**Supplementary table 1 Characteristics of non-participants and study participants**

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|  | **Non-participants** (n=330) | **Study participants** (n=141) | **P-value** |
| **Patient characteristics** |
| Age (years), mean (SD) | 56.4 (13.3) | 52.4 (10.2) | **0.001** |
| Sex (female), n (%) | 169 (51.2%) | 71 (50.4%) | 0.865 |
| Currently smoking, n (%) | 61 (18.5%) | 26 (18.4%) | 0.252 |
| Education (years), mean (SD)Disease duration (years), mean (SD) | 12.2 (3.5)10.1 (8.2) | 12.9 (3.5)9.2 (6.8) | 0.0570.269 |
| BMI (kg/m2), mean (SD) | 29.8 (19.6) | 28.2 (4.8) | 0.155 |
| **Disease activity** |
| Swollen joint count 28, median (range) | 0 (0-8) | 0 (0-4) | 0.367 |
| Tender joint count 28, median (range) | 0 (0-27) | 0.50 (0.0-2.0) | **<0.001** |
| ESR (mm/h), mean (SD) | 10 (1-105) | 12 (2-62) | 0.312 |
| CRP (mg/L), median (range) | 2 (0-50) | 2 (0-74) | 0.856 |
| DAS28ESR, median (range) | 2.5 (0.1-5.4) | 2.7 (0.8-5.7) | **0.008** |
| CDAI, median (range) | 5.0 (0.0-33.1) | 5.7 (0.0-26.9) | **0.030** |
| PGA (VAS, 0-100mm), median (range)EGA (VAS, 0-100mm), median (range) | 33 (0-100)6 (0-48) | 36 (0-100)7 (0-42) | 0.7710.070 |
| Pain (VAS, 0-100mm), median (range)Fatigue, median (range) Morning stiffness, median (range) | 33 (0-96)41 (0-100)5 (0-6) | 30 (0-99)47 (0-100)5 (0-6) | 0.9460.2180.659 |
| MHAQ, median (IQR) | 0.38 (0.0-2.0) | 0.38 (0.0-1.5) | 0.350 |
| **Medication** |
| Current use of csDMARDs, n (%) | 162 (49.1) | 80 (56.7) | 0.128 |
| Current use of bDMARDs, n (%)Current use of steroids, n (%) | 84 (25.5)48 (14.5) | 48 (34.0)11 (7.8) | 0.057**0.043** |

*The data between non-participants and study participants are compared for their last visit at the out-patient clinic during the study period.* BMI, body mass index; ESR, Erythrocyte sedimentation rate; CRP, C-reactive protein; DAS28, Disease Assessment Score for 28 joints with ESR; PGA, Patient’s Global Assessment, EGA, Evaluator’s Global Assessment; MHAQ, Modified Health Assessment Questionnaire; csDMARD, conventional synthetic Disease Modifying Anti-Rheumatic Drugs; bDMARDs, biological Disease Modifying Anti-Rheumatic Drugs