

Supplementary material

1. Procedure of content analysis

Categories	Subcategories	Codes	Quotes
Executive Functions	Problem-solving	Performance awareness	And I have learned to walk, so that it works. But it was an effort I didn't think I would have to make. But it was the first time in these 50 years that I feel strained (P01)
			So you learn a lot of tricks. You position yourself in a corner. Leverage against the back, and then you stand on the leg you're allowed to put weight on. Yes, and then you manage some things with the coffee maker (P43)
	Emotional regulation	Feeling grumpy and snapping	I've been a bit grumpy, I guess. I don't need to hide that. But no one has taken offense. I've tried to be kind and nice, but sometimes you just snap a bit (P10).
		Having a short fuse	So, I have a pretty short fuse, and I lose patience when things don't go smoothly... like when I can't put on my pants and stuff, so then I get angry. And then it might happen that a crutch ends up in the wall or something (P31)
	Energization	Avoiding initiatives and others	Yeah, I've mostly been lying in bed. That's what I've done. And I've been served food and everything, I haven't had to do anything. I have my grandchildren living with me, so he has helped a lot (P06).
		Not thorough as before and delaying action	I notice that's not like me. I am very thorough about everything. But now, there are things everywhere, and, by the way, it's hard to pick up. But I think, well, I'll do that later. But I haven't done it yet (P08).
	Fatigue	Mental fatigue	
		Motoric fatigue	But administrative tasks are no problem, but sitting down to write assignments, I don't have the concentration for that. I get too tired (P31).

Attention and memory			<p>The only thing I've managed is to go to the bathroom and take care of my needs and... yes, brush my teeth and things like that. // I can handle such tasks, but nothing else. I don't have the energy for it, I'm too tired. // I couldn't even dress myself at first. My husband had to help me get dressed, you know (P06).</p> <p>I am tired, physically ... if I go out and walk, as I have tried to do for the last three days...then I am quite tired afterwards...Yes, it's time to lie down. And then I'm not really fit for fight ... I'm don't have much energy for the rest of the day. (P31)</p>
	Subjective memory decline	Doubting memory function	But, you know, it's just that you start to think that you're not sure when you yourself stop noticing that you forget things (P05).
		Memory decline	Yes, I feel like I've had a really poor memory for a long time now. Because I've been anxious about the surgery, and that affects concentration a bit. And I haven't been feeling very well before either (P07).
	Family concern of memory decline	Family member pointing out memory decline	If I have experienced some memory loss, it's possible, it's possible. Because our children said, 'Dad, you won't remember this. It was like this' (P01).
	Sustained attention	Losing the thread	Now it can be distracting around as well, I mean you can... What should I say? You lose the thread. If we have a study that we have read, a large section, so... //Now I haven't had the energy to participate and haven't had the energy to read up. I can't go through everything now, no. I don't do that (P06).
		Feeling absent-minded	<p>So right now, I can read and read and read, and still, I find myself stuck on the same sentence, and then and then it's just as good to leave it// Uhm, concentration, I can't concentrate properly (P10).</p> <p>Today, I showered with the hearing aids on. It wasn't good (P01).</p>

Psychological factors		Lack of focus	These last few days, I have found it challenging. I have these magazines that I subscribe to, that I receive. So I haven't had the energy to read them properly. I haven't been able to focus on it (P39).
	Sense of agency	Lack of agency	But it's connected to the fact that I'm the kind of person who has a need for control, too, so that... And you don't have that when you surrender yourself to healthcare. (P05)
		Wanting to manage things independently	Sometimes it's my dear wife... I become more easily irritated, perhaps. It has to do with her trying to be overly protective and fetch everything for me, and I think to myself, "I can handle this on my own," and then I get slightly annoyed at trivial things that are not relevant (P03)
	Powerlessness	Being dependant on others	...To 110%. I don't want to be dependent. Absolutely. //... Yes, I become disheartened and a little angry, and... What should I say? //... Just this being dependent, it's... Yes, I want to do everything myself if I may say so. Control my day, or control and manage and so on (P08)
			And the thing about being dependent on other people and... you don't want to bother people, even if they're your own sons, it feels like 'God, how annoying I am.' And then I get in a bad mood (P19).
	Physical limitations	Feeling low	I feel a bit depressed because I can't do anything, and not fix anything, not fetch anything, not pick up anything (P08)
			I have a different way, a different temperament. I don't recognize myself. I am sometimes sad, and that's not something I used to be (P46).
	Future perspectives	Brighter outlook	I feel much more positive now than right after the surgery, as I sense that

the pain is heading in the right direction, and the mobility in the operated leg also feels much better, in that way. So, I feel that I am regaining a bit more zest for life compared to before the surgery (P03).

I think maybe I was grumpier before the surgery than after, because now it's done. And now, well, theoretically at least, it can't get worse. Now it's just going to get better (P12)

