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| Table S1. Study Outcome Measures from Baseline to 3 Months by Treatment Group with Between-Group Comparisons |
| Outcome Measure Time-point | **Mean (SE)** | **Between-Group Differences** |  |
| MSS | HE | Mean Difference | SE | *P v*alue | 95% CI | Effect size1 |
| Pain Intensity |
|  Baseline | 7.08 (0.31) | 7.06 (0.28) | 0.02 | 0.42 | 0.9671 | -0.81 — 0.85 | 0.01 |
|  1-Month | 4.30 (0.42) | 5.77 (0.33) | -1.47 | 0.53 | 0.0071 | -2.53 — -0.41 | -0.64 |
|  2-Month | 4.18 (0.37) | 5.03 (0.33) | -0.84 | 0.49 | 0.0895 | -1.82 — 0.12 | -0.40 |
|  3-Month | 3.80 (0.36) | 4.85 (0.36) | -1.05 | 0.51 | 0.0443 | -2.07 — -0.03 | -0.47 |
| Pain Catastrophizing |
|  Baseline | 13.92 (1.80) | 14.23 (1.64) | -0.32 | 2.44 | 0.8976 | -5.17 — 4.54 | -0.03 |
|  1-Month | 7.24 (1.58) | 10.21 (1.80) | -2.97 | 2.47 | 0.2320 | -7.89 — 1.94 | -0.28 |
|  2-Month | 7.55 (1.73) | 5.54 (1.52) | 2.01 | 2.29 | 0.3845 | -2.57 — 6.58 | 0.21 |
|  3-Month | 7.00 (1.65) | 6.49 (1.71) | 0.51 | 2.39 | 0.8304 | -4.24 — 5.27 | 0.05 |
| PROMIS Pain Interference |
|  Baseline | 65.92 (1.80) | 70.00 (1.06) | -4.08 | 1.99 | 0.13052 | -8.04 — -0.11 | -0.45 |
|  1-Month | 59.24 (1.72) | 63.04 (1.15) | -3.80 | 2.00 | 0.0610 | -7.79 — 0.18 | -0.44 |
|  2-Month | 58.20 (1.73) | 59.87 (1.35) | -1.67 | 2.16 | 0.4429 | -5.98 — 2.64 | -0.18 |
|  3-Month | 54.10 (1.82) | 57.35 (1.56) | -3.25 | 2.38 | 0.1773 | -7.99 — 1.50 | -0.32 |
| PROMIS Anxiety  |
|  Baseline | 56.25 (1.46) | 56.54 (1.37) | -0.30 | 2.02 | 0.8836 | -4.31 — 3.72 | -0.03 |
|  1-Month | 49.75 (1.62) | 51.52 (1.38) | -1.77 | 2.12 | 0.4054 | -5.99 — 2.45 | -0.19 |
|  2-Month | 49.34 (1.66) | 47.31 (1.27) | 2.03 | 2.06 | 0.3283 | -2.08 — 6.13 | 0.23 |
|  3-Month | 48.93 (1.63) | 48.42 (1.55) | 0.50 | 2.25 | 0.8237 | -3.98 — 4.89 | 0.05 |
| PROMIS Depression  |
|  Baseline | 52.84 (1.45) | 50.73 (1.37) | 2.11 | 2.01 | 0.2970 | -1.89 — 6.10 | 0.23 |
|  1-Month | 49.70 (1.37) | 50.02 (1.32) | -0.31 | 1.93 | 0.8711 | -4.15 — 3.52 | -0.04 |
|  2-Month | 47.12 (1.22) | 47.83 (1.29) | -0.71 | 1.79 | 0.6912 | -4.28 — 2.85 | -0.09 |
|  3-Month | 46.85 (1.48) | 46.74 (1.31) | 0.10 | 1.97 | 0.9577 | -3.82 — 4.03 | 0.01 |
| PROMIS Fatigue  |
|  Baseline | 56.33 (1.34) | 55.69 (1.48) | 0.64 | 2.05 | 0.30372 | -3.43 — 4.72 | 0.07 |
|  1-Month | 51.17 (1.83) | 52.48 (1.19) | -1.31 | 2.10 | 0.5353 | -5.49 — 2.88 | -0.15 |
|  2-Month | 48.59 (1.32) | 48.37 (1.39) | 0.22 | 1.93 | 0.9085 | -3.63 — 4.07 | 0.03 |
|  3-Month | 47.75 (1.59) | 48.25 (1.51) | -0.50 | 2.19 | 0.8202 | -4.87 — 3.87 | -0.05 |
| PROMIS Sleep Disturbance  |
|  Baseline | 51.93 (1.15) | 56.59 (1.16) | -4.66 | 1.66 | 0.0061 | -7.95 — -1.37 | -0.62 |
|  1-Month | 51.35 (1.43) | 53.82 (1.24) | -2.47 | 1.89 | 0.1963 | -6.23 — 1.30 | -0.30 |
|  2-Month | 50.45 (1.45) | 51.62 (1.15) | -1.18 | 1.83 | 0.5216 | -4.83 — 2.47 | -0.15 |
|  3-Month | 48.24 (1.24) | 50.19 (1.50) | -1.94 | 1.97 | 0.3280 | -5.88 — 1.99 | -0.23 |
| PROMIS Social Isolation  |
|  Baseline | 44.33 (1.41) | 44.60 (1.19) | -0.27 | 1.84 | 0.8843 | -3.92 — 3.38 | -0.03 |
|  1-Month | 43.86 (1.29) | 44.40 (1.22) | -0.54 | 1.79 | 0.7660 | -4.11 — 3.04 | -0.07 |
|  2-Month | 41.42 (1.10) | 43.57 (1.29) | -2.15 | 1.72 | 0.2171 | -5.59 — 1.29 | -0.30 |
|  3-Month | 41.38 (1.32) | 41.69 (1.41) | -0.30 | 1.94 | 0.8758 | -4.17 — 3.56 | -0.04 |
| HE = health education material control; MSS = “My Surgical Success” PROMIS = Patient-Reported Outcomes Measurement Information Systems The monthly surveys are post-intervention.The between-group statistics were generated from t-tests with pooled variances unless otherwise noted.1 Cohen’s d2 Due to skewed data, the estimates marked by this note used a Wilcoxon two-sample test. |