

TABLE E-1 Patient Outcomes at Baseline and Twelve Months, Adjusted for Preoperative Characteristics, According to Severity Group

	Mild*		Moderate*	
	Baseline	12 Months	Baseline	12 Months
mJOA	15.34 (14.93, 15.75)	16.63 (16.17, 17.09)	13.02 (12.69, 13.35)	15.60 (15.22, 15.97)
Nurick grade	2.65 (2.39, 2.91)	1.11 (0.84, 1.38)	3.11 (2.90, 3.32)	1.59 (1.35, 1.83)
NDI	39.03 (34.87, 43.20)	26.99 (22.83, 31.15)	41.07 (37.86, 44.28)	31.27 (27.85, 34.69)
SF-36v2				
Physical functioning	34.97 (32.62, 37.32)	40.61 (38.14, 43.08)	32.13 (30.25, 34.01)	38.81 (36.94, 40.69)
Role limitation- physical	31.91 (29.50, 34.31)	39.23 (36.83, 41.63)	30.14 (28.26, 32.02)	37.93 (35.90, 39.96)
Bodily pain	33.96 (31.87, 36.05)	41.90 (39.76, 44.05)	35.19 (33.49, 36.88)	40.48 (38.60, 42.36)
General health	45.30 (42.92, 47.67)	47.46 (45.07, 49.85)	43.14 (41.36, 44.93)	44.10 (42.25, 45.96)
Emotional well-being	39.86 (37.41, 42.31)	47.11 (44.62, 49.59)	42.09 (40.08, 44.10)	46.07 (43.77, 48.37)
Role limitation-emotional	37.43 (33.95, 40.91)	42.92 (39.49, 46.36)	36.49 (33.88, 39.09)	40.76 (37.94, 43.59)
Social functioning	36.86 (34.52, 39.20)	44.00 (41.67, 46.33)	36.74 (34.73, 38.75)	42.08 (39.84, 44.31)
Energy/fatigue	40.54 (38.26, 42.82)	46.32 (43.93, 48.71)	40.91 (38.93, 42.89)	45.97 (43.83, 48.10)
PCS score	35.75 (34.03, 37.47)	42.11 (40.35, 43.87)	35.72 (34.41, 37.03)	41.36 (39.94, 42.79)
MCS score	39.14 (37.38, 40.91)	45.67 (43.82, 47.51)	40.32 (38.85, 41.78)	44.59 (43.00, 46.18)

*The values are given as the mean, with the 95% confidence interval in parentheses. †NS = not significant.

TABLE E-1 (continued)

Severe*		P Value†		
Baseline	12 Months	Group	Time	Time × Group
10.10 (9.68, 10.52)	15.01 (14.57, 15.46)	<0.0001	<0.0001	<0.0001
3.60 (3.34, 3.86)	1.84 (1.56, 2.12)	<0.0001	<0.0001	NS
46.31 (42.22, 50.39)	33.76 (29.38, 38.15)	<0.05	<0.0001	NS
30.98 (28.60, 33.36)	36.14 (33.59, 38.70)	<0.05	<0.0001	NS
32.85 (30.44, 35.26)	38.20 (35.66, 40.75)	NS	<0.0001	NS
37.20 (35.08, 39.31)	43.13 (40.69, 45.57)	<0.05	<0.0001	NS
42.62 (40.31, 44.94)	43.20 (40.75, 45.65)	NS	NS	NS
38.96 (36.51, 41.42)	47.53 (44.65, 50.42)	NS	<0.0001	NS
34.77 (31.39, 38.15)	41.12 (37.57, 44.67)	NS	<0.0001	NS
35.34 (32.98, 37.70)	41.77 (39.33, 44.21)	NS	<0.0001	NS
41.10 (38.83, 43.37)	47.57 (45.11, 50.02)	NS	<0.0001	NS
36.67 (35.01, 38.34)	41.44 (39.45, 43.44)	NS	<0.0001	NS
39.40 (37.64, 41.16)	45.84 (43.86, 47.81)	NS	<0.0001	NS

TABLE E-2 Baseline Covariates Used in the Adjusted Analysis for Each Outcome Variable*

Outcome Variable	Covariate	P Value
Nurick grade	SF-36v2 physical function domain	0.0000
	Logarithm of duration of symptoms	0.0013
	Congenital stenosis	0.0180
	Stenosis due to disc disease	0.0223
	Age	0.0039
	SF-36v2 general health	0.0236
	Stenosis due to ossification of the posterior longitudinal ligament	0.0367
	Current smoker	0.0832
mJOA	Nurick grade	0.0000
	SF-36v2 vitality	0.0006
	Stenosis due to subluxation	0.0008
	Logarithm of duration of symptoms	0.0015
	Psychiatric comorbidity	0.0077
	Sex	0.0106
	Recipient of Social Security	0.0117
	Congenital stenosis	0.0293
NDI	SF-36v2 bodily pain	0.0000
	Recipient of Social Security	0.0000
	SF-36v2 social functioning	0.0018
	No. of spinal levels operated	0.0081
	Psychiatric comorbidity	0.0135
	Nurick grade	0.0275
	Congenital stenosis	0.0790
SF-36v2 physical functioning	NDI	0.0000
	Nurick grade	0.0000
	Recipient of Social Security	0.0078
	Logarithm of duration of symptoms	0.0082
	Psychiatric comorbidity	0.0189
	Age	0.0206
	Role limitation-physical	0.0313
	Endocrine comorbidity	0.0781
	No. of levels operated	0.0653
	SF-36v2 emotional well-being	0.0951
	SF-36v2 vitality	0.0934

TABLE E-2 (continued)		
Outcome Variable	Covariate	P Value
SF-36v2 role limitation-physical	NDI	0.0000
	SF-36v2 physical function domain	0.0004
	No. of levels operated	0.0020
	SF-36v2 vitality	0.0019
	Recipient of Social Security	0.0092
	Psychiatric comorbidity	0.0161
	Nurick grade	0.0280
	SF-36v2 bodily pain	0.0338
SF-36v2 bodily pain	NDI	0.0000
	SF-36v2 vitality	0.0004
	Psychiatric comorbidity	0.0040
	Recipient of Social Security	0.0463
	Age	0.0324
	Congenital stenosis	0.0313
	SF-36v2 role limitation-emotional	0.0986
	SF-36v2 physical function domain	0.0742
SF-36v2 general health	NDI	0.0000
	Psychiatric comorbidity	0.0001
	SF-36v2 role limitation-emotional	0.0006
	Previous surgery for CSM	0.0014
	Education	0.0037
	Body mass index	0.0172
	Neurological comorbidity	0.0200
	Respiratory comorbidity	0.0477
	SF-36v2 vitality	0.0745
	Nurick grade	0.0782
SF-36v2 energy/fatigue	NDI	0.0000
	SF-36v2 social functioning	0.0011
	Spondylosis	0.0035
	Psychiatric comorbidity	0.0014
	Recipient of Social Security	0.0433
	Congenital stenosis	0.0928
SF-36v2 emotional well-being	NDI	0.0000
	SF-36v2 general health	0.0006
	Psychiatric comorbidity	0.0047
	Patient is on sick leave	0.0043
	Age	0.0248
	No. of levels operated	0.0242
	SF-36v2 role limitation-emotional	0.0714

TABLE E-2 (continued)		
Outcome Variable	Covariate	P Value
SF-36v2 social functioning	NDI	0.0000
	Psychiatric comorbidity	0.0002
	SF-36v2 vitality	0.0011
	No. of levels operated	0.0068
	SF-36v2 bodily pain	0.0664
	SF-36v2 general health	0.0928
SF-36v2 role limitation-emotional	NDI	0.0000
	Psychiatric comorbidity	0.0017
	Previous surgery for CSM	0.0051
	Congenital stenosis	0.0023
	Recipient of Social Security	0.0056
	SF-36v2 bodily pain	0.0065
	No. of levels operated	0.0094
	Nurick grade	0.0342
SF-36v2 PCS score	NDI	0.0000
	SF-36v2 general health	0.0000
	Psychiatric comorbidity	0.0010
	SF-36v2 physical function domain	0.0008
	No. of levels operated	0.0154
	Recipient of Social Security	0.0318
	SF-36v2 vitality	0.0288
	Nurick grade	0.0561
	SF-36v2 bodily pain	0.0236
	SF-36v2 role limitation-emotional	0.0780
SF-36v2 MCS score	NDI	0.0000
	SF-36v2 general health	0.0000
	Psychiatric comorbidity	0.0003
	SF-36v2 role limitation-emotional	0.0135
	Patient is on sick leave	0.0486
	Congenital stenosis	0.0431
	No. of levels operated	0.0993
	SF-36v2 bodily pain	0.0955
*CSM = cervical spondylotic myelopathy.		