

	Baseline	3-month	6-month	9-months	12-months
Stage of Change					
Exercise Stage of Change Short Form ⁴²	x	x	x	x	x
Weight Loss Stage of Change Short Form ⁴²	x	x	x	x	x
Readiness to Change Pain Question ⁴³	x	x	x	x	x
Pain Stage of Change Questionnaire (PSOCQ) ⁴³	x		x		x
Psychological Variables					
PRIME-MD ⁴⁴	x				
Breath Holding Task	x				
West Haven-Yale Multidimensional Pain Inventory (WHYMPI) ⁴⁵	x	x	x	x	x
Distress Tolerance Scale ⁴⁶	x	x	x	x	x
Numeric Scale of Pain Intensity (NRS-I) ⁴⁷	x				
Quality of Life (SF-36) ⁴⁸	x	x	x	x	x
Positive and Negative Affect Schedule (PANAS) ⁴⁹	x	x	x	x	x
Other Variables					
VHA Patient Satisfaction Survey ⁵⁰			x		x
Computer Email Web Literacy (CEW) ⁵¹	x				