

Table VIII. Changes from start to follow-up in age groups

	Young adults (18–30 years) <i>n</i> = 37				Intermediate (31–45 years) <i>n</i> = 107				Older adults (46–65 years) <i>n</i> = 148									
	Start of MMR		Follow-up		Start of MMR		Follow-up		Start of MMR		Follow-up							
	%	Median [IQR]	%	Median [IQR]	MCID %	<i>p</i> -value	%	Median [IQR]	%	Median [IQR]	MCID %	<i>p</i> -value						
Activity and physical function																		
MPI Interference		4.5 [1.77]		[1.39]	37.8	0.011*		4.73 [1.12]		4.23 [1.45]	33.6	0.001*		4.55 [1.32]		4.04 [1.70]	37.2	<0.0001**
SF-36 PCS		29 [11]		32 [15]		0.032*		27 [9]		29 [15.5]		0.020*		26 [11]		27 [13]		0.071
Pain intensity																		
NPRS		7 [2]		6 [3]	37.8	0.002*		7 [2]		6 [4]	23.3	<0.0001**		7 [2]		6 [3]	27.1	<0.0001**
MPI Pain Severity		4.67 [1.33]		4 [2]		0.002*		4.33 [1]		4 [1.34]		<0.0001**		4.33 [1.25]		4 [1.34]		<0.0001**
Health																		
EQ5D-VAS		40 [25]		47 [39]		0.033*		35 [20]		40 [35]		0.007*		40 [33]		45 [35]		0.119
Emotional function																		
HADS anxiety		9 [6.5]		7 [6.5]		0.190		8 [7]		7 [5]		0.058		6 [7]		5 [6]		<0.0001**
HADS A ≥ 11	40		24			0.060	28	18				<0.0001**	19	8			<0.0001**	
HADS depression		8 [6]		5 [5.5]		0.002*		8 [5]		7 [7]		0.002*		7 [6]		6 [5]		<0.0001**
HADS D ≥ 11	14		11			0.477	22	19				<0.0001**	24	15			<0.0001**	
SF-36 MCS		41 [22.5]		46 [19.5]		0.067		37 [16]		41 [22.5]		0.0029*		43 [21]		46 [20]		0.004**
Sick leave partial/ full-time	19/24		10/18			<0.0001**	30/34	32/37				<0.0001**	29/39	22/43			<0.0001**	

Comparison from start to follow-up in age group in the programmes **p* < 0.05; ***p* < 0.0001. Significant values are shown in bold. Only patients with values at both baseline and follow-up are presented. Tested with Wilcoxon signed ranks test.

MMR: multimodal rehabilitation; IQR: interquartile range; HADS: Hospital Anxiety and Depression Scale; HADS ≥ 11: reported definite cases; NPRS: Numeric Pain Rating Scale; MPI: Multidimensional Pain Inventory; SF-36: Short Form health survey; PCS: Physical Component Summary; MCS: Mental Component Summary; EQ5D VAS: EuroQol 5D. Minimal Clinical Important Differences in NPRS ≥ 30% decreased and MPI Interference decreased ≥ 0.6%