**Table 1: Mean EQ-5D and PAM scores pre and post intervention.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Pre-intervention | Post-intervention | Paired T-test | P-value |
| EQ-5D score | N = 170.232 (0.076 to 0.387) | N = 170.369 (0.201 to 0.538) | -3.13 | 0.007 |
| EQ-5D VAS | N = 2061.6 (49.6 to 73.6) | N = 2067.6 (57.1 to 78.1) | -0.98 | 0.337 |
| PAM score | N = 1755.9 (48.8 to 62.9) | N = 1767.5 (58.0 to 76.9) | -3.85 | 0.001 |

**Table 2: Mean ADAPSS and PMnac scores over time**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | WS1 | WS2 | WS3 | WS4 | ANOVA | p-value |
| ADAPSS score (N = 16) | 21.9 (19.58 to 24.4) | 21.4 (18.5 to 24.4) | 21.8 (19.4 to 24.3) | 24.3 (22.5 to 26.1) | F3,68 = 1.92 | 0.135 |
| PMnac score(N = 14) | 16.3(14.7 to 17.8) | 14.9 (12.6 to 17.2) | 15.4(13.4 to 17.5) | 16.0 (14.5 to 17.5) | F3,65 = 0.23 | 0.876 |



