

Table SI. Additional secondary outcomes

	Baseline Values							
	All patients (n = 48)	Complete follow-up (n=35)	3 months (n=19-26)	p-value	9 months (n =26-28)	p-value	21 months (n =25-33)	p-value
Additional secondary outcomes								
Physical Activity								
SGPALS								
n (%)								
Physically inactive	7 (18)	6 (21)	5 (22)	-	4 (15)	-	6 (18)	-
Some light physical activity	25 (66)	17 (61)	13 (56)	-	17 (63)	-	20 (61)	-
Regular physical activity and training	6 (16)	5 (18)	5 (22)	-	5 (18)	-	7 (21)	-
Regular hard physical training for competitive sports	0 (0)	0 (0)	0 (0)	-	1 (4)	-	0 (0)	-
Self-efficacy								
ASES Pain (10-100) median (Q1-Q3; min-max)	49 (34-66; 10-88)	48 (32-67; 10-88)	67 (42-80; 20-100)	0.025* ^b	56 (46-70; 12-100)	1.0 ^b	46 (33-62; 10-95)	1.0 ^b
ASES Other Symptoms (10-100) median (Q1-Q3; min-max)	55 (39-70; 13-80)	60 (42-70; 13-80)	68 (53-80; 23-93)	0.04* ^b	62 (52-83; 30-100)	0.12 ^b	56 (40-68; 10-90)	1.0 ^b
SEE (0-90) median (Q1-Q3; min-max)	62 (41-75; 8.0-90)	63 (43-76; 8-90)	71 (47-84; 10-90)	0.85 ^b	66 (37-88; 4-90)	1.0 ^b	65 (40-84; 7-90)	0.73 ^b
Kinesiophobia								
TAMPA (17-68) median (Q1-Q3; min-max)	37 (30-43; 23-59)	36 (29-43; 23-52)	32 (28-36; 22-50)	0.9 ^b	32 (29-38; 20-56)	0.43 ^b	31 (25-41; 20-56)	0.32 ^b
TAMPA cut-off > 37 n (%)	19 (51)	13 (48)	6 (24)	-	8 (29)	-	9 (30)	-

Analyses are relative to baseline values. Percentages are based on available data. *p-value significant when < 0.05. p-values are Bonferroni-corrected for multiple comparisons throughout all tests. ^asymmetrical distribution, mean (SD), and t-test for mean comparison. ^bnot symmetrical distribution, median (Q1-Q3; min-max) used for descriptive statistics and Wilcoxon signed rank test for median comparison.

SGPALS: Saltin-Grimby Physical Activity Level Scale; ASES: Arthritis Self-Efficacy Scale; SEE: Self-Efficacy for Exercise Scale; TAMPA: The TAMPA Scale of Kinesiophobia. Higher scores on SGPALS, SEE, and ASES indicate higher self-reported physical activity and more self-efficacy. Higher scores on TAMPA indicate more kinesiophobia.