

Table 8. Post hoc Analyses: Western Ontario and McMaster Universities Arthritis Index (WOMAC) at Baseline, 1 Month, 3 Months, and 6 Months in Patients with Hospital Anxiety and Depression Scale (HADS) Scores of Less than 11

	Control Group	Treatment Group	Median Difference (99% Confidence Interval)	<i>P</i> Value
Baseline				
N	29	32		
WOMAC Pain	8 (6 to 10)	9.5 (8 to 11.5)	-1 (-4 to 1)	0.102
WOMAC Stiffness	5 (3 to 5)	5 (3 to 6)	0 (-2 to 1)	0.578
WOMAC Physical Function	25 (12 to 33)	26 (20.5 to 37)	-4 (-13 to 4)	0.231
WOMAC Score	40 (22 to 48)	39.5 (32.5 to 52)	-6 (-17 to 5)	0.209
1 Month				
N	27	32		
WOMAC Pain	4 (1 to 6)	5.5 (3.5 to 8)	-2 (-4 to 0)	0.042
WOMAC Stiffness	2 (2 to 3)	3 (2 to 3)	0 (-1 to 0)	0.277
WOMAC Physical Function	8 (4 to 12)	13 (8 to 18.5)	-4 (-10 to 1)	0.053
WOMAC Score	13 (8 to 22)	21 (14 to 28)	-6 (-14 to 2)	0.047
3 Months				
N	27	29		
WOMAC Pain	2	2	-1	0.164

	(0 to 4)	(1 to 5.5)	(-2 to 1)	
WOMAC	2	2	0	0.798
Stiffness	(1 to 3)	(1 to 3)	(-1 to 1)	
WOMAC Physical	3	6.5	-3	0.069
Function	(0 to 12)	(4 to 13.5)	(-7 to 2)	
WOMAC Score	8	11.5	-3	0.115
	(2 to 17)	(6 to 23.5)	(-10 to 3)	
6 Months				
N	27	29		
WOMAC Pain	1	1	0	0.520
	(0 to 4)	(0 to 5)	(-2 to 1)	
WOMAC	2	2	0	0.781
Stiffness	(0 to 4)	(0 to 3)	(-1 to 1)	
WOMAC Physical	6	6	-2	0.201
Function	(0 to 9)	(2 to 11)	(-7 to 3)	
WOMAC Score	9	9	-2	0.349
	(1 to 14)	(4 to 20)	(-9 to 5)	

Data are median (interquartile range).