

**Table S1** The 36-Item Short Form Health Survey (SF-36) (1)

HRQoL component	SF-36 questions	SF-36 scores
Physical function (PF)	<p>Do you think your current health condition will limit you in the following activities? If so, to what extent?</p> <p>a. Engage in vigorous exercise, for instance running or/and lifting heavy objects;</p> <p>b. Engage in moderate activities, for example moving a table, pushing a vacuum cleaner , playing bowling or golf;</p> <p>c. Move groceries back and forth;</p> <p>d. Take many stairs;</p> <p>e. Take a few stairs;</p> <p>f. Bend your waist or knees;</p> <p>g. Walk more than a mile;</p> <p>h. Walk many blocks;</p> <p>i. Walk one block;</p> <p>j. Be able to bathe or dress yourself.</p>	<p>PF = (The actual score - 10)/20 ×100.</p> <p>a-j: Yes, very limited (1 point ).</p> <p>Yes, a little bit limited (2 points )</p> <p>No, it's completely unlimited (3 points )</p>
Physical Role (PR )	<p>In the past four weeks, have you experienced any of the following problems at work or in your daily activities due to your physical health?</p> <p>a. Reduced time spent at work or other activities;</p> <p>b. Accomplished less than you anticipated;</p> <p>c. Restricted to certain work or activities ;</p> <p>d. Difficulty carrying out work or other activities (does it require extra effort?).</p>	<p>PR = (The actual score - 4)/4 ×100.</p> <p>a-d: Yes (1 point) No (2 points)</p>
Body pain (BP)	<p>a. How much physical pain have you had in the past four weeks?</p> <p>b. How much has the pain affected your normal work (including housework or other work) in the past four weeks?</p>	<p>BP = (The actual score - 2)/10 ×100.</p> <p>a, b: No pain/no effect on work (6 points);</p> <p>Occasionally (5 points); Slightly (4 points); Moderate (3 points); Relatively serious (2 points);</p> <p>Extremely severe (1 point).</p>
General health (GH)	<p>a. What is your general state of health?</p> <p>b. I get sick more easily than others.</p> <p>c. I am as healthy as anyone I know.</p> <p>d. I am afraid my health will deteriorate.</p> <p>e. I am in good health.</p>	<p>GH = (The actual score - 5)/20 ×100.</p> <p>a. Wonderful (5 points); Very well (4 points); Well (3 points); General (2 points); Bad (1 point).</p> <p>b and d: Always true (1 point); Mostly true (2 points); Unsure (3 points); Mostly not true (4 points);</p> <p>Not true (5 points). c and e: Always true (5 points); mostly true (4 points); Unsure (3 points);</p> <p>Mostly not true (2 points); Not true (1 points).</p>
Vitality (V)	<p>How much time in the last four weeks have you felt the following?</p> <p>a. Energetic;</p> <p>b. Good about your energy;</p> <p>c. Exhausted;</p> <p>d. A little tired;</p>	<p>V = (The actual score - 4)/20 ×100.</p> <p>a and b: Always (6 points); Frequently (5 points); Occasionally (4 points); Sometimes (3 points);</p> <p>Seldom (2 points); Never (1 point). c and d: Always (1 point); Frequently (2 points);</p> <p>Occasionally (3 points); Sometimes (4 points); Seldom (5 points); Never (6 points).</p>
Social function (SF)	<p>a. To what extent has your physical health or emotional problems affected your normal social interactions with family members, friends, neighbors, or teammates in the past four weeks?</p> <p>b. How often do physical or emotional problems affect your social activities (for example, visiting relatives and friends)?</p>	<p>SF = (The actual score - 2)/8 ×100</p> <p>a: Never (5 points); Slightly (4 points); Moderate (3 points); Often (2 points); Always (1 point).</p> <p>b: Always (1 point); Often (2 points); Sometimes (3 points); Seldom (4 points); Never (5 points).</p>
Emotional role (ER)	<p>In the past four weeks, have you experienced any of the following problems at work or in your daily life due to emotional problems (such as depression or anxiety)?</p> <p>a. Reduced time spent at work or other activities;</p> <p>b. Accomplished less than anticipated;</p> <p>c. Not working as hard or performing usual activities.</p>	<p>ER = (The actual score - 3)/3 ×100</p> <p>a-c: Yes (1 point);</p> <p>No (2 points)</p>
Mental health (MH)	<p>a. Are you a nervous person?</p> <p>b. Do you feel so depressed that nothing can cheer you up?</p> <p>c. Do you feel calm and at peace?</p> <p>d. Are you feeling depressed and anxious?</p> <p>e. Are you a happy person?</p>	<p>MH = (The actual score - 5)/25 ×100.</p> <p>a-c: Always (1 point); Often (2 points);</p> <p>Frequently (3 points); Sometimes (4 points); Occasionally (5 points); Never (6 points).</p> <p>d-e: Always (6 points); Often (5 points); Frequently (4 points); Sometimes (3 points);</p> <p>Occasionally (2 points); Never (1 point).</p>

HRQoL, health related quality of life.