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| **S1 Table. Distribution of EQ-5D dimension responses at baseline and 6 months (n = 189).** |
| Dimension | Baseline n (%) | 6 months after randomisation n (%) | *P* value a (6 months after randomisation minus baseline) |
| **Mobility** |  |  | <0.01 |
| No problems | 75 (40) | 93 (49) |
| Slight problems | 39 (21) | 41 (22) |
| Moderate problems | 46 (24) | 29 (15) |
| Severe problems | 27 (14) | 25 (13) |
| Unable to walk about | 2 (1) | 1 (1) |
| **Self-care** |  |  | <0.01 |
| No problems | 129 (68) | 143 (76) |
| Slight problems | 42 (22) | 25 (13) |
| Moderate problems | 14 (7) | 20 (11) |
| Severe problems | 4 (2) | 1 (1) |
| Unable to wash or dress | - | - |
| **Usual activities** |  |  | <0.01 |
| No problems | 76 (40) | 95 (50) |
| Slight problems | 57 (30) | 47 (25) |
| Moderate problems | 5 (19) | 26 (14) |
| Severe problems | 18 (10) | 19 (10) |
| Unable to do usual activities | 3 (2) | 2 (1) |
| **Pain/discomfort** |  |  | <0.01 |
| No pain or discomfort | 35 (19) | 57 (30) |
| Slight pain or discomfort | 65 (34) | 64 (34) |
| Moderate pain or discomfort | 47 (25) | 34 (18) |
| Severe pain or discomfort | 33 (17) | 31 (16) |
| Extreme pain or discomfort | 9 (5) | 3 (2) |
| **Anxiety/depression** |  |  | <0.01 |
| Not anxious or depressed | 90 (48) | 101 (53) |
| Slightly anxious or depressed | 62 (33) | 55 (29) |
| Moderately anxious or depressed | 33 (17) | 24 (13) |
| Severely anxious or depressed | 3 (2) | 6 (3) |
| Extremely anxious or depressed | 1 (1) | 3 (2) |