

Supplementary Table 1 Recording items of the eight scale items of SF-36 (step one)

Item number	Change response category¹	original To recorded value
1, 2, 20, 22, 34, 36	1 →	100
	2 →	75
	3 →	50
	4 →	25
	5 →	0
3, 4, 5, 6, 7, 8, 9, 10, 11, 12	1 →	0
	2 →	50
	3 →	100
13, 14, 15, 16, 17, 18, 19	1 →	0
	2 →	100
21, 23, 26, 27, 30	1 →	100
	2 →	80
	3 →	60
	4 →	40
	5 →	20
	6 →	0
24, 25, 28, 29, 31	1 →	0
	2 →	20
	3 →	40
	4 →	60
	5 →	80
	6 →	100
32, 33, 35	1 →	0

2 →	25
3 →	50
4 →	75
5 →	100

¹Pre-coded response choices as printed in the questionnaire.

Supplementary Table 2 Averaging items to form scales (step two)

Scale	Number of items	After recording per Table 2, average the following items
Physical functioning	10	3 4 5 6 7 8 9 10 11 12
Role limitations due to physical health	4	13 14 15 16
Role limitations due to emotional problems	3	17 18 19
Energy/ Fatigue	4	23 27 29 31
Emotional wellbeing	5	24 25 26 28 30
Social functioning	2	20 32
Pain	2	21 22
General health	5	1 33 34 35 36