



Figure 1. Box-plots showing men and women's scores (median, lower- and higher quartiles) on Health-related quality of life at baseline and at six-month follow-up ($n = 76$).

^a Significant differences ($P < 0.05$) within groups between the two time points (paired-samples t -test).

No significant differences ($P < 0.05$) between groups at baseline or at six-month follow-up (independent-samples t -test).