

Multimedia Appendix 2. Distribution of scores in COOP-WONCA at baseline (pre) and after 12 weeks (post), numbers presented in percent (%).

	<b>No impariments</b>		<b>Slightly a little</b>		<b>Moderate</b>		<b>Quite a bit</b>		<b>Extremely</b>	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
<b>Physical fitness</b>	36	43	14	21	43	36	7			
<b>Feelings</b>	36	50	36	29	21	14	7	7		
<b>Daily activities</b>	43	50	50	29		14	7	7		
<b>Social activities</b>	50	50	29	43	14	7	7			
	<b>Much better</b>		<b>A little better</b>		<b>About the same</b>		<b>A little worse</b>		<b>Much worse</b>	
<b>Change in health</b>	21	14	36	29	36	50		7	7	
	<b>Very good</b>		<b>Good</b>		<b>Fair</b>		<b>Poor</b>		<b>Very poor</b>	
<b>Overall health</b>	7	21	58	51	21	21	14	7		