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| Question | Score(6 week)s | Score(12 weeks) | Score(24 weeks) | Averagescore |
| 1. | Has the result of the operation affected the things you do? | 3.6 ± 0.7 | 3.5 ± 0.7 | 3.7 ± 0.6 | 3.57 |
| 2. | Have the results of the operation made your overall life better or worse? | 3.6 ± 0.9 | 3.8 ± 0.7 | 3.6 ± 0.7 | 3.65 |
| 3. | Since the operation, have you felt more or less optimistic about the future? | 3.6 ± 0.8 | 3.8 ± 0.6 | 3.6 ± 0.6 | 3.65 |
| 4. | Since your operation, do you feel more or less embarrassed when with a group of people? | 3.2 ± 0.7 | 3.3 ± 0.7 | 3.1 ± 0.7 | 3.22 |
| 5. | Since your operation, do you have more or less self-confidence? | 3.5 ± 0.8 | 3.4 ± 0.7 | 3.6 ± 0.6 | 3.50 |
| 6. | Since your operation, have you found it easier or harder to deal with company? | 3.4 ± 0.8 | 3.4 ± 0.6 | 3.4 ± 0.6 | 3.41 |
| 7. | Since your operation, do you feel that you have more or less support from your friends? | 3.1 ± 0.6 | 3.3 ± 0.5 | 3.3 ± 0.5 | 3.23 |
| 8. | Have you been to your family doctor, for any reason, more or less often, since your operation? | 2.7 ± 0.5 | 2.9 ± 0.5 | 2.7 ± 0.7 | 2.80 |
| 9. | Since your operation, do you feel more or less confident about job opportunities? | 3.1 ± 0.3 | 3.1 ± 0.4 | 3.2 ± 0.5 | 3.15 |
| 10 | Since your operation, do you feel more or less self-conscious? | 2.8 ± 1.0 | 2.7 ± 0.9 | 2.7 ± 0.7 | 2.73 |
| 11 | Since your operation, are the more or fewer people who really care about you? | 3.2 ± 0.7 | 3.2 ± 0.7 | 3.3 ± 0.6 | 3.23 |
| 12. | Since you had the operation, do you catch colds or infections more or less often? | 3.5 ± 0.9 | 3.6 ± 1.1 | 3.6 ± 0.9 | 3.55 |
| 13 | Have you had to take more or less medicine for any reason, since your operation? | 2.9 ± 0.2 | 3.0 ± 0.2 | 2.9 ± 0.6 | 2.94 |
| 14 | Since your operation, do you feel better or worse about yourself? | 3.7 ± 0.9 | 3.7 ± 0.8 | 3.6 ± 0.7 | 3.63 |
| 15 | Since your operation, do you feel that you have had more or less support from your family? | 3.4 ± 0.9 | 3.4 ± 0.6 | 3.4 ± 0.8 | 3.39 |
| 16 | Since your operation, are you more or less inconvenienced by your health problem? | 3.5 ± 1.1 | 3.5 ± 1.0 | 3.5 ± 0.8 | 3.52 |
| 17 | Since your operation, have you been able to participate in more or fewer social activities? | 3.1 ± 0.3 | 3.1 ± 0.4 | 3.1 ± 0.3 | 3.07 |
| 18 | Since your operation, have you been more or less inclined to withdraw from social situations? | 3.1 ± 0.4 | 3.0 ± 0.3 | 3.0 ± 0.3 | 3.02 |
| Rasch scale (score, -100-100)\* | 14.0 ± 20.4 | 15.7 ± 14.8 | 14.3 ± 13.6 | 14.65 |

 **Supplementary table 1.** Change in Glasgow Benefit Inventory (GBI) of enrolled patients on a 5 point Likert scale: 1 = Much worse, 2 = A little or somewhat worse, 3 = No change, 4 = A little or somewhat better, 5 = Much better.

\*A final score is calculated using a Rasch scale, which ranges from -100 (maximum detriment) to 100 (maximum benefit).