

**Table SII. Mean scores of case 2 on the outcome measures at pre-, post- and 6-month follow-up assessment compared with mean scores (and standard deviations) of norm groups of patients with rheumatoid arthritis (RA) and healthy controls**

Outcome measures	Range	Pre-	Post-	FU 6 months	Change		Improvement ≥30%		Norm RA patients	Norm healthy controls
					Pre-post	Pre-FU	Post	FU		
<i>Physical functioning</i>										
Pain (IRGL)	6–25	25	20	8	-1.05 SD	-3.58 SD	No	Yes	15.58 (4.75) (36)	NA
Fatigue (CIS-f)	8–56	56	34	16	-2.18 SD	-3.96 SD	Yes	Yes	NA	17.3 (10.1) (39)
<i>Psychological functioning</i>										
Negative mood (IRGL)	0–24	10	2	0	-2.19 SD	-2.74 SD	Yes	Yes	3.42 (3.65) (36)	NA
Anxiety (IRGL)	10–40	22	16	11	-1.06 SD	-1.95 SD	No	Yes	18.64 (5.65) (36)	NA
Depressed mood (BDI)	0–63	16	3	0	NA	NA	Yes	Yes	NA	minimal (0–13) mild (14–19) moderate (20–28) severe (29–63) (40)
<i>Impact on daily life</i>										
Self-care (IRGL)	8–32	32	32	32	0 SD	0 SD	NA	NA	22.60 (6.61) (36)	NA
Mobility (IRGL)	7–28	17	27	28	+1.60 SD	+1.69 SD	Yes	Yes	17.31 (6.52) (36)	NA
Physical role functioning (RAND-36)	0–100	25	75	100	+1.55 SD	+2.32 SD	Yes	Yes	NA	84.1 (32.3) (42)
Emotional role functioning (RAND-36)	0–100	100	100	100	0 SD	0 SD	NA	NA	NA	79.4 (35.5) (42)
<i>Cognitive-behavioural factors</i>										
<i>Illness cognitions (ICQ)</i>										
Helplessness	6–24	12	6	6	-1.42 SD	-1.42 SD	Yes	Yes	12.66 (4.24) (43)	NA
Acceptance	6–24	7	22	21	+3.57 SD	+3.33 SD	Yes	Yes	16.65 (4.20) (43)	NA
<i>Social factors</i>										
Perceived social support (IRGL)	5–20	20	18	20	-0.53 SD	0 SD	NA	NA	15.77 (3.80) (36)	NA
Worrying (PSWQ)	16–80	56	32	29	-1.74 SD	-1.96 SD	Yes	Yes	NA	48.8 (13.8) (44)
<i>Pain coping (PCI)</i>										
<i>Passive pain coping</i>										
Resting	1–4	2.0	2.4	- *	+0.67 SD	NA	No	NA	2.4 (0.6) (45)	NA
Retreating	1–4	1.86	1.86	- *	0 SD	NA	No	NA	1.7 (0.5) (45)	NA
Worrying	1–4	2.22	2.0	- *	-0.37 SD	NA	No	NA	1.8 (0.6) (45)	NA
<i>Active pain coping</i>										
Transforming pain	1–4	1.75	1.75	- *	0 SD	NA	No	NA	2.3 (0.7) (45)	NA
Distraction	1–4	2.4	4.0	- *	+2.67 SD	NA	Yes	NA	2.3 (0.6) (45)	NA
Reducing demands	1–4	2.67	3.67	- *	+1.43 SD	NA	Yes	NA	2.1 (0.7) (45)	NA
<i>Disease-related variables</i>										
Self-reported disease activity (RADAI)	0–10	5.96	0.64	0.40	NA	NA	Yes	Yes	3.0 (1.6–4.8) (48)	NA
Treatment compliance	1–5	5	5	5	0 SD	0 SD	NA	NA	NA	NA

For all outcome measures higher scores reflect more symptoms and worse functioning, except for the scales self-care, mobility, physical role functioning, emotional role functioning, acceptance, perceived social support, resting, retreating, transforming pain, distraction, and reducing demands where higher scores reflect better functioning. For norm groups mean and standard deviation (SD) were reported, with the exception of the measures for which a cut-off score is generally used.

\*Indicated at follow-up that she was not able to complete the questions about coping with pain, because she had no pain complaints.

NA: not applicable, e.g. data not available in healthy controls or patients with RA; BDI: Beck Depression Inventory; CIS-f: Checklist Individual Strength – fatigue; ICQ: Illness Cognitions Questionnaire; IRGL: Impact of Rheumatic Diseases on General Health and Lifestyle; PCI: Pain Coping Inventory; PSWQ: Penn State Worry Questionnaire; RADAI: Rheumatoid Arthritis Disease Activity Index; RAND-36: RAND-36 Health Status Inventory; SD: standard deviation; FU: follow-up.