

## Additional file 4 . Patient related outcome measures

TYPE	DOMAIN	INSTRUMENT	DATA COLLECTION TIME POINTS
Primary	Back-related functional impairment	Roland Morris Disability Questionnaire [1] 24-item scale. Each item score yes or no, high scores indicate severe impairment	0, 2w, 6w, 3m, 6m
Secondary	Pain	Numeric Pain Rating Scales How bad has your back pain been in the last 24 hours? How bad has your leg pain been in the last 24 hours? Eleven-point numeric rating scales where 0 = no pain, 5 = moderate pain, and 10 = worst possible pain	0, 2w, 6w, 3m, 6m
	Activity limitation	Numeric Disability Rating Scale How much has your back pain limited your daily activities in the last 24 hours? Eleven-point numeric rating scales where 0 = no limitation, 5 = moderate limitation, and 10 = unable to carry out any activities at all	0, 2w, 6w, 3m, 6m
	Health related quality of life	EuroQoL-5D [2] Five-item scale with three response options: no problem, moderate problems, severe problems	0, 3m, 6m
	Satisfaction	With information received How satisfied are you with the information you received about your back pain? Where 0 = very dissatisfied and 6 = very satisfied	0, 2w,
		With care received [3] modified by [4] How satisfied are you with the treatment you received for your back pain? Where 0 = very dissatisfied and 6 = very satisfied	0, 2w, 6w, 6m
		Rating of the overall results of care [3] If you had to spend the rest of your life with the symptoms you have right now, how would you feel about it? Where 0 = very dissatisfied and 6 = very satisfied	2w, 6w, 6m
	Economic consequences	Modified Otago Costs and Consequences Questionnaire for Low Back Pain [5] includes: <ul style="list-style-type: none"> <li>• Work loss due back problem</li> <li>• Medications consumption</li> <li>• Healthcare consumption</li> <li>• Carer / support person time</li> <li>• Out-of-pocket expenses</li> </ul>	2w, 3m, 6m

TYPE	DOMAIN	INSTRUMENT	DATA COLLECTION TIME POINTS
		ACC claim cost	6m
Process	Pain self-efficacy	<p>PSEQ-2 [6]</p> <p>Please rate how <b>confident</b> you are that you can do the following things <u>at present</u>, <b>despite the pain</b></p> <p>I can do some form of work, despite the pain (“work” includes housework and paid and unpaid work).</p> <p>I can live a normal lifestyle, despite the pain</p> <p>where 0 = not at all confident and 6 = completely confident</p>	0, 2w, 6w,
	Expectation	<p>I think I will be able to do my regular job, without any restrictions, 4 weeks from now [7]</p> <p>I think I will be able to do my regular job, without any restrictions, 3 months from now [8]</p> <p>Where 0 = Unlikely and 6 = Definitely</p>	0, 2w, 6w
	Fear avoidance	<p>Physical activity might harm my back</p> <p>I should not do physical activities which (might) make my pain worse [9, 10]</p> <p>0 = Completely disagree and 6 = Completely agree</p>	0, 2w, 6w
	Anxiety	<p>I feel anxious or worried about my back[10]</p> <p>0 = Not at all and 6 = Quite anxious</p>	0, 2w, 6w
	Catastrophisation	<p>I feel that my back pain is terrible and it’s never going to get any better [11]</p> <p>Where 0 = Not at all and 6 = All the time</p>	0, 2w, 6w

## References

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