Table 3 Bivariate relationships (Pearson's *r*) and stepwise linear regression analysis (standardized beta coefficients β). EQ-VAS at baseline six- and at 12- months follow-up scores as dependent variables.

Independent variables	EQ baseline			EQ 12-month follow-up		
	(*N* = 76)			(*N*= 67)		
	r	β	*P*	*r*	β	*P*
Step 1. Sociodemographic characteristics						
Age (years)	-0.20	-0.04	0.75	-0.09	-0.11	0.33
Sex (men as reference)	-0.12	-0.10	0.43	-0.25*	-0.22	0.06
Work status (no paid work as ref.)	0.24*	0.33	0.02	0.34*	0.27	0.03
Explained variance (R^2)		**15.2%**	**0.03**		**14.9%**	**0.02**
Step 2. Health behaviour						
Levels of physical activity (0-4)	0.26*	0.06	0.65	0.20	0.16	0.20
Explained variance (R^2)		**18.3%**			**17.3%**	
Change of variance (R^2 – change)		**3.1%**	**0.16**		**2.4%**	**0.19**
Step 3. Environmental characteristics						
Social support (from close persons)(1-5)	0.28*	0.31	0.02	0.29*	0.33	0.005

Explained variance (R^2)		27.9%			25.7%	
Change of variance (R^2 – change)		9.6%	0.01		8.4%	0.01*
Step 4. Personal factors						
Self-esteem (RSES-4)	-0.19	0.04	0.82	-0.06	0.04	0.74
(high scores=lower self-esteem)						
Self-efficacy (GSE)	0.24*	0.21	0.15	0.20	0.18	0.15
Coping style (BACQ) (avoidance as ref.)	0.34*	-0.09	0.58	-0.04	-0.16	0.26
Explained variance (R^2)		31.2%			31.0%	
Change of variance (R^2 – change)		3.3%	0.51		5.3%	0.24
Step 5. Illness perception						
Illness impact	-0.44*	-0.08	0.56	-0.22*	-0.08	0.54
Explained variance (R^2)		31.6%			32.1%	
Change of variance (R^2 – change)		0.5%	0.56		1.1%	0.35
Step 6. Treatment						
Surgery (no= reference)				0.24*	0.35	0.003*

Explained variance (R^2)	**42.0%**	
Change of variance (R^2 – change)	**9.9%**	**0.003**

* $P < 0.05$

Note: High EQ scores represent high health-related quality of life.