

Online supplementary file S5

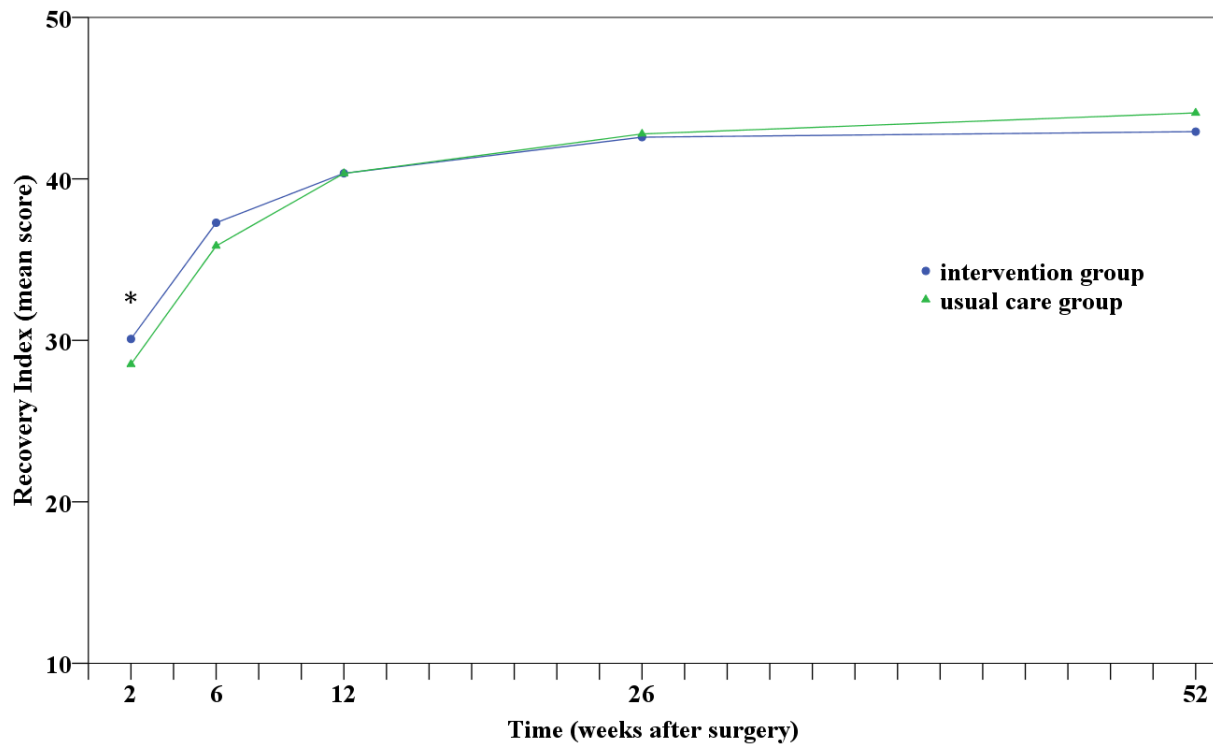
Secondary outcomes

Recovery	Mean score		Mean difference	P-value
	UC	IC		
2 weeks	28.61	30.07	1.46	0.046 *
6 weeks	35.95	37.25	1.30	0.079
12 weeks	40.42	40.47	0.05	0.951
26 weeks	42.86	42.97	0.11	0.889
52 weeks	44.16	43.33	-0.83	0.267

Recovery measured by the Recovery Index, range 10 – 50, with a score of 50 indicating perfect recovery.

Linear mixed model including fixed effects for group allocation, type of surgery, time since surgery, an interaction between group allocation and time since surgery and baseline value, as well as random effects for hospital and patients nested within hospitals.

UC, usual care; IC, intervention care.

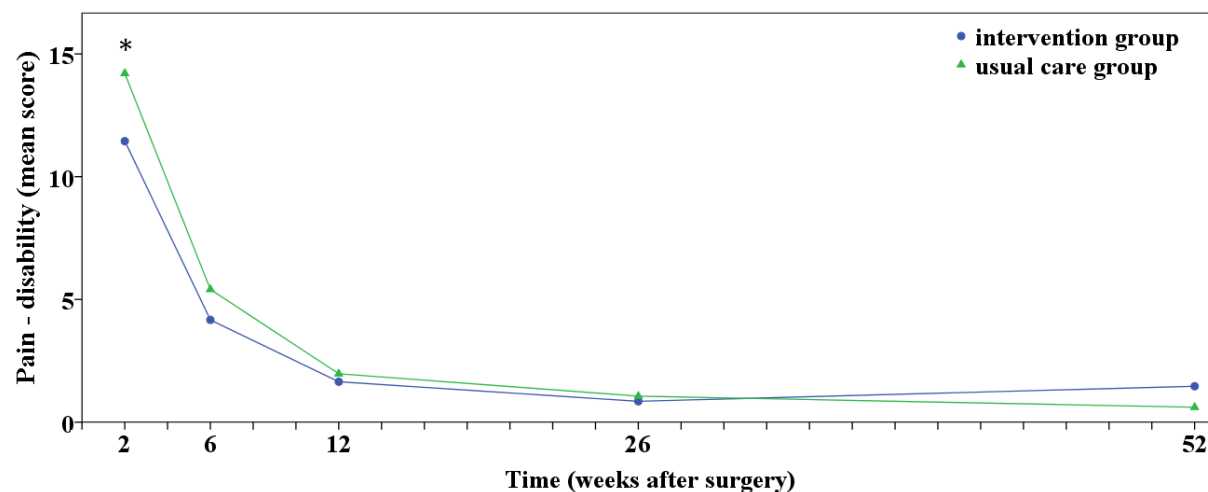
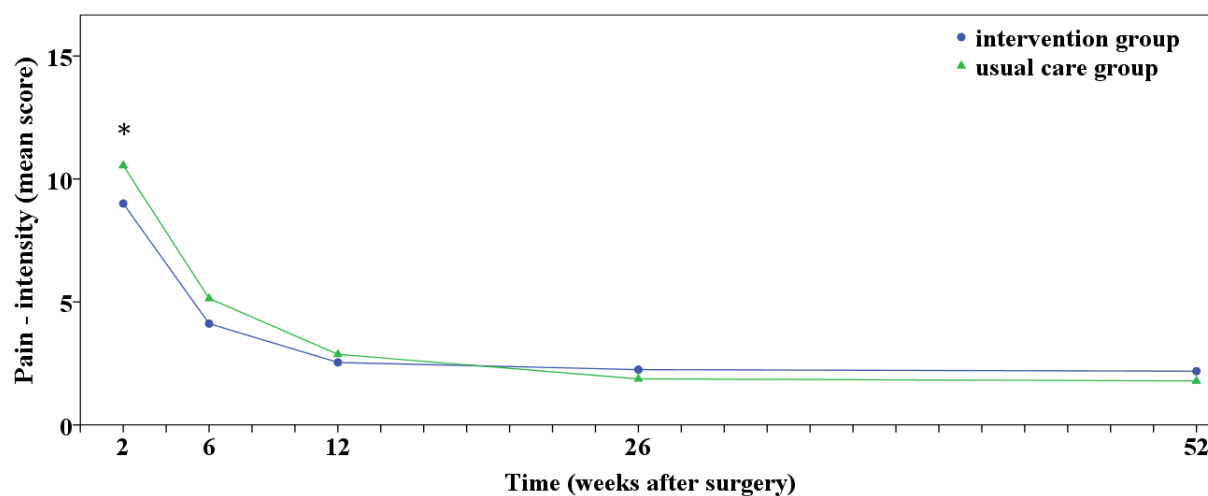


Pain	Mean score		Mean difference	P-value
	UC	IC		
<i>Intensity score</i>				
2 weeks	10.55	9.20	-1.35	0.014 *
6 weeks	5.14	4.35	-0.79	0.158
12 weeks	2.88	2.72	-0.16	0.777
26 weeks	1.87	2.27	0.40	0.483
52 weeks	1.79	2.14	0.35	0.531
<i>Disability score</i>				
2 weeks	14.23	11.83	-2.40	0.000 *
6 weeks	5.41	4.46	-0.95	0.139
12 weeks	1.98	1.77	-0.21	0.751
26 weeks	1.05	0.93	-0.12	0.851
52 weeks	0.61	1.39	0.78	0.235

Pain measured by the Von Korff questionnaire, range 10 – 100, with higher scores indicating higher levels of pain intensity / disability.

Linear mixed model including fixed effects for group allocation, type of surgery, time since surgery, an interaction between group allocation and time since surgery, as well as random effects for hospital and patients nested within hospitals.

UC, usual care; IC, intervention care.



Health Status	Mean score		Mean difference	P-value
	UC	IC		
<i>Physical Component Scale</i>				
12 weeks	52.25	53.26	1.01	0.111
26 weeks	56.41	55.52	-0.89	0.169
52 weeks	57.06	56.16	-0.90	0.159
<i>Mental Component Scale</i>				
12 weeks	51.31	50.12	-1.19	0.146
26 weeks	52.02	50.89	-1.13	0.179
52 weeks	51.48	50.69	-0.79	0.339

Health status measured by the Short-Form Health Survey, range 0 – 100, with higher scores indicating a better health state.

Linear mixed model including fixed effects for group allocation, type of surgery, time since surgery, an interaction between group allocation and time since surgery and baseline value, as well as random effects for hospital and patients nested within hospitals.

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Coping	Mean score		Mean difference	P-value
	UC	IC		
2 weeks	27.38	26.88	-0.50	0.243
12 weeks	28.32	27.72	-0.60	0.181
52 weeks	28.85	27.76	-1.09	0.015

Coping measured by the Pearlin Mastery Scale, range 7 – 28, with higher scores indicating greater levels of mastery.

Linear mixed model including fixed effects for group allocation, type of surgery, time since surgery, an interaction between group allocation and time since surgery, as well as random effects for hospital and patients nested within hospitals.

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Self-efficacy	Mean score		Mean difference	P-value
	UC	IC		
2 weeks	32.54	32.42	-0.12	0.811
12 weeks	33.75	33.52	-0.23	0.656
26 weeks	33.89	34.07	0.18	0.717
52 weeks	34.34	34.54	0.20	0.687

Self-efficacy measured by the General Self-Efficacy Scale, range 10 – 40, with higher scores indicating higher perceived self-efficacy.

Linear mixed model including fixed effects for group allocation, type of surgery, time since surgery, an interaction between group allocation and time since surgery, as well as random effects for hospital and patients nested within hospitals.

UC, usual care; IC, intervention care.