**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 = 17  0.232 (0.076 to 0.387) | N = 17  0.369 (0.201 to 0.538) | -3.13 | 0.007 |
| EQ-5D VAS | N = 20  61.6 (49.6 to 73.6) | N = 20  67.6 (57.1 to 78.1) | -0.98 | 0.337 |
| PAM score | N = 17  55.9 (48.8 to 62.9) | N = 17  67.5 (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 |



