

Online Supplemental Table

Table F. Techniques of preoperatively and postoperatively applied psychological interventions

| preoperative psychological interventions (% of patients) | | postoperative psychological interventions (% of patients) | |
|---|-----|--|-----|
| Self-evaluation | 77% | Strategies for coping with pain | 35% |
| Evaluation by significant others | 26% | Motivation to exercise therapy | 71% |
| Actualizing patients' resources | 83% | Emotional support | 95% |
| Focussing on patients' future | 87% | Focussing on patients' future | 92% |
| Relaxation techniques | 4% | Relaxation techniques | 6% |
| Clarifying medical questions | 36% | Clarifying medical questions | 31% |
| Cognitive restructuring of anxiety | 23% | Explanation of postoperative delirium | 17% |
| Dissociation of additional psychological stress | 21% | Association of additional psychological stress | 11% |
| Focussing on patients' social support | 61% | Focussing on patients' social support | 68% |
| Assurance of further psychological support | 87% | Assurance of further psychological support | 95% |