

Table 3 SF-36 questionnaire at baseline, 8weeks, 6months and 12months using repeated measures ANOVA. Values are mean (SE) and Confidence Intervals (CI)
SF-36 non-normalized scores. Higher scores indicate improvement

	BL	8wks	6mths	12mths	F-value	p-value	1) Improvement at 12months 2) 95% (CI) of improvement 3) Effect Size BL to 12months		
SF36 (0 to 100)							1	2	3
Physical Function	47.62 (2.47)	52 (2.58)	56.18 (2.58)	55.36 (3.1)	3, 201	<0.001	7.73	(2.7 to 12.7)	0.3
Role Physical	29.77 (4.54)	41.54 (4.87)	43.01 (4.99)	46.69 (5.23)	3, 201	0.004	16.91	(7.2 to 26.5)	0.4
Bodily pain	35.5 (1.85)	40.39 (2.06)	41.52 (2.52)	43.67 (2.49)	3, 201	0.017	8.147	(3.03 to 13.2)	0.5
General Health	63.72 (2.58)	67.05 (2.25)	69.13 (2.57)	69.79 (2.5)	3, 201	0.018	6.07	(1.5 to 10.5)	0.3
Vitality	50.41 (2.74)	56.38 (2.1)	57.3 (2.41)	60.7 (2.58)	3, 201	<0.001	10.3	(5.2 to 15.3)	0.4
Social Function	69.64 (3.04)	78.67 (2.46)	76.72 (2.81)	79.98 (2.72)	3, 201	0.002	10.3	(4.8 to 15.7)	0.4
Role Emotional	53.97 (5.31)	66.14 (4.81)	71.05 (4.98)	73.01 (4.8)	3, 201	0.002	19.04	(9.1 to 28.9)	0.4
Mental Health	71.02 (2.25)	77.11 (1.7)	79 (1.9)	78.73 (2.11)	3, 201	<0.001	7.7	(3.6 to 11.7)	0.4