**Supplementary Table 1** – Cohort characterization.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Surgery** | | **Immunosuppression** | | | **Total** | | | **p\*** | |
| **Sex** (n, %) |  |  | |  |  | |  |  | | 0.182 | |
| Female | 29 | 44.6% | | 51 | 55.4% | | 80 | 51.0% | |  | |
| Male | 36 | 55.4% | | 41 | 44.6% | | 77 | 49.0% | |  | |
| **Age** (median, IQR) | 47 (35-62) | | | 36 (32-47) | | | 39 (33-51) | | | **0.002** | |
| **Family history** (n, %) |  |  | |  |  | |  |  | | 0.533 | |
|  | 3 | 6.7% | | 8 | 10.7% | | 11 | 9.2% | |  | |
| **Total follow-up time (years)**  (median, IQR) | 9 (5-13) | | | 8 (5-11) | | | 9 (5-11) | | | 0.187 | |
| **Truelove and Witts severity índex** (n, %) |  |  | |  |  | |  |  | | **0.028** | |
| Moderate | 14 | 21.5% | | 35 | 38.0% | | 49 | 31.2% | |  | |
| Severe | 51 | 78.5% | | 57 | 62.0% | | 108 | 68.8% | |  | |
| **Disease extension** (n, %) |  |  | |  |  | |  |  | | 0.779 | |
| Left-sided | 24 | 36.9% | | 36 | 39.1% | | 60 | 38.2% | |  | |
| Extensive | 41 | 63.1% | | 56 | 60.9% | | 97 | 61.8% | |  | |
| **EIM** (n, %) |  |  | |  |  | |  |  | | 0.092 | |
|  | 27 | 46.6% | | 27 | 32.5% | | 54 | 38.3% | |  | |
| **Index episode treatment** (n, %) |  |  | |  |  | |  |  | | **0.024** | |
| CS + CyA | 22 | 33.8% | | 14 | 15.2% | | 36 | 22.9% | |  | |
| CS + IFX | 10 | 15.4% | | 18 | 19.6% | | 28 | 17.8% | |  | |
| CS | 33 | 50.8% | | 60 | 65.2% | | 93 | 59.2% | |  | |
| **CS resistance** (n, %) |  |  | |  |  | |  |  | | **<0.001** | |
|  | 47 | 83.9% | | 30 | 41.7% | | 77 | 60.2% | |  | |
| **CS dependence** (n, %) |  |  | |  |  | |  |  | | **0.001** | |
|  | 15 | 30.6% | | 40 | 60.6% | | 55 | 47.8% | |  | |
| **Surgical procedure** (n, %) |  |  | |  |  | |  |  | | - | |
| IRA | 15 | 23.4% | | - | - | | 15 | 23.4% | |  | |
| Ileostomy | 5 | 7.8% | | - | - | | 5 | 7.8% | |  | |
| IPAA | 44 | 68.8% | | - | - | | 44 | 68.8% | |  | |

\*, Chi-square test; EIM, extra-intestinal manifestations; CS, corticosteroids; CyA, Cyclosporine A; IFX, infliximab; IRA, ileorectal anamostosis; IPAA, ileal pouch-anal anamostosis

**Supplementary Table 2** – Follow-up data since the index episode (median, IQR).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Surgery** | **Immunosuppression** | **Total** | **p\*** |
| **Follow-up time (years)** | 6 (3-9) | 4 (3-7) | 5 (3-9) | 0.087**\*** |
| **Hospital admissions** | 2 (1-3) | 1 (0-2) | 2 (1-3) | **0.012\*** |
| **Consultations** | 15 (9-25) | 22 (14-35) | 18 (11-29) | **0.003\*** |
| **Treatment after the index episode** (n, %) |  |  |  |  |
| 5-ASA | 38 (58.5%) | 20 (26.7%) | 58 (41.4%) | **<0.001+** |
| CS | 22 (36.7%) | 70 (83.3%) | 92 (63.9%) | **<0.001+** |
| AZA | 7 (10.8%) | 81 (94.2%) | 88 (58.3%) | **<0.001+** |
| IFX (mono and combo) | 0 (0.0%) | 32 (40.5%) | 32 (23.9%) | **<0.001+** |

\*, Mann-Whitney test test;+ -Chi-square test; 5-ASA, 5-aminosalycilates; CS, corticosteroids AZA, Azathioprine A; IFX, infliximab.

**Supplementary Table 3.** Correlation between age and IBDQ /SF36 total and sub-scores, stratified by study arm.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Total** | **S** | **I** |
| **IBDQ**  Total | Correlation Coefficient | -.104 | -.092 | -.031 |
| Sig. (2-tailed) | .213 | .486 | .777 |
| N | 145 | 60 | 85 |
| **IBDQ**  Bowel | Correlation Coefficient | -.045 | .071 | -.065 |
| Sig. (2-tailed) | .589 | .590 | .553 |
| N | 145 | 60 | 85 |
| **IBDQ**  Systemic | Correlation Coefficient | -.120 | -.192 | -.015 |
| Sig. (2-tailed) | .151 | .142 | .890 |
| N | 145 | 60 | 85 |
| **IBDQ**  Social | Correlation Coefficient | -.151 | -.099 | -.009 |
| Sig. (2-tailed) | .070 | .450 | .935 |
| N | 145 | 60 | 85 |
| **IBDQ**  Emotional | Correlation Coefficient | -.095 | -.080 | -.082 |
| Sig. (2-tailed) | .255 | .541 | .457 |
| N | 145 | 60 | 85 |
| **SF36**  Physical functioning | Correlation Coefficient | **-.292\*\*** | -.206 | **-.243\*** |
| Sig. (2-tailed) | **.000** | .105 | **.022** |
| N | **151** | 63 | **88** |
| **SF36**  Physical role functioning | Correlation Coefficient | -.110 | -.066 | -.103 |
| Sig. (2-tailed) | .179 | .604 | .341 |
| N | 151 | 64 | 87 |
| **SF36**  Bodily pain | Correlation Coefficient | .062 | .125 | .028 |
| Sig. (2-tailed) | .451 | .323 | .799 |
| N | 152 | 64 | 88 |
| **SF36**  General Health perceptions | Correlation Coefficient | -.006 | .008 | -.048 |
| Sig. (2-tailed) | .943 | .951 | .659 |
| N | 147 | 60 | 87 |
| **SF36**  Vitality | Correlation Coefficient | -.091 | -.065 | -.120 |
| Sig. (2-tailed) | .269 | .613 | .268 |
| N | 149 | 62 | 87 |
| **SF36**  Social role functioning | Correlation Coefficient | -.110 | -.087 | -.047 |
| Sig. (2-tailed) | .178 | .493 | .666 |
| N | 152 | 64 | 88 |
| **SF36**  Emotional role functioning | Correlation Coefficient | -.013 | -.065 | .027 |
| Sig. (2-tailed) | .870 | .610 | .806 |
| N | 151 | 63 | 88 |
| **SF36**  Mental Health | Correlation Coefficient | -.145 | -.095 | -.197 |
| Sig. (2-tailed) | .079 | .463 | .067 |
| N | 149 | 62 | 87 |

S, surgery; I, immunomodulation.

**Supplementary Table 4.** Correlation analysis between number of hospital admission and IBDQ /SF36 total and sub-scores, stratified by study arm.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Total** | **S** | **I** |
| **IBDQ**  Total | Correlation Coefficient | -.110 | -.012 | -.092 |
| Sig. (2-tailed) | .224 | .932 | .453 |
| N | 124 | 55 | 69 |
| **IBDQ**  Bowel | Correlation Coefficient | -.070 | .011 | -.078 |
| Sig. (2-tailed) | .440 | .938 | .525 |
| N | 124 | 55 | 69 |
| **IBDQ**  Systemic | Correlation Coefficient | -.067 | .017 | -.084 |
| Sig. (2-tailed) | .461 | .903 | .493 |
| N | 124 | 55 | 69 |
| **IBDQ**  Social | Correlation Coefficient | -.164 | -.049 | -.112 |
| Sig. (2-tailed) | .068 | .723 | .358 |
| N | 124 | 55 | 69 |
| **IBDQ**  Emotional | Correlation Coefficient | -.111 | .006 | -.154 |
| Sig. (2-tailed) | .219 | .966 | .206 |
| N | 124 | 55 | 69 |
| **SF36**  Physical functioning | Correlation Coefficient | -.171 | -.180 | -.079 |
| Sig. (2-tailed) | .053 | .181 | .511 |
| N | 129 | 57 | 72 |
| **SF36**  Physical role functioning | Correlation Coefficient | -.163 | -.166 | -.096 |
| Sig. (2-tailed) | .064 | .213 | .425 |
| N | 129 | 58 | 71 |
| **SF36**  Bodily pain | Correlation Coefficient | .036 | .048 | .032 |
| Sig. (2-tailed) | .686 | .719 | .787 |
| N | 130 | 58 | 72 |
| **SF36**  General Health perceptions | Correlation Coefficient | .046 | .083 | -.029 |
| Sig. (2-tailed) | .607 | .551 | .808 |
| N | 125 | 54 | 71 |
| **SF36**  Vitality | Correlation Coefficient | -.071 | .003 | -.154 |
| Sig. (2-tailed) | .425 | .983 | .200 |
| N | 127 | 56 | 71 |
| **SF36**  Social role functioning | Correlation Coefficient | -.163 | -.077 | -.188 |
| Sig. (2-tailed) | .064 | .563 | .114 |
| N | 130 | 58 | 72 |
| **SF36**  Emotional role functioning | Correlation Coefficient | -.011 | .009 | -.005 |
| Sig. (2-tailed) | .897 | .947 | .968 |
| N | 129 | 57 | 72 |
| **SF36**  Mental Health | Correlation Coefficient | -.006 | .039 | -.017 |
| Sig. (2-tailed) | .948 | .777 | .885 |
| N | 127 | 56 | 71 |

S, surgery; I, immunomodulation.

**Supplementary Table 5.** Correlation analysis between number of consultations and IBDQ /SF36 total and sub-scores, stratified by study arm.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | **Total** | **S** | **I** |
| **IBDQ**  Total | Correlation Coefficient | .058 | -.051 | .110 |
| Sig. (2-tailed) | .537 | .718 | .390 |
| N | 115 | 52 | 63 |
| **IBDQ**  Bowel | Correlation Coefficient | .063 | .035 | .090 |
| Sig. (2-tailed) | .503 | .803 | .481 |
| N | 115 | 52 | 63 |
| **IBDQ**  Systemic | Correlation Coefficient | .036 | -.022 | .046 |
| Sig. (2-tailed) | .701 | .879 | .718 |
| N | 115 | 52 | 63 |
| **IBDQ**  Social | Correlation Coefficient | .028 | -.095 | .018 |
| Sig. (2-tailed) | .768 | .502 | .887 |
| N | 115 | 52 | 63 |
| **IBDQ**  Emotional | Correlation Coefficient | .032 | -.038 | .109 |
| Sig. (2-tailed) | .733 | .789 | .393 |
| N | 115 | 52 | 63 |
| **SF36**  Physical functioning | Correlation Coefficient | -.074 | -.041 | **-.252\*** |
| Sig. (2-tailed) | .420 | .769 | **.041** |
| N | 120 | 54 | **66** |
| **SF36**  Physical role functioning | Correlation Coefficient | -.077 | -.160 | -.102 |
| Sig. (2-tailed) | .401 | .243 | .418 |
| N | 120 | 55 | 65 |
| **SF36**  Bodily pain | Correlation Coefficient | -.025 | .002 | -.049 |
| Sig. (2-tailed) | .783 | .987 | .698 |
| N | 121 | 55 | 66 |
| **SF36**  General Health perceptions | Correlation Coefficient | .026 | -.025 | .112 |
| Sig. (2-tailed) | .781 | .862 | .373 |
| N | 116 | 51 | 65 |
| **SF36**  Vitality | Correlation Coefficient | -.108 | -.109 | -.101 |
| Sig. (2-tailed) | .242 | .439 | .421 |
| N | 119 | 53 | 66 |
| **SF36**  Social role functioning | Correlation Coefficient | -.131 | -.260 | -.080 |
| Sig. (2-tailed) | .152 | .055 | .524 |
| N | 121 | 55 | 66 |
| **SF36**  Emotional role functioning | Correlation Coefficient | -.020 | -.079 | .001 |
| Sig. (2-tailed) | .832 | .571 | .995 |
| N | 120 | 54 | 66 |
| **SF36**  Mental Health | Correlation Coefficient | -.014 | -.007 | -.012 |
| Sig. (2-tailed) | .882 | .960 | .922 |
| N | 119 | 53 | 66 |

S, surgery; I, immunomodulation.

**Supplementary Table 6.** Regression analysis (dependent variable: total IBDQ score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | -8.919 | -20.662; 2.824 | 0.135 |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -8.703 | -20.532; 3.127 | 0.148 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 4.162 | -7.636; 15.960 | 0.486 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 11.253 | -1.181; 23.688 | 0.076 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | -7.328 | -18.498; 3.842 | 0.197 |
| Male | ref |  |  |
| **Total follow-up time** (years) | -0.029 | -0.871; 0.814 | 0.947 |

**Supplementary Table 7.** Regression analysis (dependent variable: IBDQ intestinal sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | 0.750 | -4.557; 3.058 | 0.697 |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -3.541 | -7.377; 0.295 | 0.070 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 1.042 | -2.784; 4.868 | 0.591 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 3.375 | -0.657; 7.407 | 0.100 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | -1.001 | -4.623; 2.621 | 0.586 |
| Male | ref |  |  |
| **Total follow-up time** | 0.029 | -0.244; 0.302 | 0.835 |

**Supplementary Table 8.** Regression analysis (dependent variable: IBDQ systematic sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | -1.223 | -3.593; 1.147 | 0.309 |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -0.664 | -3.051; 1.724 | 0.583 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 0.470 | -1.912; 2.851 | 0.697 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| **No** | **2.607** | **0.097; 5.116** | **0.042** |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | -1.004 | -3.258; 1.250 | 0.380 |
| Male | ref |  |  |
| **Total follow-up time** | -0.087 | -0.257; 0.083 | 0.312 |

**Supplementary Table 9.** Regression analysis (dependent variable: IBDQ social sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | **-4.646** | **-6.953; -2.339** | **<0.001** |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -0.360 | -2.684; 1.964 | 0.760 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 0.549 | -1.769; 2.867 | 0.640 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 1.732 | -0.711; 4.175 | 0.163 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | -0.948 | -3.142; 1.247 | 0.394 |
| Male | ref |  |  |
| **Total follow-up time** | 0.058 | -0.107; 0.224 | 0.489 |

**Supplementary Table 10.** Regression analysis (dependent variable: IBDQ emotional sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | -2.300 | -7.129; 2.619 | 0.357 |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -4.138 | -9.093; 0.818 | 0.101 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 2.101 | -2.841; 7.043 | 0.402 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 3.539 | -1.670; 8.749 | 0.181 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | -4.375 | -9.054; 0.304 | 0.067 |
| Male | ref |  |  |
| **Total follow-up time** | -0.028 | -0.381; 0.325 | 0.489 |

**Supplementary Table 11.** Regression analysis (dependent variable: SF36 physical functioning sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | **-9.622** | **-17.061; -2.183** | **0.012** |
| Immunomodulation | Ref |  |  |
| **Disease extent** |  |  |  |
| Left-side | **-11.380** | **-18.940; -3.814** | **0.003** |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 6.025 | -1.554; 13.604 | 0.118 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 5.640 | -2.356; 13.637 | 0.165 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | **-10.770** | **-17.915; -3.619** | **0.003** |
| Male | ref |  |  |
| **Total follow-up time** | -0.191 | -0.721; 0.340 | 0.478 |

**Supplementary Table 12.** Regression analysis (dependent variable: SF36 physical role functioning sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | **-3.669** | **-7.339; 0.001** | **0.050** |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -1.611 | -5.350; 2.128 | 0.396 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 0.208 | -3.526; 3.941 | 0.913 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | **4.883** | **0.937; 8.830** | **0.016** |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | -3.152 | -6.689; 0.385 | 0.080 |
| Male | ref |  |  |
| **Total follow-up time** | -0.104 | -0.367; 0.159 | 0.437 |

**Supplementary Table 13.** Regression analysis (dependent variable: SF36 bodily pains sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | 1.767 | -7.326; 10.860 | 0.701 |
| Immunomodulation | Ref |  |  |
| **Disease extent** |  |  |  |
| Left-side | -4.985 | -14.233; 4.262 | 0.288 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 5.192 | -4.094; 14.477 | 0.271 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 0.625 | -9.193; 10.444 | 0.900 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | **-10.170** | **-18.931; -1.412** | **0.023** |
| Male | ref |  |  |
| **Total follow-up time** | -0.135 | -0.783; 0.514 | 0.682 |

**Supplementary Table 14.** Regression analysis (dependent variable: SF36 general health perceptions sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | 4.546 | -2.821; 11.912 | 0.224 |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -4.529 | -12.124; 3.065 | 0.240 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 3.030 | -4.465; 10.526 | 0.425 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | **9.101** | **1.222; 16.980** | **0.024** |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | -5.489 | -12.529; 1.550 | 0.125 |
| Male | ref |  |  |
| **Total follow-up time** | -0.208 | -0.722; 0.307 | 0.426 |

**Supplementary Table 15.** Regression analysis (dependent variable: SF36 vitality sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | -2.664 | -11.862; 6.534 | 0.568 |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -8.977 | -18.448; 0.495 | 0.063 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 2.202 | -7.220; 11.623 | 0.645 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 8.213 | -1.722; 18.148 | 0.104 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | **-13.130** | **-21.931; -4.129** | **0.004** |
| Male | ref |  |  |
| **Total follow-up time** | -0.192 | -0.847; 0.464 | 0.564 |

**Supplementary Table 16.** Regression analysis (dependent variable: SF36 social role functioning sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | -6.819 | -15.202; 1.564 | 0.110 |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -4.677 | -13.202; 3.848 | 0.280 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 7.581 | -0.979; 16.141 | 0.082 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 4.052 | -4.999;13.103 | 0.377 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | -6.212 | -14.287; 1.863 | 0.130 |
| Male | ref |  |  |
| **Total follow-up time** | -0.230 | -0.828; 0.368 | 0.448 |

**Supplementary Table 17.** Regression analysis (dependent variable: SF36 emotional role functioning sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | -1.690 | -5.364; 1.983 | 0.364 |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -1.201 | -4.937; 2.535 | 0.526 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 1.494 | -2.257; 5.245 | 0.432 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 2.413 | -1.533; 6.380 | 0.231 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| Female | **-3.755** | **-7.294; -0.216** | **0.038** |
| Male | ref |  |  |
| **Total follow-up time** | -0.133 | -0.395; 0.129 | 0.317 |

**Supplementary Table 18.** Regression analysis (dependent variable: SF36 mental health sub-score).

|  |  |  |  |
| --- | --- | --- | --- |
|  | Beta | IC95% | p-value |
| **Intervention** |  |  |  |
| Surgery | -5.259 | -13.580; 3.063 | 0.213 |
| Immunomodulation | Ref |  |  |
| **Disease extension** |  |  |  |
| Left-side | -2.507 | -11.075; 6.062 | 0.564 |
| Extensive | Ref |  |  |
| **EIM** |  |  |  |
| No | 3.031 | -5.493; 11.554 | 0.483 |
| Yes | Ref |  |  |
| **Biologics** |  |  |  |
| No | 3.411 | -5.578; 12.399 | 0.454 |
| Yes | ref |  |  |
| **Sex** |  |  |  |
| **Female** | **-13.700** | **-21.758; -5.652** | **0.001** |
| Male | ref |  |  |
| **Total follow-up time** | -0.186 | -0.779; 0.407 | 0.536 |