

Table of estimated marginal means for each variable at each time point

	Baseline					3 months					9 months				
	M	SE	df	95% CI		M	SE	df	95% CI		M	SE	df	95% CI	
Disease activity															
Intervention	2.94	0.30	211.67	2.34	3.53	-	-	-	-	-	3.06	0.34	225.37	2.39	3.73
Control	2.74	0.30	211.67	2.14	3.33	-	-	-	-	-	3.01	0.33	221.52	2.37	3.66
	Effect size (99% CI)					-					0.02 (-0.49, 0.52)				
Functional disability															
Intervention	1.05	0.12	172.63	0.80	1.29	0.99	0.13	212.31	0.73	1.25	1.02	0.13	204.34	0.76	1.27
Control	1.07	0.12	172.63	0.83	1.31	1.08	0.13	194.81	0.83	1.34	1.18	0.13	192.45	0.93	1.43
	Effect size (99% CI)					-0.10 (-0.62, 0.43)					-0.16 (-0.70, 0.39)				
Quality of life: Overall															
Intervention	28.03	2.60	170.22	22.90	33.16	27.23	2.78	207.68	21.74	32.71	24.68	2.76	201.13	19.23	30.12
Control	28.50	2.60	170.22	23.38	33.63	27.66	2.70	190.93	22.34	32.98	28.80	2.70	189.50	23.48	34.12
	Effect size (99% CI)					-0.02 (-0.53, 0.49)					-0.19 (-0.74, 0.37)				
Quality of life – activities of daily living															
Intervention	36.25	3.14	176.16	30.05	42.45	33.88	3.41	218.51	27.16	40.60	32.04	3.34	208.30	25.44	38.63
Control	36.76	3.14	176.16	30.56	42.95	35.43	3.29	200.13	28.95	41.91	34.10	3.26	196.43	27.67	40.54
	Effect size (99% CI)					-0.06 (-0.57, 0.46)					-0.08 (-0.60, 0.44)				
Quality of life: Emotional well-being															
Intervention	25.32	2.79	175.04	19.82	30.82	24.81	2.98	212.67	18.94	30.68	23.34	2.99	207.79	17.45	29.23
Control	23.65	2.79	175.04	18.15	29.16	24.74	2.89	195.73	19.04	30.44	26.75	2.91	195.65	21.02	32.48
	Effect size (99% CI)					<0.01 (-0.50, 0.50)					-0.14 (-0.68, 0.40)				
Quality of life: Pain															
Intervention	8.17	1.41	209.64	5.38	10.96	9.25	1.58	253.35	6.14	12.36	6.51	1.54	248.39	3.48	9.54
Control	8.43	1.42	209.64	5.64	11.22	8.90	1.50	236.16	5.93	11.86	8.78	1.49	235.39	5.84	11.72
	Effect size (99% CI)					0.03 (-0.48, 0.54)					-0.18 (-0.74, 0.37)				
Quality of life: Social Family Life															

	Baseline					3 months					9 months				
	M	SE	df	95% CI		M	SE	df	95% CI		M	SE	df	95% CI	
Intervention	9.66	1.76	180.90	6.19	13.13	10.39	1.90	222.57	6.64	14.14	10.59	1.89	214.87	6.87	14.31
Control	11.90	1.76	180.90	8.43	15.37	9.80	1.84	204.33	6.18	13.42	12.49	1.84	202.47	8.87	16.11
	Effect size (99% CI)					0.04 (-0.47, 0.55)					-0.13 (-0.66, 0.41)				
Quality of life: Stigma															
Intervention	37.00	3.62	179.33	29.85	44.15	35.15	3.91	220.03	27.44	42.86	30.66	3.88	213.19	23.00	38.31
Control	37.65	3.62	179.33	30.50	44.80	36.10	3.78	202.12	28.65	43.55	36.94	3.78	200.78	29.49	44.40
	Effect size (99% CI)					-0.03 (-0.54, 0.48)					-0.20 (-0.76, 0.35)				
Satisfaction with care															
Intervention	23.83	0.99	302.27	21.89	25.78	26.37	1.19	320.59	24.03	28.71	21.13	1.12	307.32	18.92	23.34
Control	23.75	0.99	302.27	21.80	25.69	25.02	1.14	319.51	22.77	27.26	23.21	1.07	305.84	21.10	25.32
	Effect size (99% CI)					0.14 (-0.40, 0.68)					-0.23 (-0.80, 0.33)				
Anxiety															
Intervention	6.79	0.61	160.34	5.59	7.99	6.56	0.64	187.84	5.30	7.82	6.32	0.64	186.81	5.06	7.59
Control	6.44	0.61	160.34	5.24	7.64	6.37	0.62	175.11	5.14	7.60	7.65	0.63	176.46	6.41	8.89
	Effect size (99% CI)					0.04 (-0.47, 0.55)					-0.26 (-0.83, 0.32)				
Depression															
Intervention	5.26	0.53	178.43	4.21	6.31	4.87	0.57	218.25	3.74	6.00	5.22	0.57	210.40	4.10	6.34
Control	5.19	0.53	178.43	4.14	6.24	5.48	0.55	200.62	4.39	6.58	6.09	0.55	198.67	5.00	7.18
	Effect size (99% CI)					-0.13 (-0.67, 0.40)					-0.19 (-0.74, 0.36)				
Confidence in the service															
Intervention	7.34	0.33	319.08	6.69	7.99	7.82	0.39	326.61	7.06	8.58	7.34	0.38	323.62	6.60	8.08
Control	6.76	0.33	319.08	6.11	7.41	7.35	0.36	324.59	6.64	8.06	6.74	0.36	322.77	6.03	7.44
	Effect size (99% CI)					0.15 (-0.39, 0.70)					0.20 (-0.35, 0.76)				

M: Mean SE: Standard error, df: degrees of freedom, CI: confidence interval

