

TABLE E-1 Baseline Characteristics of “As Treated” Randomized Controlled Trial and Observational Cohorts Combined

Baseline Variable	Patients with Symptoms for ≤6 Months (N = 927)	Patients with Symptoms for >6 Months (N = 265)	P Value
Age* (yr)	41.7 ± 11.2	41.7 ± 12.1	1
Female (<i>no. of patients</i>)	391 (42%)	116 (44%)	0.69
Education: at least some college (<i>no. of patients</i>)	697 (75%)	187 (71%)	0.15
Income: under \$50,000 (<i>no. of patients</i>)	404 (44%)	131 (49%)	0.11
Marital status: married (<i>no. of patients</i>)	650 (70%)	185 (70%)	0.98
Work status (<i>no. of patients</i>)			0.097
Full or part-time	558 (60%)	164 (62%)	
Disabled	115 (12%)	43 (16%)	
Other	253 (27%)	58 (22%)	
Compensation: any (<i>no. of patients</i>)	167 (18%)	41 (15%)	0.38
Body-mass index*	27.9 ± 5.6	28.2 ± 5.5	0.49
Smoker (<i>no. of patients</i>)	221 (24%)	61 (23%)	0.84
Comorbidities (<i>no. of patients</i>)			
Depression	96 (10%)	45 (17%)	0.005†
Joint problem	172 (19%)	49 (18%)	0.95
Other	399 (43%)	127 (48%)	0.18
Time since recent episode: <6 months (<i>no. of patients</i>)	927 (100%)	3 (1%)	<0.001†
SF-36*			
Bodily pain	25.8 ± 18.1	26.3 ± 18.5	0.66
Physical functioning	37.9 ± 25.8	37.2 ± 24.6	0.71
Mental component summary	45.5 ± 11.5	44.1 ± 11.9	0.088
Oswestry Disability Index*	49.9 ± 21.5	47.9 ± 20.6	0.16
Sciatica Frequency Index (possible range, 0 to 24)*	15.9 ± 5.3	15.7 ± 5.7	0.5
Sciatica Bothersomeness Scale (possible range, 0 to 24)*	15.6 ± 5.1	15.3 ± 5.8	0.4
Very dissatisfied with symptoms (<i>no. of patients</i>)	737 (80%)	217 (82%)	0.44
Problem getting better or worse (<i>no. of patients</i>)			0.002†
Getting better	157 (17%)	22 (8%)	
Staying about the same	412 (44%)	122 (46%)	
Getting worse	354 (38%)	118 (45%)	
Treatment preference (<i>no. of patients</i>)			0.043†
Preference for nonoperative treatment	320 (35%)	74 (28%)	
Not sure	157 (17%)	40 (15%)	
Preference for surgery	447 (48%)	151 (57%)	

*The values are given as the mean and the standard deviation. †Significant (p < 0.05).

TABLE E-2 Change from Baseline in Secondary Outcome Measures for Operatively Managed Patients According to Duration of Symptoms

Outcome Scale	Change from Baseline			
	1 Year	2 Years	3 Years	4 Years
Sciatica Bothersomeness Scale*				
Patients with symptoms for ≤ 6 months	-11.5 ± 0.3	-11.2 ± 0.3	-11.3 ± 0.3	-11.9 ± 0.3
Patients with symptoms for > 6 months	-10.8 ± 0.4	-10.3 ± 0.3	-10.6 ± 0.4	-10.8 ± 0.4
P value	0.085	0.037	0.12	0.016
Low Back Pain Bothersomeness Index*				
Patients with symptoms for ≤ 6 months	-2.2 ± 0.1	-2.2 ± 0.1	-2.3 ± 0.1	-2.3 ± 0.1
Patients with symptoms for > 6 months	-2 ± 0.1	-2 ± 0.1	-2 ± 0.1	-2 ± 0.1
P value	0.18	0.084	0.077	0.051
Leg Pain Bothersomeness Scale*				
Patients with symptoms for ≤ 6 months	-3.7 ± 0.1	-3.6 ± 0.1	-3.7 ± 0.1	-3.8 ± 0.1
Patients with symptoms for > 6 months	-3.4 ± 0.1	-3.3 ± 0.1	-3.4 ± 0.1	-3.5 ± 0.1
P value	0.1	0.072	0.098	0.084
Satisfaction with symptoms (%)				
Patients with symptoms for ≤ 6 months	77.2	78	77.1	80.1
Patients with symptoms for > 6 months	69.7	70.9	70.5	70.8
P value	0.05	0.049	0.098	0.015
Self-rated health trend (%)				
Patients with symptoms for ≤ 6 months	85.5	81.7	77.9	82.8
Patients with symptoms for > 6 months	80.5	73	74.2	72.9
P value	0.11	0.012	0.33	0.007
Work status (working) (%)				
Patients with symptoms for ≤ 6 months	90.5	89.3	88	88.8
Patients with symptoms for > 6 months	76.7	78.5	76.1	75.6
P value	< 0.001	0.002	0.002	< 0.001

*The values are given as the mean and the standard deviation.

TABLE E-3 Change from Baseline in Secondary Outcome Measures for Nonoperatively Managed Patients According to Duration of Symptoms

Outcome Scale	Change from Baseline			
	1 Year	2 Years	3 Years	4 Years
Sciatica Bothersomeness Scale*				
Patients with symptoms for ≤ 6 months	-8.3 ± 0.3	-8.3 ± 0.3	-8.5 ± 0.3	-8.6 ± 0.4
Patients with symptoms for >6 months	-5.7 ± 0.6	-6 ± 0.6	-6.4 ± 0.7	-5.4 ± 0.7
P value	<0.001	<0.001	0.003	<0.001
Low Back Pain Bothersomeness Index*				
Patients with symptoms for ≤ 6 months	-1.4 ± 0.1	-1.5 ± 0.1	-1.5 ± 0.1	-1.5 ± 0.1
Patients with symptoms for >6 months	-0.8 ± 0.2	-1 ± 0.2	-0.9 ± 0.2	-1.1 ± 0.2
P value	0.006	0.024	0.003	0.05
Leg Pain Bothersomeness Scale*				
Patients with symptoms for ≤ 6 months	-2.8 ± 0.1	-2.8 ± 0.1	-2.9 ± 0.1	-3 ± 0.1
Patients with symptoms for >6 months	-2 ± 0.2	-2.1 ± 0.2	-2.5 ± 0.2	-2.1 ± 0.2
P value	<0.001	0.001	0.043	<0.001
Satisfaction with symptoms (%)				
Patients with symptoms for ≤ 6 months	45.2	51.3	50.1	44.9
Patients with symptoms for >6 months	30.1	30.8	40.5	45.6
P value	0.026	0.005	0.21	0.93
Self-rated health trend (%)				
Patients with symptoms for ≤ 6 months	55.9	61.5	54.5	51
Patients with symptoms for >6 months	39.2	39.1	42.9	44.8
P value	0.013	<0.001	0.12	0.41
Work status (working) (%)				
Patients with symptoms for ≤ 6 months	84.4	87.5	83.1	82.5
Patients with symptoms for >6 months	74.9	64.3	51.1	47.1
P value	0.041	<0.001	<0.001	<0.001

*The values are given as the mean and the standard deviation.

TABLE E-4 Treatment Effect of Surgery Measured by Secondary Outcome Measures According to Duration of Symptoms

Outcome Scale	Mean Treatment Effect (95% CI*)			
	1 Year	2 Years	3 Years	4 Years
Sciatica Bothersomeness Scale				
Patients with symptoms for ≤ 6 months	-3.2 (-4.1 to -2.3)	-2.9 (-3.8 to -2)	-2.8 (-3.7 to -1.9)	-3.3 (-4.3 to -2.3)
Patients with symptoms for > 6 months	-5.1 (-6.4 to -3.8)	-4.4 (-5.7 to -3)	-4.2 (-5.7 to -2.8)	-5.4 (-6.9 to -3.9)
P value	0.019	0.075	0.092	0.017
Low Back Pain Bothersomeness Index				
Patients with symptoms for ≤ 6 months	-0.8 (-1.1 to -0.5)	-0.7 (-1 to -0.4)	-0.7 (-1 to -0.4)	-0.8 (-1.1 to -0.5)
Patients with symptoms for > 6 months	-1.2 (-1.6 to -0.8)	-0.9 (-1.3 to -0.5)	-1.1 (-1.6 to -0.6)	-0.9 (-1.4 to -0.4)
P value	0.12	0.36	0.13	0.69
Leg Pain Bothersomeness Scale				
Patients with symptoms for ≤ 6 months	-0.9 (-1.2 to -0.6)	-0.8 (-1.1 to -0.5)	-0.7 (-1 to -0.4)	-0.9 (-1.2 to -0.6)
Patients with symptoms for > 6 months	-1.4 (-1.8 to -1)	-1.2 (-1.6 to -0.8)	-0.9 (-1.4 to -0.4)	-1.4 (-1.9 to -0.9)
P value	0.044	0.098	0.44	0.044
Satisfaction with symptoms (%)				
Patients with symptoms for ≤ 6 months	32 (24.3 to 39.6)	26.7 (18.8 to 34.6)	7 (18.8 to 35.2)	35.2 (26.9 to 43.5)
Patients with symptoms for > 6 months	39.6 (27.8 to 51.5)	40.1 (28 to 52.2)	0 (15.9 to 44.1)	25.2 (10.4 to 40.1)
P value	0.45	0.18	0.9	0.15
Self-rated health trend (%)				
Patients with symptoms for ≤ 6 months	29.6 (22.1 to 37)	20.2 (12.5 to 27.9)	3.4 (15.1 to 31.7)	31.9 (23.5 to 40.3)
Patients with symptoms for > 6 months	41.2 (28.9 to 53.6)	33.9 (20.9 to 46.9)	1.3 (17 to 45.5)	28.1 (13.4 to 42.8)
P value	0.37	0.23	0.48	0.37
Work status (working) (%)				
Patients with symptoms for ≤ 6 months	6.1 (0.6 to 11.7)	1.8 (-3.5 to 7)	.9 (-1.4 to 11.2)	6.3 (-0.6 to 13.1)
Patients with symptoms for > 6 months	1.8 (-11.5 to 15.2)	14.2 (-1 to 29.3)	25 (8.1 to 41.9)	28.5 (11.5 to 45.4)
P value	0.22	0.23	0.1	0.1

*CI = confidence interval.