (65 to 90)	0.783
6 months	n = 30	n = 29	
Median (IQR)	80 (65 to 90)	70 (55 to 80)	0.124
12 months	n = 29	n = 29	
Median (IQR)	80 (70 to 90)	70 (55 to 90)	0.121

IQR, interquartile range; VAS, visual analogue scale.

Table iii. Hospital Anxiety and Depression Scale scores.

Scale	As a continuous variable			As a categorical variable (scores ≥ 8)		
	Group 1 Median (IQR)	Group 2 Median (IQR)	Comparison between groups (p-value)	Group 1 n (%)	Group 2 n (%)	Comparison between groups (p-value)
Anxiety						
Baseline	6 (1 to 11)	6 (5 to 11)	0.653	11 (36.7)	11 (37.9)	0.920
1 month	5 (1 to 9)	4 (2 to 9)	0.927	10 (33.3)	8 (27.6)	0.632
6 months	4 (0 to 7)	7 (3 to 9)	0.051	6 (20.0)	12 (41.4)	0.075
12 months	4 (1 to 7)	4 (2 to 9)	0.469	5 (16.7)	9 (31.0)	0.195
Depression						
Baseline	4 (2 to 7)	5 (3 to 10)	0.240	7 (23.3)	9 (31.0)	0.506
1 month	3 (1 to 7)	4 (2 to 6)	0.567	6 (20.0)	7 (24.1)	0.701
6 months	3 (1 to 6)	4 (2 to 6)	0.163	3 (10.0)	7 (24.1)	0.148
12 months	3 (1 to 6)	4 (1 to 6)	0.675	4 (13.3)	6 (20.7)	0.451

IQR, interquartile range.