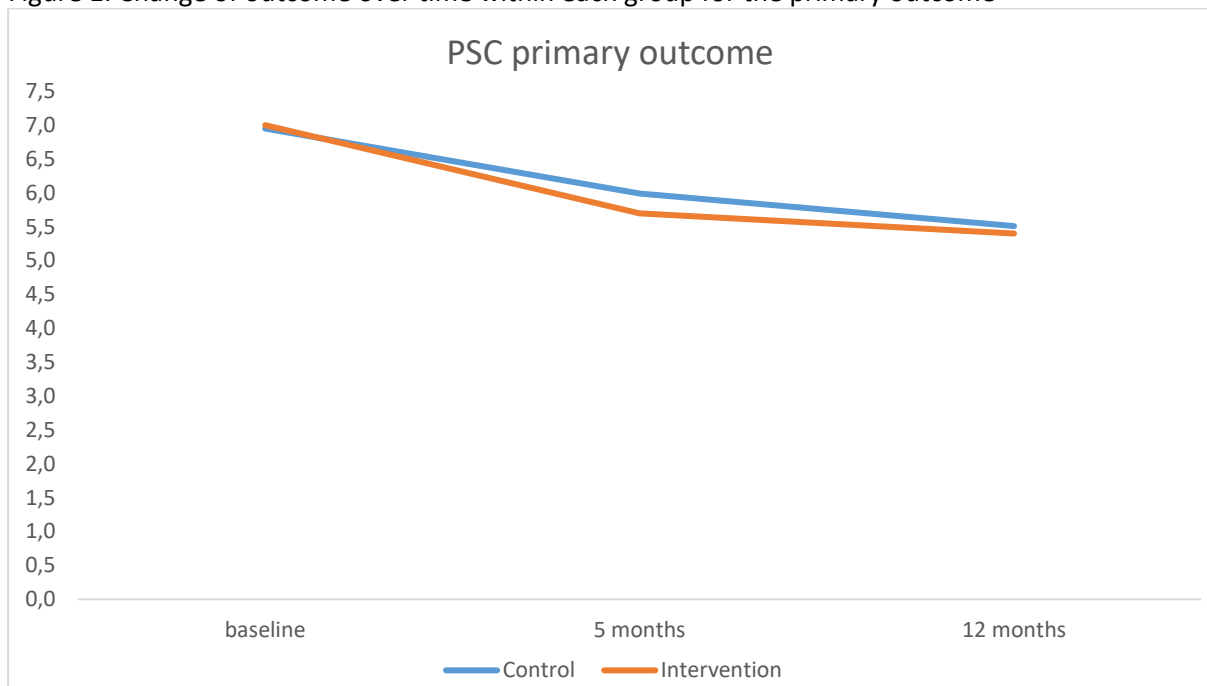


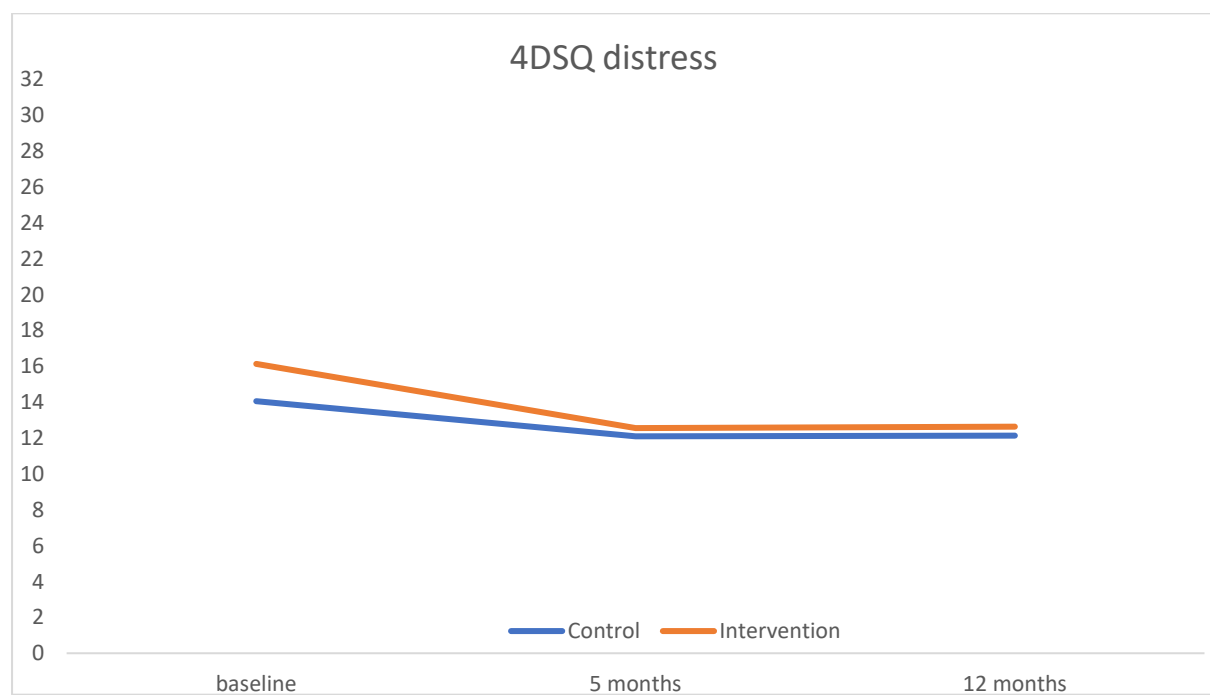
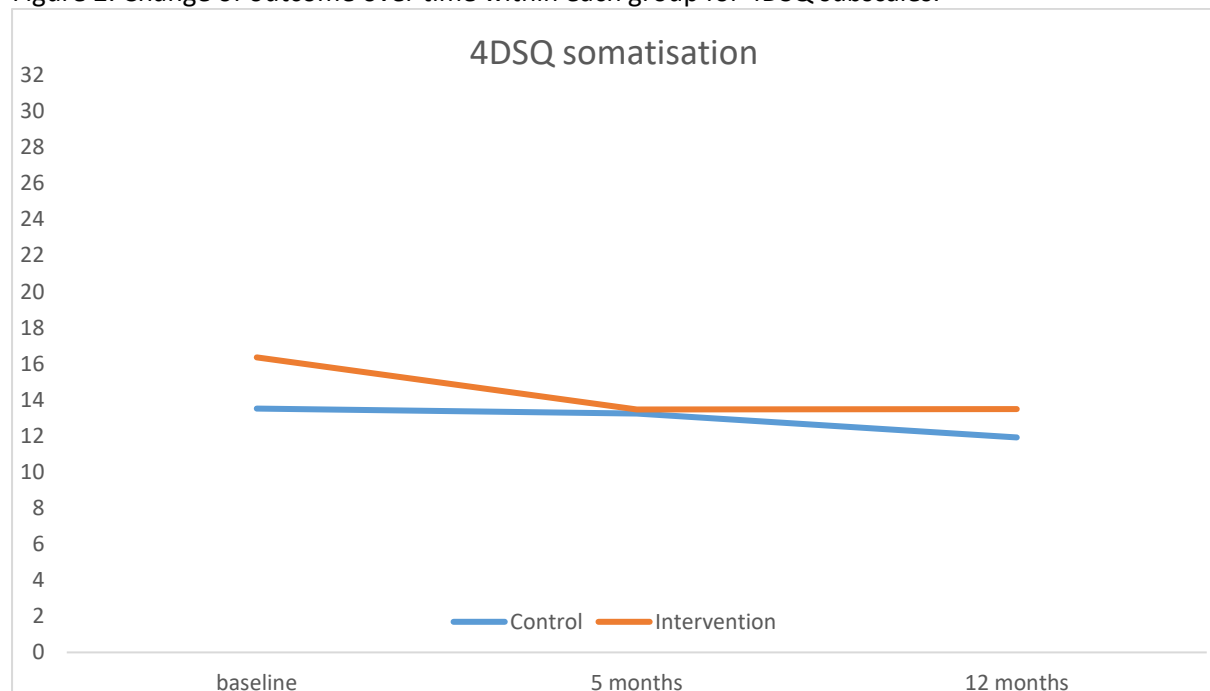
Appendix D. Figures regarding the change of outcome for primary and secondary outcomes, over the time within each group.

Figure 1. Change of outcome over time within each group for the primary outcome

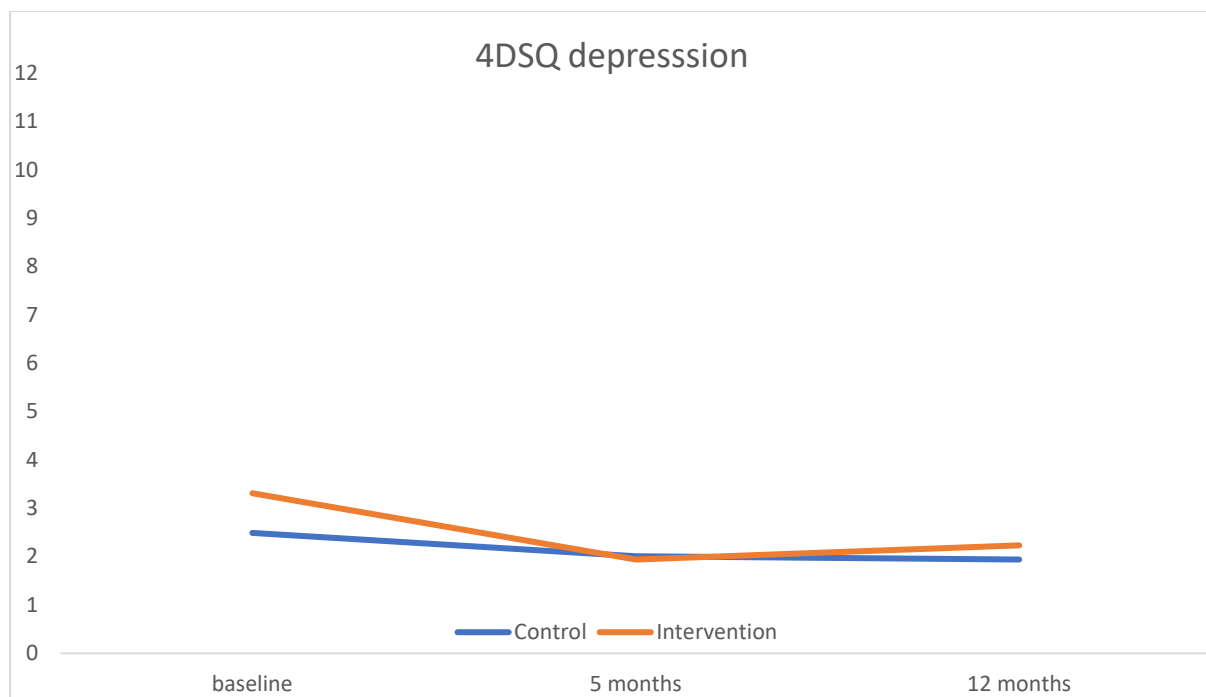


PSC = Patient Specific Complaint instrument (0-10; 0 represents 'not a problem at all' and 10 'impossible'), higher scores reflect more problems with the activity.

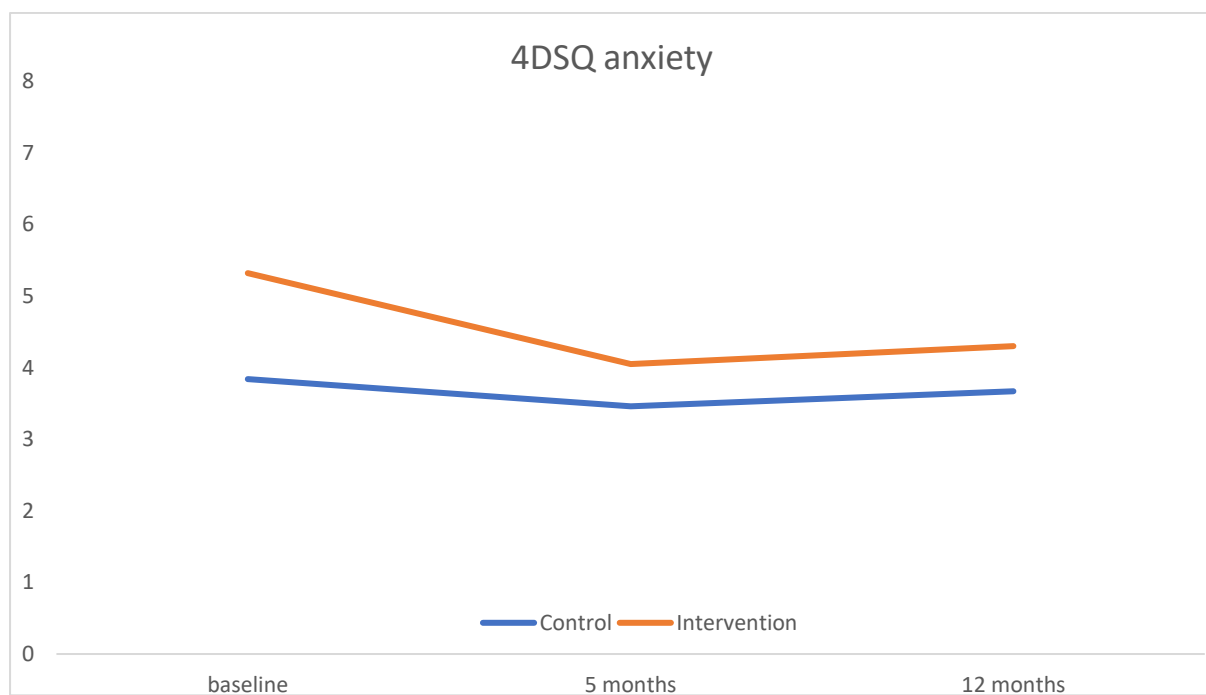
Figure 2. Change of outcome over time within each group for 4DSQ subscales.



4DSQ = 4 Dimensional Symptom Questionnaire (higher scores represent worse health); distress and somatisation range 0-32 (low: 0-10; moderate: 11-20; high: 21-32).

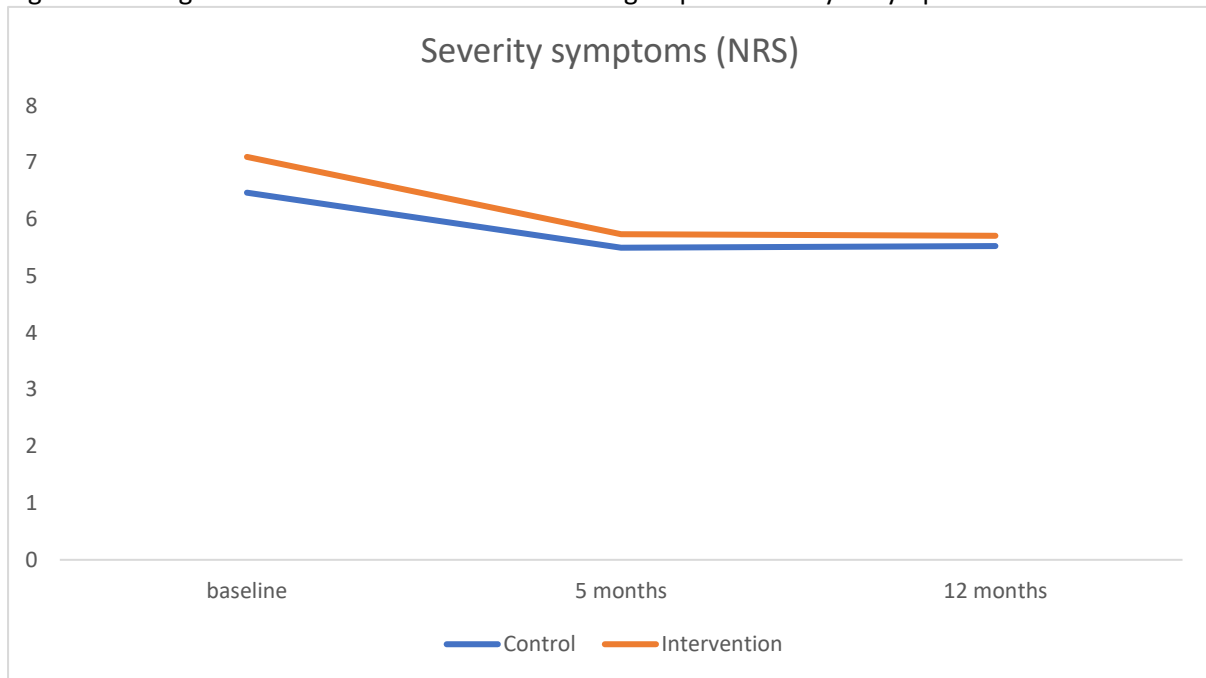


4DSQ = 4 Dimensional Symptom Questionnaire (higher scores represent worse health), depression range 0-12 (low: 0-2; moderate: 3-5, high: 6-12).



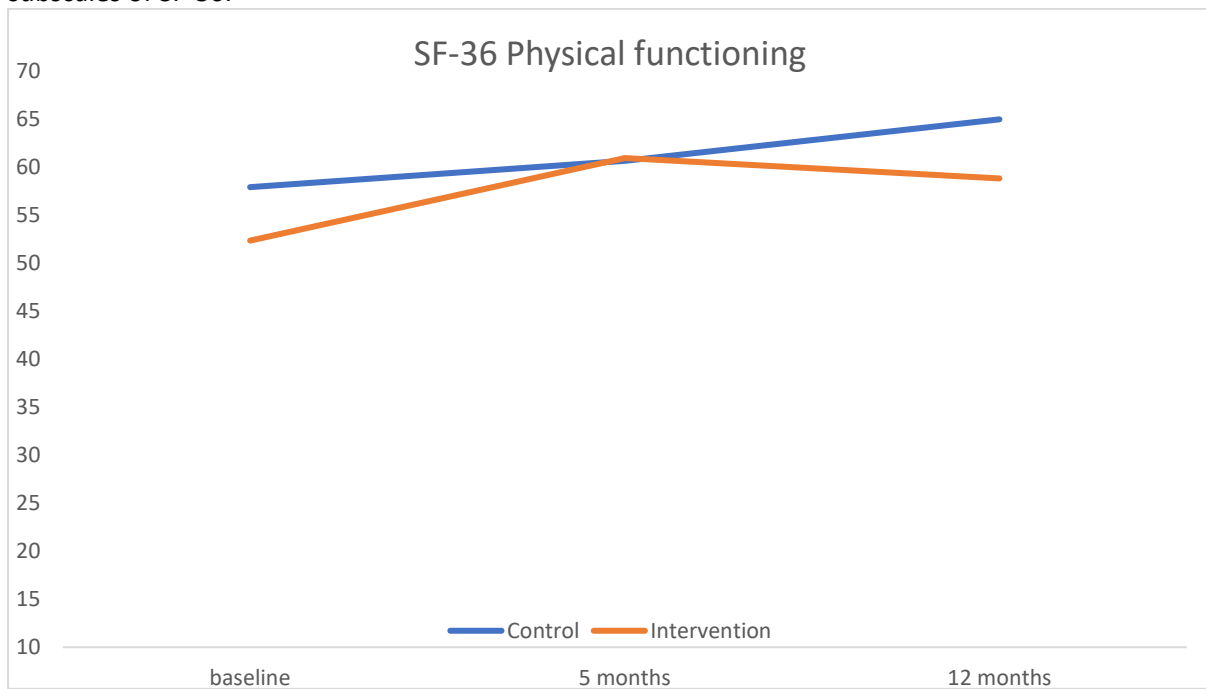
4DSQ = 4 Dimensional Symptom Questionnaire (higher scores represent worse health), anxiety range 0-24 (low: 0-7; moderate: 8-12; high: 13-24).

Figure 3. Change of outcome over time within each group for severity of symptoms.

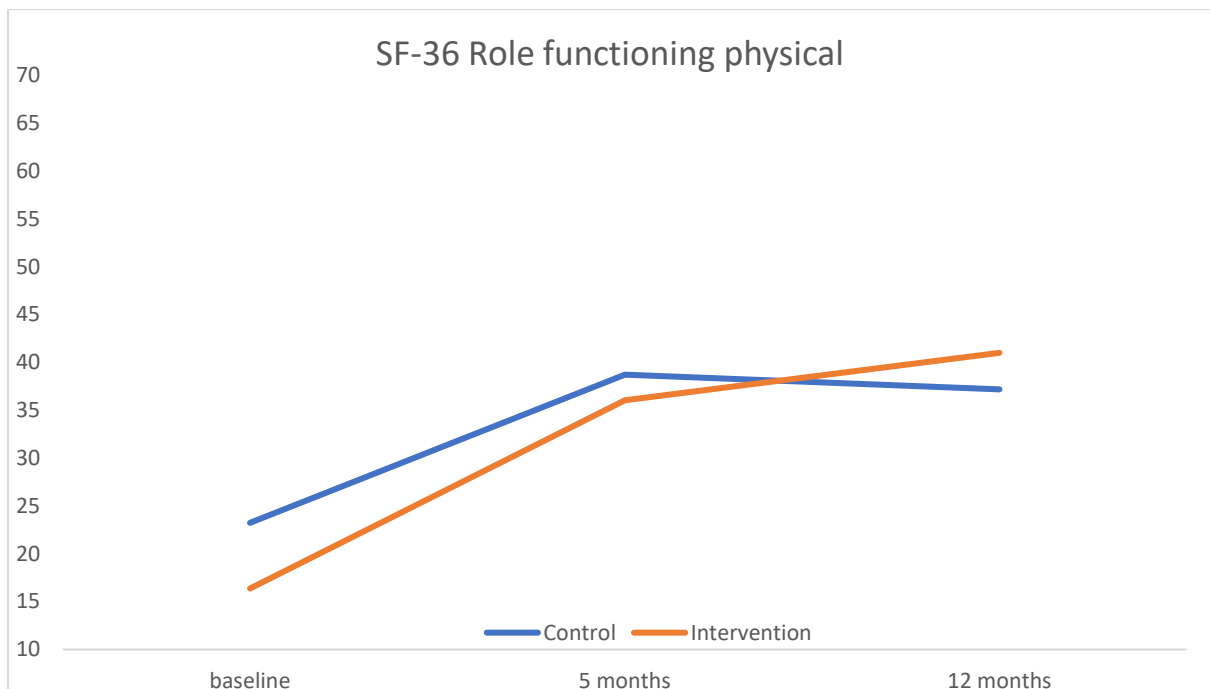


NRS = Numeric Rating Scale (0-10; 10 represents most severe symptoms), higher scores represent more severity of symptoms.

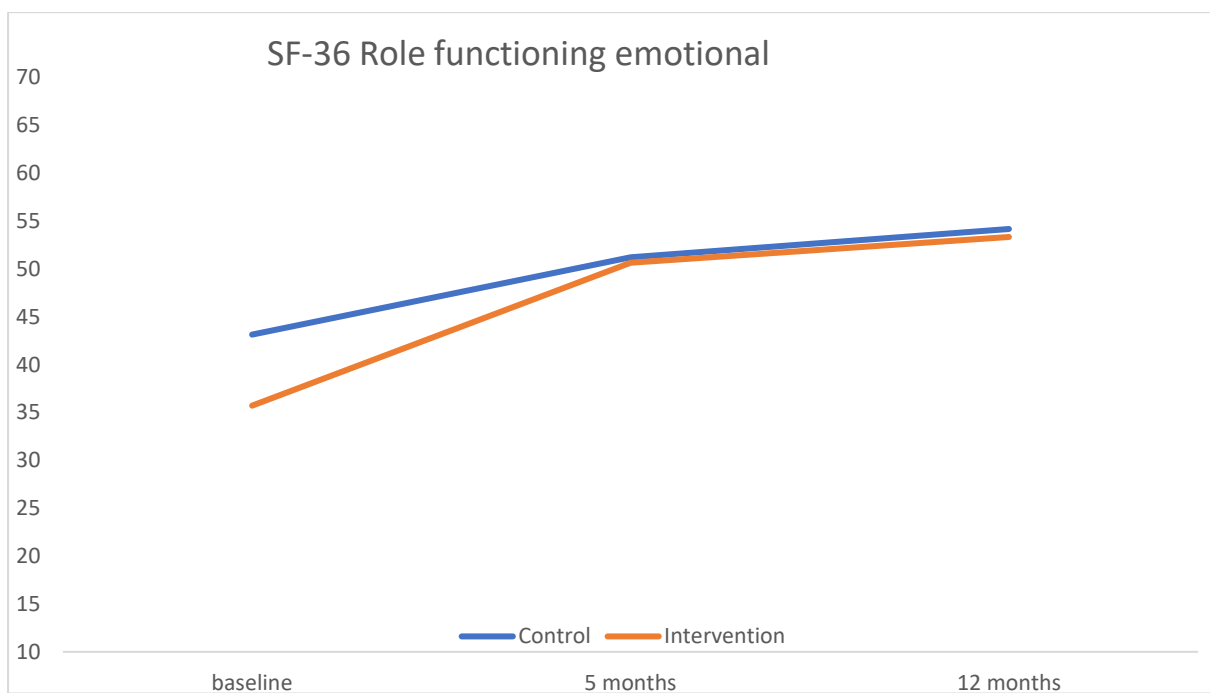
Figure 4. Change of outcome over time within each group for facets of health-related quality of life, subscales of SF-36.



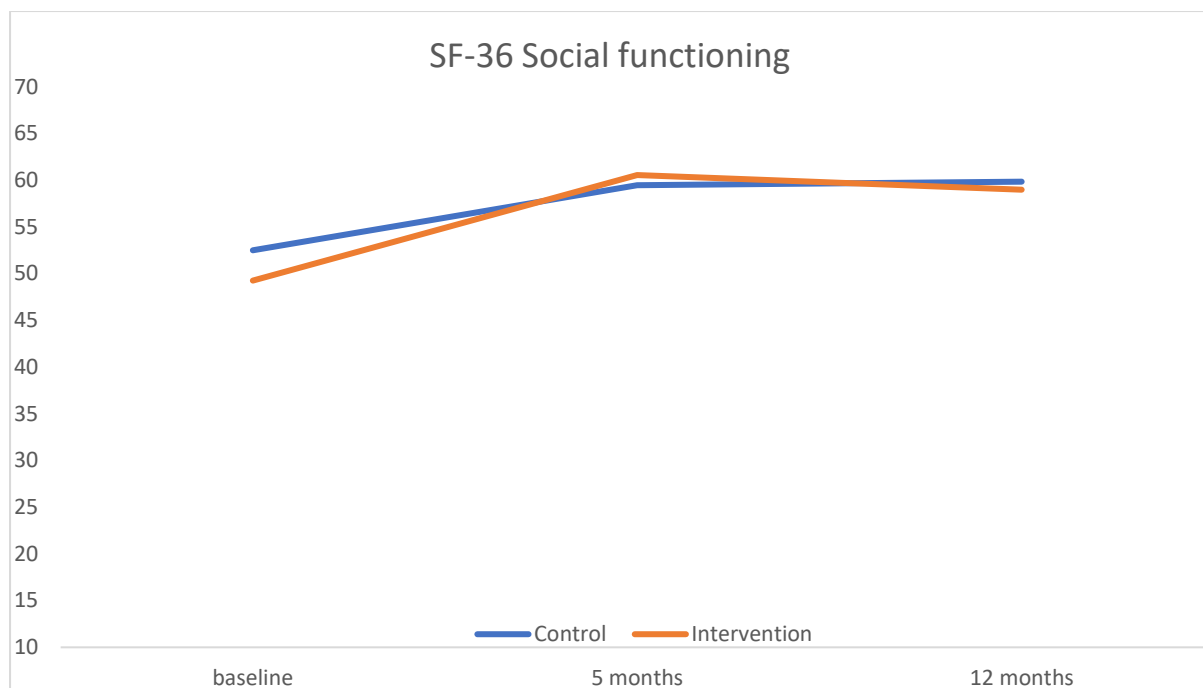
SF-36=Short-Form-36 subscale, (0-100; higher scores represent better health-related quality of life).



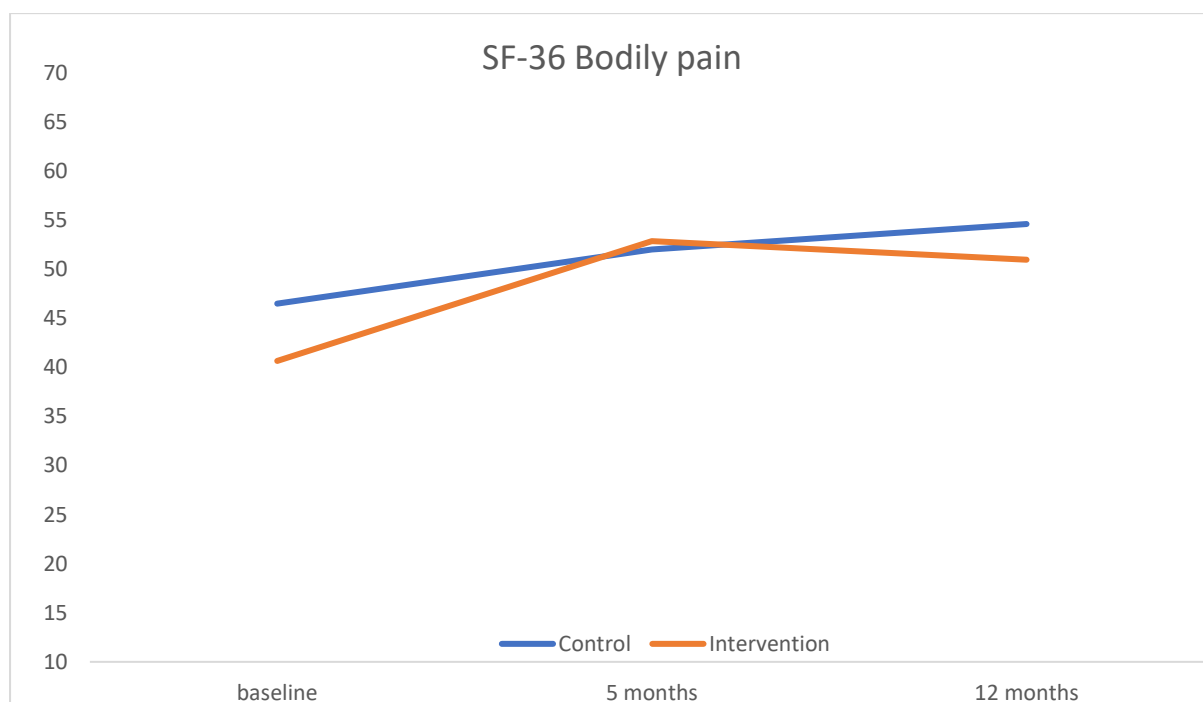
SF-36=Short-Form-36 subscale, (0-100; higher scores represent better health-related quality of life).



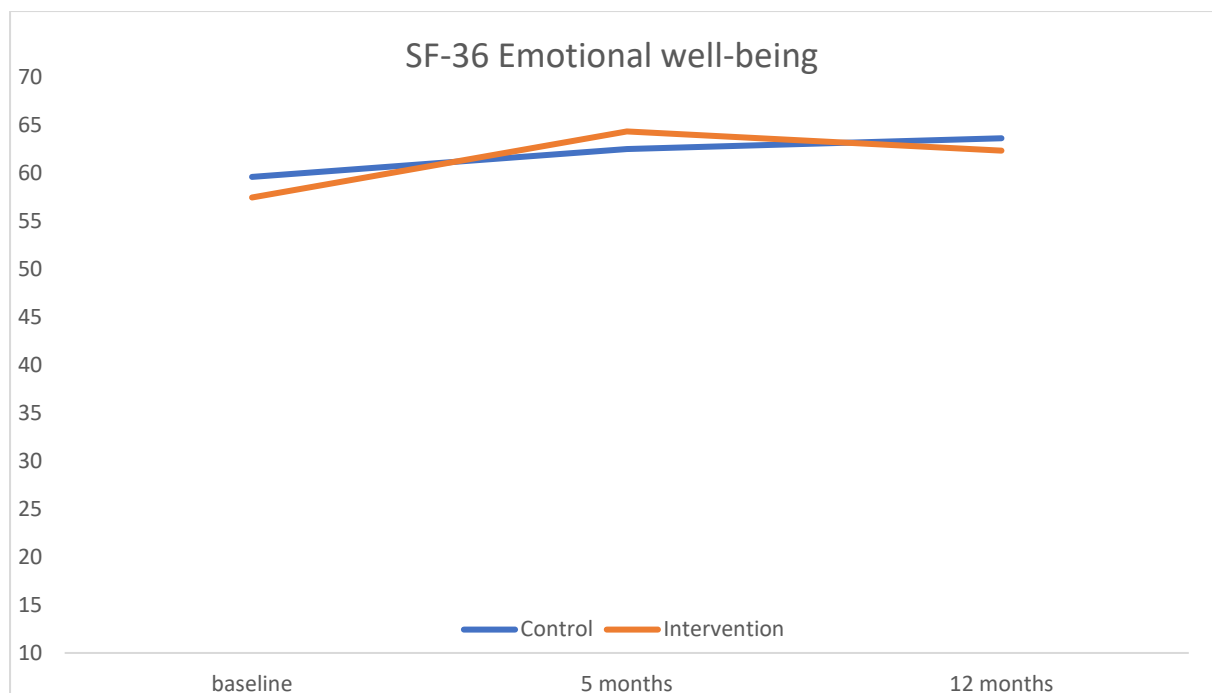
SF-36=Short-Form-36 subscale, (0-100; higher scores represent better health-related quality of life).



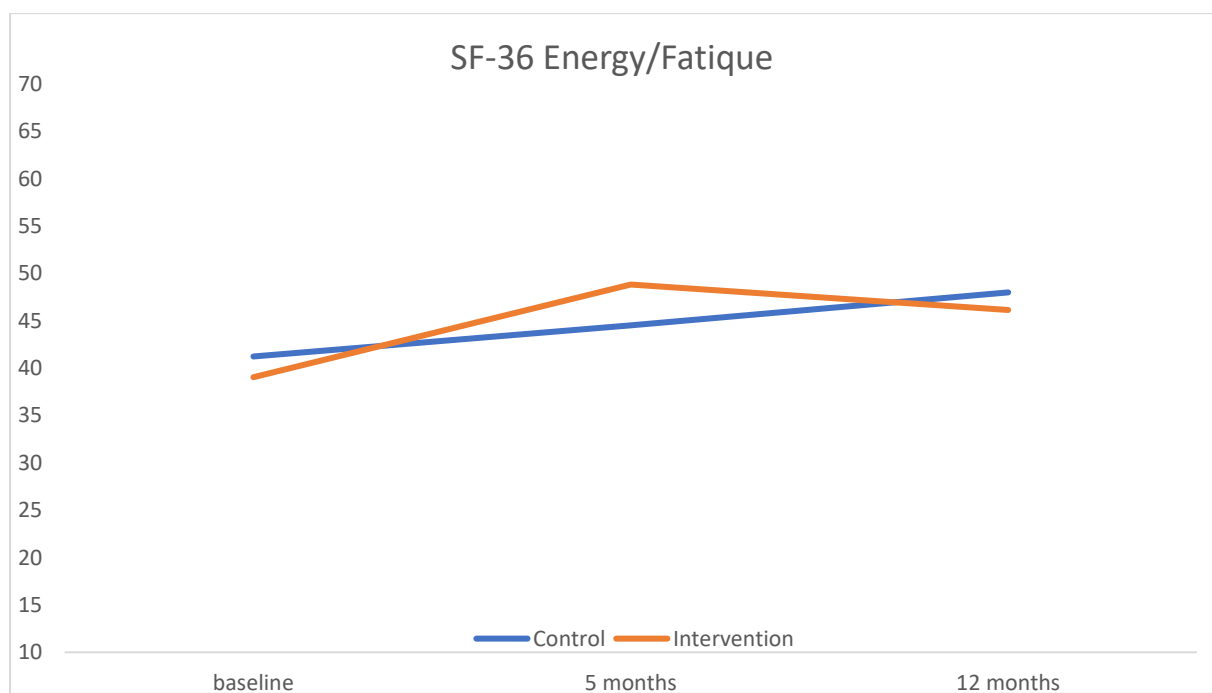
SF-36=Short-Form-36 subscale, (0-100; higher scores represent better health-related quality of life).



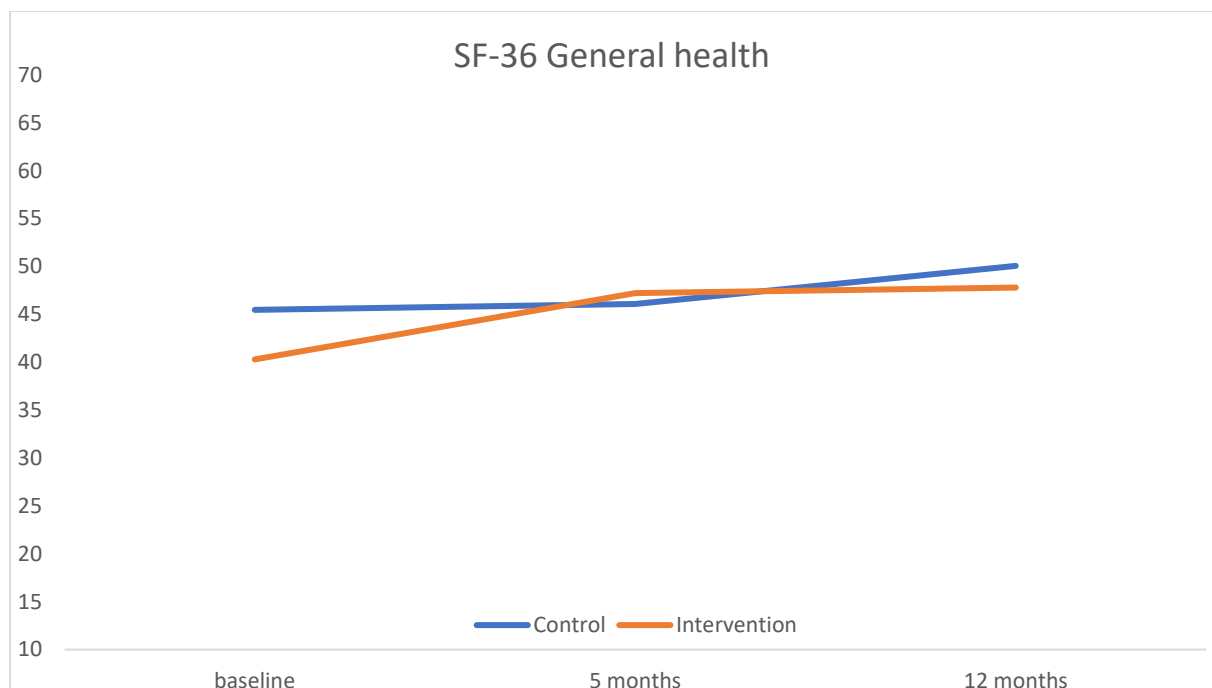
SF-36=Short-Form-36 subscale, (0-100; higher scores represent better health-related quality of life).



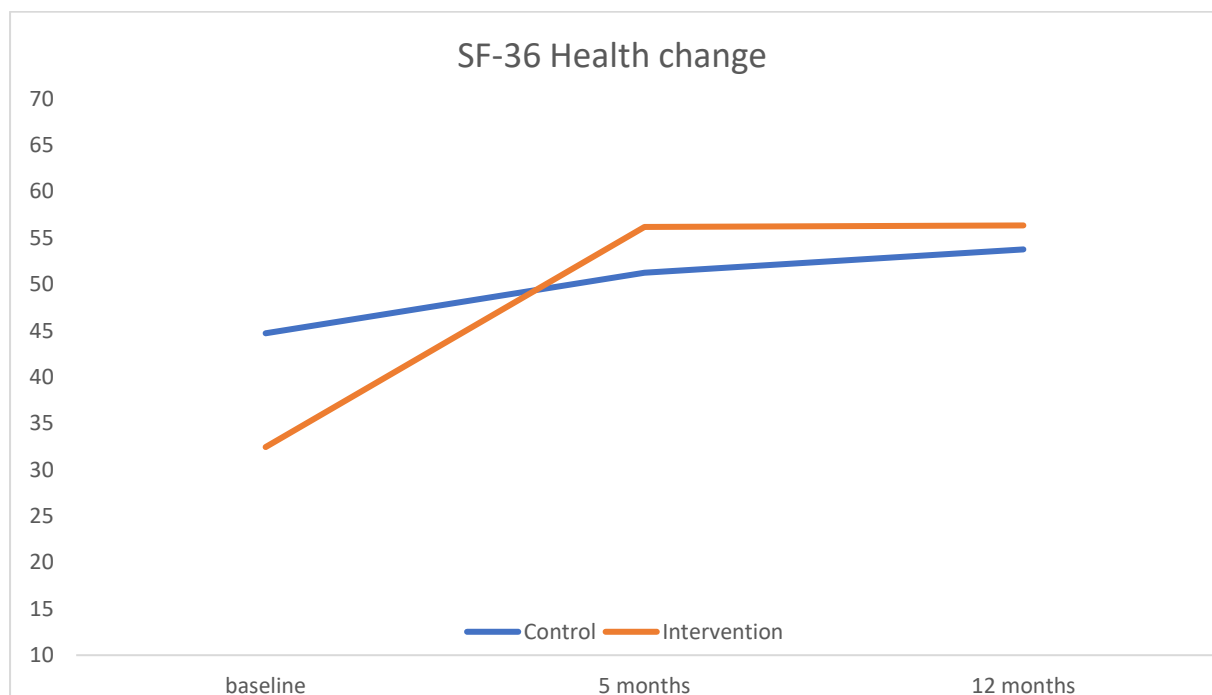
SF-36=Short-Form-36 subscale, (0-100; higher scores represent better health-related quality of life).



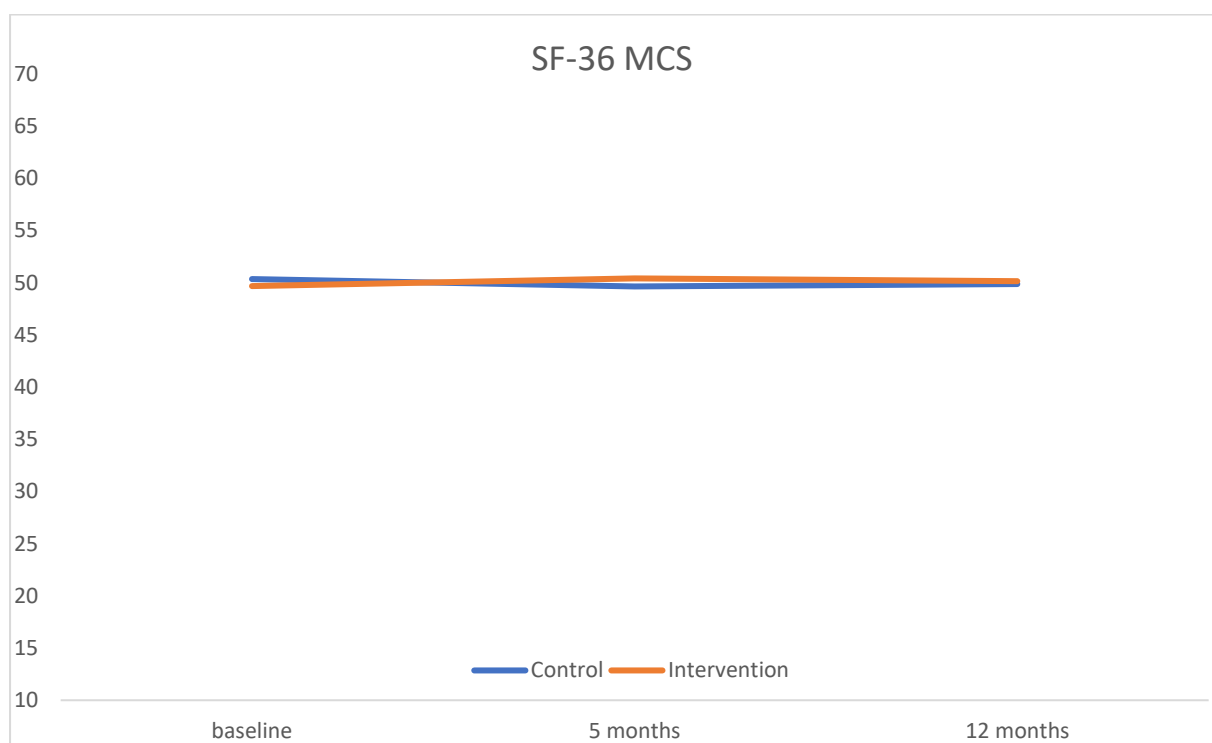
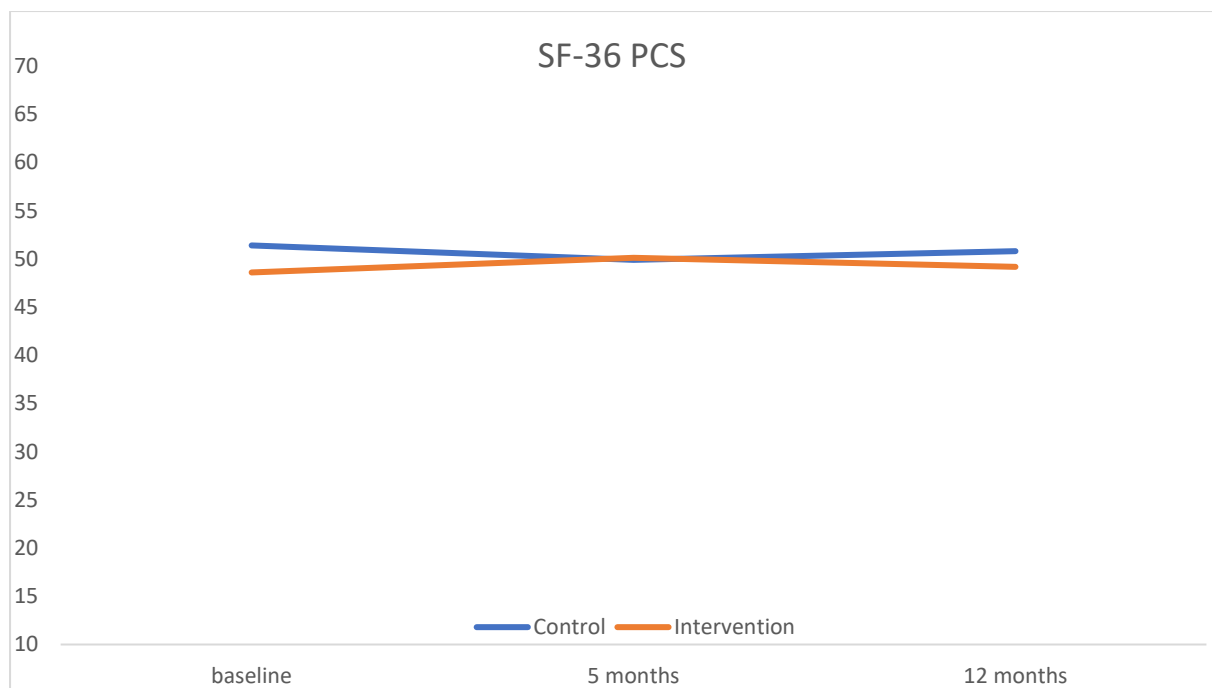
SF-36=Short-Form-36 subscale, (0-100; higher scores represent better health-related quality of life).



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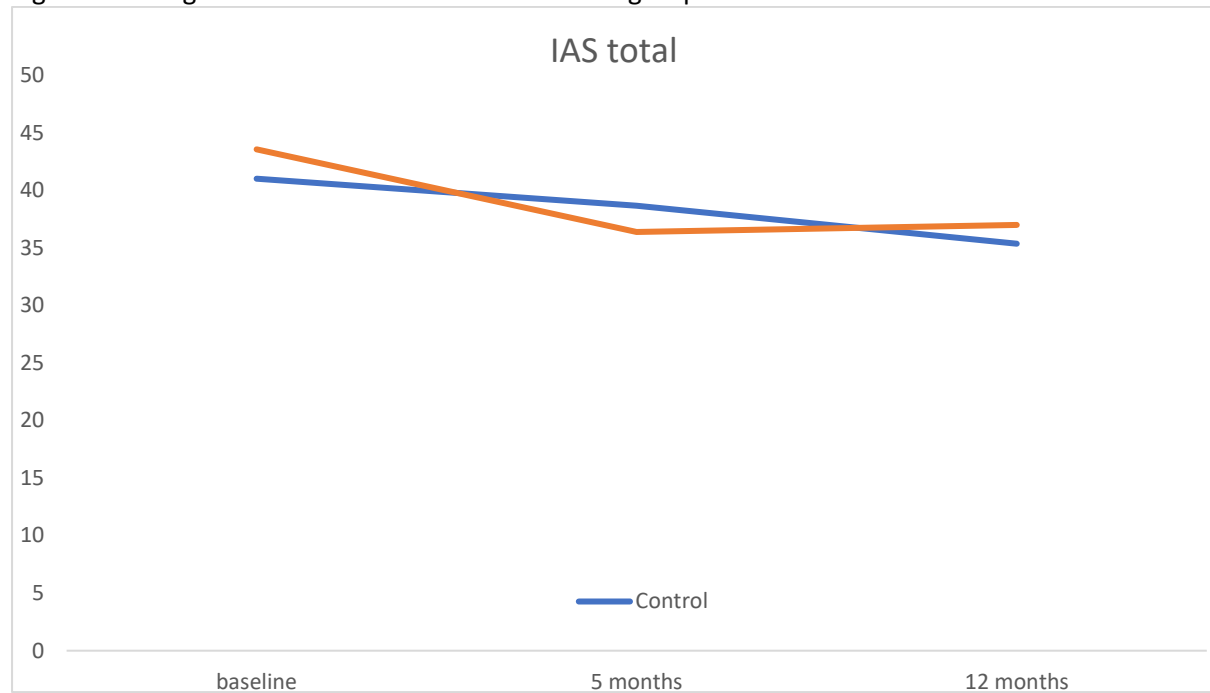


SF-36=Short-Form-36 subscale, (0-100; higher scores represent better health-related quality of life).

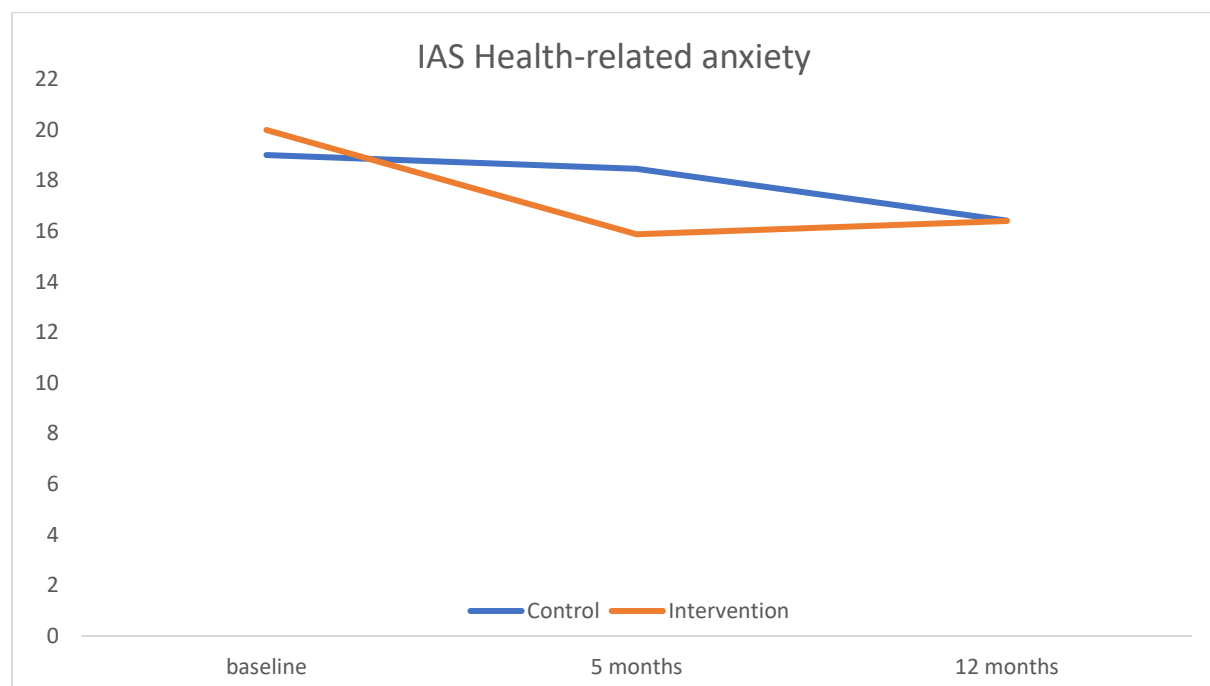


SF-36=Short-Form-36, (0-100; higher scores represent better health-related quality of life). PCS= Physical Component Summary; MCS= Mental Component Summary.

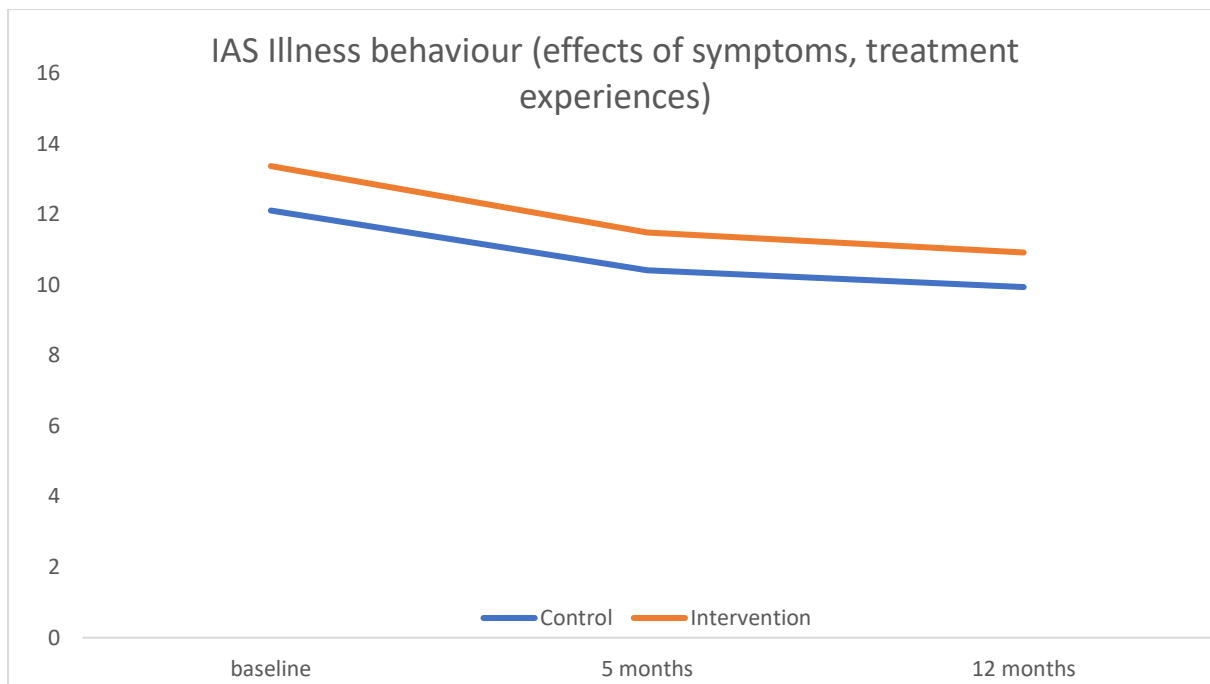
Figure 5. Change of outcome over time within each group for Illness attitude scale.



IAS= Illness Attitude Scale, a self-rated assessment of hypochondriacal fears and beliefs) with two subscales health-related anxiety and illness behaviour, higher scores reflect higher hypochondriacal beliefs.



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