

		Baseline Mean (CI)	3 Month Mean (CI)	12 Month Mean (CI)	Baseline - 3 Month Change	3 Month - 12 Month Change
HADS Score Total	Unexplained	13.83 (13.31-14.35)	13.65 (13.02-14.27)	13.45 (12.77-14.13)	0.48 (0.06-0.90)	-0.08 (-0.49-0.33)
	Explained	11.10 (10.81-11.41)	11.43 (11.05-11.81)	11.28 (10.90-11.66)	0.70 (0.46-0.95)	0.07 (-0.18-0.32)
	t-Test p	<0.001	<0.001	<0.001	0.36	0.54
	Cohen's d	0.33	0.26	0.26	-0.041	-0.030
Symptom Count	Unexplained	8.40 (8.12-8.68)	7.77 (7.40-8.14)	8.47 (8.09-8.86)	-0.27 (-0.54--0.01)	0.74 (0.49-1.00)
	Explained	6.66(6.49-6.82)	6.10 (5.89-6.31)	6.67 (6.45-6.89)	-0.26 (-0.41--0.11)	0.66 (0.50-0.82)
	t-Test p	<0.001	<0.001	<0.001	0.93	0.60
	Cohen's d	0.39	0.37	0.38	-0.0043	0.028
Normalised SF12 MCS	Unexplained	19.19 (18.14-20.25)	17.96 (16.64-19.28)	18.70 (17.32-20.09)	-2.01 (-3.27--0.74)	0.77 (-0.55-2.09)
	Explained	23.42 (22.70-24.14)	22.11 (21.25-22.97)	23.27 (22.37-24.16)	-2.11 (-2.91--1.32)	0.66 (-0.13-1.46)
	t-Test p	<0.001	<0.001	<0.001	0.89	0.89
	Cohen's d	-0.23	-0.22	-0.24	0.0062	0.0068
Normalised SF12 PCS	Unexplained	30.61 (29.72-31.52)	30.57 (28.76-32.37)	29.86 (28.67-31.06)	-0.56 (-1.94-0.82)	-0.89 (-2.36-0.59)
	Explained	33.37 (32.78-33.96)	32.86 (31.69-34.03)	31.71 (30.95-32.48)	-0.44 (-1.30-0.43)	-0.39 (-1.33-0.54)
	t-Test p	<0.001	0.036	0.012	0.88	0.58
	Cohen's d	-0.18	-0.138	-0.11	-0.010	-0.040