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Supplementary A. Search strategies

Database: Ovid MEDLINE

1. exp Back Pain/ or exp Low Back Pain/ or exp Backache/
2. (back pain or low back pain or lumbar pain or lumbago or dorsalgia or spinal pain or vertebral pain or backache or lumbar spine).ti,ab.
3. 1 or 2
4. exp Behavior Therapy/ or exp Cognitive Therapy/ or *Conditioning, Operant/ or exp Reinforcement, Psychology/
5. (operant conditioning or reinforcement or psychological intervention or psychological therapy).ab,ti.
6. (cognitiv* adj1 (treatment* or therap* or intervention*)).ab,ti.
7. (behavio?r* adj1 (treatment* or therap* or intervention* or techniqu* or modif* or change*)).ab,ti.
8. (graded exposure or desensiti* or imagery or goal setting).ab,ti.
9. (acceptance and commitment therapy or CBT).ab,ti.
10. 4 or 5 or 6 or 7 or 8 or 9
11. exp Mindfulness/ or *Mind-Body Therapies/ or exp Meditation/ or exp Relaxation/ or exp Relaxation Therapy/
12. (mindfulness based stress reduction*).ab,ti.
13. (mindfulness or mind-body therapies or meditation or relaxation or relaxation therap*).ab,ti.
14. (mbsr* or mbct*).ab,ti.
15. 11 or 12 or 13 or 14
16. (cognitive functional therapy or CFT).ab,ti.
17. exp Health Education/ or exp Health Promotion/ or exp Motivation/
18. (health education or health promotion or motivation).ab,ti.
19. ((health or wellness or life-style or behav*) adj1 coach*).ab,ti.
20. ((wellness or behav*) adj1 intervention*).ab,ti.
21. or/ 17 or 18 or 19 or 20
22. exp Biofeedback, Psychology/ or exp Feedback, Psychological/
23. (electromyograph* or electromyogram* or EMG*).ab,ti.
24. (bio-feedback or feedback).ab,ti.
25. 22 or 23 or 24
26. (pain neuroscience education or pain education or neuroscience education or pain physiology education or neuro-physiology education or therapeutic education).ab,ti.
27. exp Counseling/
28. (counseling or supportive psychotherap*).ab,ti.
29. 27 or 28
30. 10 or 15 or 16 or 21 or 25 or 26 or 29
31. 3 and 30
32. exp Randomized controlled trial/ or *Clinical Trial/ or *Random allocation/ or exp Controlled clinical trial/
33. randomized controlled trial.pt.
34. (random* adj3 trial).ab,ti.
35. (randomi?ed controlled trial or clinical trial or random allocation or controlled clinical trial).ab,ti.
36. 32 or 33 or 34 or 35

37. 31 and 36
38. limit 37 to humans

Database: Ovid EMBASE

1. exp Back Pain/ or exp Low Back Pain/ or exp Backache
2. (back pain or low back pain or backache or lumbar pain or lumbago or dorsalgia or spinal pain or vertebral pain or backache or lumbar spine).ti,ab.
3. 1 or 2
4. Exp Cognitive behavioral therapy/ or exp Cognitive behavioral stress management/ or exp Behavior Therapy/ or exp Cognitive Therapy or *Reinforcement/
5. (cognitiv\$ adj1 (treatment\$ or therap\$ or intervention\$)).ab,ti.
6. (behav\$ adj1 (treatment\$ or therap\$ or intervention\$ or technique\$ or modif\$ or change\$)).ab,ti.
7. (cognitive behavio?ral therapy or cognitive behavio?ral stress management or reinforcement or graded exposure or desensiti\$ or imagery or goal setting).ab,ti.
8. (acceptance and commitment therapy or CBT).ab,ti.
9. 4 or 5 or 6 or 7 or 8
10. Exp Mindfulness/ or exp Meditation/
11. (mindfulness or meditation or mindfulness based stress reduction\$ or mbsr or mcbt or relaxation technique\$ or relaxation therap\$).ab,ti.
12. 10 or 11
13. (cognitive functional therapy or CFT).ab,ti.
14. Exp Health education/ or exp Health promotion/ or exp Psychoeducation/ or exp Motivation
15. (health education or health promotion or psychoeducation or motivation).ab,ti.
16. ((health or wellness or life-style or behav\$) adj1 coach\$).ab,ti.
17. ((wellness or behav\$) adj1 intervention\$).ab,ti.
18. 14 or 15 or 16 or 17
19. *Biofeedback/ or *Feedback System/ or *Electromyography/
20. (bio-feedback or feedback system or electromyography or electromyogram\$ or EMG\$).ab,ti.
21. 19 or 20
22. (pain neuroscience education or pain education or neuroscience education or pain physiology education or neuro-physiology education).ab,ti.
23. Exp Counseling/ or exp Directive counseling/ or exp Patient counseling/
24. (counseling or directive counseling or patient counseling or supportive psychotherap\$).ab,ti.
25. 23 or 24
26. 9 or 12 or 13 or 18 or 21 or 22 or 25
27. exp Randomized controlled trial/ or exp Random allocation/ or exp Controlled clinical trial/ or exp Controlled study/
28. (random\$ adj3 trial).ab,ti.
29. (random allocation or controlled clinical trial or controlled study).ab,ti.
30. 27 or 28 or 29
31. 3 and 26 and 30
32. limit 31 to human

Database: Web of Science

1. TS="Back Pain" or TS="Low Back Pain" or TS="Backache"
2. TS=("lumbar pain" or lumbago or dorsalgia or "spinal pain" or "vertebral pain" or "lumbar spine")
3. #2 OR #1
4. TS=("Behav* Therapy" or "Cognitive Therapy" or "Operant conditioning" or Reinforcement)
5. TS=("psychological intervention" or "psychological therapy")
6. TS=("cognitiv* treatment*" or "cognitiv* intervention*")
7. TS=("behav* treatment*" or "behav* intervention*" or "behav* techniqu*" or "behav* modif*" or "behav* change*")
8. TS=("graded exposure" or desensiti* or imagery or "goal setting")
9. TS=("acceptance and commitment therapy" or CBT)
10. #9 OR #8 OR #7 OR #6 OR #5 OR #4
11. TS=(Mindfulness or "Mind-Body Therapies" or Meditation or Relaxation or "Relaxation Therapy")
12. TS="mindfulness based stress reduction"
13. TS=(mbsr* or mbct*)
14. #13 OR #12 OR #11
15. TS=("cognitive functional therapy" or CFT)
16. TS=("Health Education" or "Health Promotion" or Motivation)
17. TS=(coach NEAR (health or wellness or life-style or behav*))
18. TS=(intervention* NEAR (wellness or behav*))
19. #18 OR #17 OR #16
20. TS=(Biofeedback or Feedback)
21. TS=(electromyograph* or electromyogram* or EMG*)
22. #21 OR #20
23. TS=("pain neuroscience education" or "pain education" or "neuroscience education" or "pain physiology education" or "neuro-physiology education" or "therapeutic education")
24. TS=(counseling or "supportive psychotherap*")
25. #24 OR #23 OR #22 OR #19 OR #15 OR #14 OR #10
26. #25 AND #3
27. TS=("random* controlled trial" or "clinical trial" or "random allocation" or "controlled clinical trial")
28. TS=(random* near trial)
29. #28 OR #27
30. #29 AND #26

Database: SCOPUS

(TITLE-ABS-KEY ("back pain" OR "low back pain" OR "back ache" OR "lumbar pain" OR lumbago OR dorsalgia OR "spinal pain" OR "vertebral pain" OR "lumbar spine")) AND ((TITLE-ABS-KEY ("Behav* Therapy" OR "Cognitive Therapy" OR "Operant Conditioning" OR "Reinforcement" OR "psychological intervention" OR "psychological therapy" OR "cognitiv* treatment*" OR "cognitiv* intervention*" OR "behav* treatment*" OR "behav* intervention*" OR "behav* techniqu*" OR "behav* modif*" OR "behav* change*" OR "graded exposure" OR desensiti* OR imagery OR "goal setting" OR "acceptance and commitment therapy" OR cbt)) OR (TITLE-ABS-KEY (mindfulness OR "Mind-Body Therapies" OR meditation OR relaxation OR "Relaxation Therapy" OR "mindfulness based stress reduction*" OR mbsr OR mbct))) OR (TITLE-ABS-KEY

("cognitive functional therapy" OR cft)) OR (TITLE-ABS-KEY ("Health Education" OR "Health Promotion" OR motivation OR "health coach*" OR "wellness coach*" OR "lifestyle coach*" OR "behav* coach*" OR "wellness intervention*" OR "behav* intervention*")) OR (TITLE-ABS-KEY ("pain neuroscience education" OR "pain education" OR "neuroscience education" OR "pain physiology education" OR "neurophysiology education" OR "therapeutic education")) OR (TITLE-ABS-KEY (counseling OR "supportive psychotherap*"))) AND (TITLE-ABS-KEY ("Random* controlled trial" OR "Clinical Trial" OR "Random allocation" OR "Controlled clinical trial" OR "random* trial")))

Database: Ovid PsycINFO

1. exp Back Pain/
2. (back pain or low back pain or lumbar pain or lumbago or dorsalgia or spinal pain or vertebral pain or backache or lumbar spine).ti,ab.
3. 1 or 2
4. exp Cognitive Behavior Therapy/ or exp Cognitive Therapy/ or exp operant conditioning/ or exp negative reinforcement/ or exp positive reinforcement/ or behaviour change/
5. (cognitive behavior?ral therapy or cognitive therap* or operant conditioning or negative reinforcement or positive reinforcement or psychological intervention or psychological therap*).ab,ti.
6. (cognitiv* adj1 (treatment* or intervention*)).ab,ti.
7. (behavior?r* adj1 (treatment* or therap* or intervention* or techniqu* or modif* or change*)).ab,ti.
8. (graded exposure or desensiti* or imagery or goal setting).ab,ti.
9. ((acceptance and commitment therapy) or CBT).ab,ti.
10. 4 or 5 or 6 or 7 or 8 or 9
11. exp Mindfulness/ or exp Meditation/ or exp Relaxation/ or exp Relaxation Therapy
12. (mindfulness based stress reduction*).ab,ti.
13. (mindfulness or meditation or relaxation or relaxation therap* or mbsr* or mbct*).ab,ti.
14. 11 or 12 or 13
15. (cognitive functional therapy or CFT).ab,ti.
16. exp Health Education/ or exp Health Promotion/ or exp Life Coaching/ or exp Coaching Psychology/ or exp Motivation Training/
17. (health education or health promotion or life coaching or coaching psychology or motivation training wellness intervention*).ab,ti.
18. ((health or wellness or behav*) adj1 coach*).ab,ti.
19. 16 or 17 or 18
20. exp Biofeedback, Psychology/ or exp Feedback, Psychological/
21. (bio-feedback training or biofeedback or electromyograph* or electromyogram* or EMG).ab,ti.
22. 20 or 21
23. (pain neuroscience education or pain education or neuroscience education or pain physiology education or neuro-physiology education or therapeutic education).ab,ti.
24. exp Counseling/ or exp Counseling Psychology/ or exp Group Counseling/ or exp Rehabilitation Counseling/ or exp Psychotherapeutic Counseling/

25. (counseling or counseling psychology or group counseling or rehabilitation counseling or psychotherapeutic counseling or supportive psychotherap*).ab,ti.
26. 24 or 25
27. 10 or 14 or 15 or 19 or 22 or 23 or 26
28. 3 and 27
29. exp Randomized Controlled Trials/ or exp Clinical Trials/
30. (random* adj3 trial*).ab,ti.
31. (clinical trial or random allocation or controlled clinical trial).ab,ti.
32. 29 or 30 or 31
33. 28 and 32
34. limit 33 to humans

Database: Cochrane Central Register of Controlled Trials

1. exp Back Pain/ or exp Low Back Pain/
2. (back pain or low back pain or lumbar pain or lumbago or dorsalgia or spinal pain or vertebral pain or backache or lumbar spine).ti,ab.
3. 1 or 2
4. exp Behavior Therapy/ or exp Cognitive Therapy/ or *Conditioning, Operant/ or exp "reinforcement (psychology)"/
5. (operant conditioning or reinforcement or psychological intervention or psychological therapy).ab,ti.
6. (cognitiv* adj1 (treatment* or therap* or intervention*)).ab,ti.
7. (behavio?r* adj1 (treatment* or therap* or intervention* or techniqu* or modif* or change*)).ab,ti.
8. (graded exposure or desensiti* or imagery or goal setting).ab,ti.
9. ((acceptance and commitment therapy) or CBT).ab,ti.
10. 4 or 5 or 6 or 7 or 8 or 9
11. exp Mindfulness/ or exp Meditation/ or exp Relaxation/ or exp Relaxation Therapy/
12. (mindfulness based stress reduction* or mindfulness or meditation or relaxation or relaxation therap* or mbsr* or mbct*).ab,ti.
13. 11 or 12
14. (cognitive functional therapy or CFT).ab,ti.
15. exp Health Education/ or exp Health Promotion/ or exp Motivation/
16. (health education or health promotion or motivation).ab,ti.
17. ((health or wellness or life-style or behav*) adj1 coach*).ab,ti.
18. ((wellness or behav*) adj1 intervention*).ab,ti.
19. 15 or 16 or 17 or 18
20. exp Biofeedback, Psychology/ or exp Feedback, Psychological/
21. (electromyograph* or electromyogram* or EMG* or bio-feedback or feedback).ab,ti.
22. 20 or 21
23. (pain neuroscience education or pain education or neuroscience education or pain physiology education or neuro-physiology education or therapeutic education).ab,ti.
24. exp Counseling/ or exp Directive counseling/
25. (counseling or directive counseling or supportive psychotherap*).ab,ti.
26. 24 or 25
27. 10 or 13 or 14 or 19 or 22 or 23 or 26
28. 3 and 27

29. exp Randomized controlled trial/ or *Clinical Trial/ or *Random allocation/ or exp Controlled clinical trial/
30. randomized controlled trial.pt.
31. (random* adj3 trial).ab,ti.
32. (clinical trial or random allocation or controlled clinical trial).ab,ti.
33. 29 or 30 or 31 or 32
34. 28 and 33

Database: CINAHL

1. (MH "Low Back Pain") OR (MH "Back Pain+")
2. AB ("back pain" or "low back pain" or "lumbar pain" or lumbago or dorsalgia or "spinal pain" or "vertebral pain" or backache or "lumbar spine") OR TI ("back pain" or "low back pain" or "lumbar pain" or lumbago or dorsalgia or "spinal pain" or "vertebral pain" or backache or "lumbar spine")
3. S1 OR S2
4. (MH "Behavior Therapy") OR (MH "Cognitive Therapy") OR (MH "Reinforcement (Psychology)")
5. AB ("Reinforcement (Psychology)" OR "operant conditioning" OR "psychological intervention" OR "psychological therapy") OR TI ("Reinforcement (Psychology)" OR "operant conditioning" OR "psychological intervention" OR "psychological therapy")
6. AB (cognitiv* N1 (treatment* or therap* or intervention*)) OR TI (cognitiv* N1 (treatment* or therap* or intervention*))
7. AB (behavio?r* N1 (treatment* or therap* or intervention* or techniqu* or modif* or change*)) OR TI (behavio?r* N1 (treatment* or therap* or intervention* or techniqu* or modif* or change*))
8. AB ("graded exposure" or desensiti* or imagery or "goal setting") OR TI ("graded exposure" or desensiti* or imagery or "goal setting")
9. AB ("acceptance and commitment therapy" or CBT) OR TI ("acceptance and commitment therapy" or CBT)
10. S4 OR S5 OR S6 OR S7 OR S8 OR S9
11. (MH "Mindfulness") OR (MH "Mind Body Techniques") OR (MH "Relaxation") OR (MH "Relaxation Techniques")
12. AB ("mindfulness based stress reduction*" or mindfulness or "mind body techniques" or relaxation or "relaxation therap*" or "relaxation techniques" or mbsr* or mbct*) OR TI ("mindfulness based stress reduction*" or mindfulness or "mind body techniques" or relaxation or "relaxation therap*" or "relaxation techniques" or mbsr* or mbct*)
13. S11 OR S12
14. AB ("cognitive functional therapy" or CFT) or TI ("cognitive functional therapy" or CFT)
15. (MH "Health Education") OR (MH "Health Promotion") OR (MH "Motivation") OR (MH "Motivational Interviewing")
16. AB ("health education" or "health promotion" or motivation* or "motivational interviewing") or TI ("health education" or "health promotion" or motivation* or "motivational interviewing")
17. AB (coach* N1 (health or wellness or life-style or behav*)) OR TI (coach* N1 (health or wellness or life-style or behav*))
18. AB (intervention* N1 (wellness or behav*)) OR TI (intervention* N1 (wellness or behav*))

19. S15 OR S16 OR S17 OR S18
20. (MH "Biofeedback") OR (MH "Feedback")
21. AB (biofeedback or feedback or electromyograph* or electromyogram* or EMG*) OR TI (biofeedback or feedback or electromyograph* or electromyogram* or EMG*)
22. S20 OR S21
23. AB ("pain neuroscience education" or "pain education" or "neuroscience education" or "pain physiology education" or "neuro-physiology education" or "therapeutic education") OR TI ("pain neuroscience education" or "pain education" or "neuroscience education" or "pain physiology education" or "neuro-physiology education" or "therapeutic education")
24. (MH "Counseling+")
25. AB (counseling or "supportive psychotherap*") OR TI (counseling or "supportive psychotherap*")
26. S24 OR S25
27. S10 OR S13 OR S14 OR S19 OR S22 OR S23 OR S26
28. S3 AND S27
29. (MH "Randomized Controlled Trials+") OR (MH "Clinical Trials+") OR (MH "Random Assignment")
30. AB (random* N3 trial) OR TI (random* N3 trial)
31. AB ("clinical trial*" or "random assignment" or "random allocation" or "controlled clinical trial") OR TI ("clinical trial*" or "random assignment" or "random allocation" or "controlled clinical trial")
32. S29 OR S30 OR S31
33. S28 AND S32
34. S28 AND S32 (Limiters – Human)

Supplementary B. Treatment node classification

The process for classifying the study interventions into treatment nodes occurred in 4 stages:

1. Initial treatment nodes classification
2. Adjustments to pre-specified treatment nodes
3. Re-coding of treatment nodes
4. Confirmation of final treatment node classification

1. Initial treatment nodes classification

Firstly, psychological, non-psychological co-interventions, and comparison interventions were classified into the pre-specified treatment nodes (Supplementary Table 1.1). The rationale and methodology for classifying the interventions into the pre-specified treatment nodes have been described in detail in the published protocol paper.[1] Examples of interventions or approaches which were classified into the respective treatment nodes have been described in the published protocol paper.[1] This process was conducted by EK-YH, with input from clinical experts from the review team (psychologists: CEA-J, physiotherapists: PHF).

Supplementary Table 1.1 Initial treatment node classification

Decision set	Psychological intervention +/- co-intervention	BT	CBT	Mind	Csl	PE	Comb psych
		BT+Exs	CBT+Exs	Mind+Exs	Csl+Exs	PE+Exs	Comb psych+Exs
		BT+Passive	CBT+Passive	Mind+Passive	Csl+Passive	PE+Passive	Comb psych+Passive
		BT+Physio	CBT+Physio	Mind+Physio	Csl+Physio	PE+Physio	Comb psych+Physio
Supplementary set	Comparison intervention	Physio					
		Exs	Passive	GP care	Advice	No intervention	

Decision set - BT: behavioural therapy, BT+Exs: behavioural therapy delivered with exercise, BT+Passive: behavioural therapy delivered with passive treatment, BT+Physio: behavioural therapy delivered with physiotherapy, CBT: cognitive behavioural therapy, CBT+Exs: cognitive behavioural therapy delivered with exercise, CBT+Passive: cognitive behavioural therapy delivered with passive treatment, CBT+Physio: cognitive behavioural therapy delivered with physiotherapy, Comb psych: combined psychological approaches, Comb psych+Exs: combined psychological approaches delivered with exercise, Comb Psych+Passive: combined psychological approaches delivered with passive treatment, Comb Psych+Physio: combined psychological approaches delivered with physiotherapy, Csl: counselling, Csl+Exs: counselling delivered with exercise, Csl+Passive: counselling delivered with passive treatment, Csl+Physio: counselling delivered with physiotherapy, Mind: mindfulness, Mind+Exs: mindfulness delivered with exercise, Mind+Passive: mindfulness delivered with passive treatment, Mind+Physio: mindfulness delivered with physiotherapy, PE: pain education, PE+Exs: pain education delivered with exercise, PE+Passive: pain education delivered with passive treatment, PE+Physio: pain education delivered with physiotherapy, Physio: physiotherapy.

Supplementary set - Exs: exercise, GP care: general practitioner care, Passive: passive treatment.

2. Adjustments to pre-specified treatment nodes

After initial intervention coding was completed by EK-YH, clinical experts from the review team (psychologists: CEA-J, physiotherapists: PHF, MLF) were consulted to establish the appropriateness of lumping treatment nodes. For pragmatic reasons (i.e., provide a simpler framework from which study findings can be translated more easily into clinical practice), three comparison interventions (exercise, passive treatment, physiotherapy) were merged to form a single comparison node, *physiotherapy care*. For consistency, we also merged the three co-interventions (exercise, passive treatment, physiotherapy) into a singular co-intervention node, *physiotherapy care*. Finally, we added a supplementary comparison node, *usual care*, to classify usual care interventions which could not be accurately classified into the available comparison treatment nodes.

3. Re-coding of treatment nodes

EK-YH re-coded the treatment nodes according to the final framework presented below (see Supplementary Table 1.2). Descriptions of each treatment node have been summarised in Table 1 of the main paper, and in the published protocol paper.[1]

Supplementary Table 1.2 Revised treatment node classification

Decision set	Psychological intervention +/- co-intervention	BT	CBT	Mind	Csl	PE	Comb psych
		BT+PC	CBT+PC	Mind+PC	Csl+PC	PE+PC	Comb psych+PC
	Comparison intervention	PC					
Supplementary set	Comparison intervention	GP care	Advice	No intervention	Usual care		

Decision set - BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, Comb psych: combined psychological approaches, Comb psych+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, PC: physiotherapy care.

Supplementary set - GP care: general practitioner care.

4. Confirmation of final treatment node classification

Finally, CEA-J (clinical psychologist) confirmed the accuracy of classifying the psychological components of interventions, and JC, DXMW and PHF (physiotherapists) confirmed the accuracy of classifying non-psychological components of interventions prior to conducting statistical analyses.

Supplementary C. Studies excluded at full text-level

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Supplementary D. Individual study characteristics of included studies

Supplementary Table 2. Individual study characteristics of included studies for physical function and pain intensity

Author, Year	Study design	Psychological intervention setting	Coded interventions	Intervention duration (weeks)	Outcome scale		Funding
					Physical function	Pain intensity	
Alaranta, 1994[2]	RCT	Inpatient (Hospital)	CBT+PC, PC	3	PDI (Million)	Not assessed	-
Aliyu, 2018[3]	RCT	Outpatient	CBT+PC, PC	4	ODI	VAS	-
Altmaier, 1992[4]	RCT	Inpatient (Hospital)	CP+PC (2 arms)	3	LBP Rating Scale	MPQ	National Institute for Handicapped Research
Bagheri, 2020[5]	RCT	Outpatient	CP+PC, PC	8	RMDQ	Not assessed	Research Center (Semnan University of Medical Sciences)
Bendix 1998[6, 7] (Project A)	RCT	Outpatient	CP+PC, NI	6	Investigator-initiated questionnaire	Box Scale	Danish Rheumatism Association, the Danish Ministry of Health, the National Health Fund for Research and Development, the Danish Society for Manual Medicine, Minister Erna Hamilton's Foundation, the Foundation of Gerda and Aage Haensch, the Research Foundation of Copenhagen University, the Rockwool Foundation, and others.
Bendix 1998[6, 7] (Project B)	RCT	Outpatient	CP+PC, CBT+PC, PC	6	Investigator-initiated questionnaire	Box Scale	Danish Rheumatism Association, the Danish Ministry of Health, the National Health Fund for Research and Development, the Danish Society for Manual Medicine, Minister Erna Hamilton's Foundation, the Foundation of Gerda and Aage Haensch, the Research Foundation of Copenhagen University, the Rockwool Foundation, and others.
Bendix, 2000[8]	RCT	Outpatient	CBT+PC, PC	6	MRS (disability subscale)	Box Scale	Danish Rheumatism Association, the Gerda and Aage Hensch Foundation, the Director Ib Henriksen's Fund, the Insurance Company for Industrial Injuries, the Lily Benthine Lunds Fund, the DANICA Pension, the Municipal Pension Insurance Company td, and the Danish Society for Manual Medicine.
Brox, 2003[9]	RCT	Outpatient	CBT+PC, Lumbar fusion	3	ODI	VAS	Federal and Foundation funds
Cherkin, 1996[10]	RCT	Outpatient	PE (2 arms)	3 days	RMDQ	Not assessed	Agency of Health Care Policy and Research and the Northwest Health Services Research and Development Field Program (Seattle Veterans Affairs Medical Center)
Cherkin, 2016[11]	RCT	Outpatient	Mind, UC, CBT	8	RMDQ	GCPS	National Center for Complementary and Integrative Health (NICCIH) of the National Institutes of Health (NIH)

Chiauzzi, 2010[12]	RCT	Outpatient (Online only)	CBT, Adv	4	ODI	BPI	National Institute on Drug Abuse
Christiansen, 2010[13]	RCT	Outpatient	CBT+PC, PE+PC	3	Hannover ADL Questionnaire	NRS	-
Cuesta-Vargas, 2011[14]	RCT	Outpatient	PE+PC (2 arms)	15	RMDQ	VAS	-
Dufour, 2010[15]	RCT	Outpatient	CP+PC, PC	12	RMDQ	VAS	Funds were received, although source of funding was not specified.
Fairbank, 2005[16]	RCT	Outpatient	CBT+PC, Lumbar fusion	3	ODI	Not assessed	Medical Research Council NHS or private patient insurance funded the treatment of patients.
Farokhi, 2020[17]	RCT	Outpatient	CP+PC, BT+PC	8	ODI	Not assessed	Neuro-Musculoskeletal Rehabilitation Centre (Semnan University of Medical Sciences)
Friedrich, 1998[18] & 2005[19]	RCT	Outpatient	CP+PC, PC	3.5	LBOS	LBOS (pain sub-scale)	-
Frost, 1998[20]	RCT	Outpatient	CBT+PC, PC	10	ODI	Not assessed	-
Galan-Martin, 2020[21]	RCT	Outpatient	PE+PC, PC	11	RMDQ	VAS	Regional Health Management of Castilla
Gannon, 2019[22] (Study 1)	RCT	Outpatient	CP+PC, CP	8	RMDQ	NRS	-
Gannon, 2019[22] (Study 2)	RCT	Outpatient	CP+PC, CP	8	RMDQ	NRS	-
Gardner, 2019[23]	RCT	Outpatient	PE, PC	8	QBPDS	NRS	-
Ghadyani, 2017[24]	RCT	Outpatient	CBT+PC, Adv	1 day	RMDQ	VAS	Deputy of Tarbiat Modares University
Gibbs, 2018[25]	RCT	Outpatient	CP, NI	24	ODI	VAS	Virginia Kaufman Endowment Fund for Pain Research and National Institutes of Health
Glombiewski, 2010[26]	RCT	Outpatient	CBT, CBT	32	PDI	German Pain Questionnaire	-
Glombiewski, 2018[27]	RCT	Outpatient	CP (3 arms)	18-25	QBPDS	NRS	German Research Foundation (DFG)
Godfrey, 2019[28]	RCT	Outpatient	Mind+PC, PC	4	RMDQ	PNAS	National Institute for Health Research (NIHR)
Gould, 2020[29]	RCT	Outpatient	CP, GP	12	RMDQ	DDS	Office of Research and Development, Clinical Sciences Research and Development, Department of Veterans Affairs
Grande-Alonso, 2019[30]	RCT	Outpatient	CP+PC (2 arms)	4	RMDQ	VAS	-
Haas, 2005[31]	RCT	Outpatient	CP, NI	6	MVK (disability sub-scale)	MVK (pain sub-scale)	Health Resources and Services Administration, US Department of Health and Human Services
Harris, 2017[32]	RCT	Outpatient	CP+PC, CP (2 arms)	12	ODI	Not assessed	The Research Council of Norway, Norwegian Extra Foundation for Health and Rehabilitation

Jensen, 2012[33]	RCT	Outpatient	Csl, UC	12	RMDQ	NRS	Danish Research Fund for the Working Environment
Johnson, 2007[34]	RCT	Outpatient	CBT, GP	6	RMDQ	VAS	Charity funds were received, although source of funding was not specified.
Kapitza, 2010[35]	RCT	Outpatient	BT (2 arms)	2	PDI	VAS	-
Khan, 2014[36]	RCT	Outpatient	CBT+PC, PC	12	RMDQ	VAS	-
Khodadad, 2020[37]	RCT	Outpatient	CP+PC, PC (2 arms)	8	Not assessed	VAS	-
Krein, 2013[38]	RCT	Outpatient (Online only)	Csl, NI	Not reported clearly (self-directed website access and e-community)	RMDQ	NRS	Department of Veterans Affairs, Health Services Research and Development Services
Lamb, 2010[39, 40]	RCT	Outpatient	CBT, NI	6	RMDQ	MVK (pain sub-scale)	National Institute for Health Research Health Technology Assessment Programme
Lambeek, 2010[41]	RCT	Outpatient	CP, UC	12	RMDQ	NRS	VU University Medical Center, TNO Work and Employment, Dutch Health Insurance Executive Council, Stichting Institute GAK, and the Netherlands Organisation for Health Research and Development
Leeuw, 2008[42]	RCT	Outpatient	CBT, BT	Not reported clearly (~13 weeks)	RMDQ	VAS	-
Luedtke, 2016[43]	RCT	Outpatient	CP+PC (2 arms)	4	ODI	VAS	Deutsche Forschungsgemeinschaft (DFG)
Lorig, 2002[44]	RCT	Outpatient (Online only)	PE, UC	Not reported clearly (moderated email discussion group, pain education resources)	RMDQ	VAS	-
Louw, 2017[45]	RCT	Outpatient	PE+PC, PC	1 day	Not assessed	NRS	-
Macedo, 2012[46]	RCT	Outpatient	CP+PC, CP	8	RMDQ	NRS	Australian National Health and Medical Research Council
Magalhaes, 2017[47]	RCT	Outpatient	CP+PC, PC	6	RMDQ	NRS	Fundacao de Amparo a Pesquisa do Estado de Sao Paulo (FAPESP)
Magnussen, 2007[48]	RCT	Outpatient	CP, NI	1-2	RMDQ	Not assessed	Norwegian Foundation for Health and Rehabilitation
Mehling, 2005[49]	RCT	Outpatient	Mind+PC, PC	6-8	RMDQ	VAS	Mount Zion Health Fund (San Francisco) and Health Resources and Services Administration
Michaelson, 2016[50]	RCT	Outpatient	PE+PC (2 arms)	8	RMDQ	VAS	-
Monticone, 2013[51]	RCT	Outpatient	CBT+PC, PC	52	RMDQ	NRS	-
Monticone, 2016[52]	RCT	Outpatient	CBT+PC, PC	5	ODI	NRS	-
Moore, 2000[53]	RCT	Outpatient	CP, GP	2-3	RMDQ	NRS	National Institutes of Health, The Boeing Company and the Group Health Foundation

Morone, 2016[54]	RCT	Outpatient	Mind, Adv	8	RMDQ	NRS	National Institutes of Health
Moseley, 2002[55]	RCT	Outpatient	PE+PC, GP	4	RMDQ	NRS	-
Moseley, 2003[56]	RCT	Outpatient	PE+PC (2 arms)	4	RMDQ	NRS	-
Moseley, 2004[57]	RCT	Outpatient	PE, Adv	2-3	RMDQ	Not assessed	-
Nguyen, 2017[58]	RCT	Inpatient (Spa Centre)	PE+PC, PE	5 days	RMDQ	NRS	Association Francise pour la Recherche Thermale
Nicholas, 1991[59]	RCT	Outpatient	BT+PC (2 arms), CBT+PC (3 arms), PC	5	Not assessed	PRC	-
O'Keeffe, 2020[60]	RCT	Outpatient	CBT+PC, CP+PC	12	ODI	NRS	Health Research Institute (University of Limerick)
Paolucci, 2017[61]	RCT	Outpatient	Mind+PC, PC	5	Not assessed	VAS	-
Pardo, 2018[62]	RCT	Outpatient	PE+PC, PC	4	RMDQ	NRS	-
Petrozzi, 2019[63]	RCT	Outpatient	CBT+PC, PC	8	RMDQ	NRS	-
Pires, 2015[64]	RCT	Outpatient	PE+PC, PC	6	QBPDS	VAS	-
Poole, 2007[65]	RCT	Outpatient	BT, PC, UC	6	ODI	VAS	-
Rabiei, 2020[66]	RCT	Outpatient	PE+PC, PC	8	RMDQ	VAS	-
Reiner, 2019[67]	RCT	Outpatient	Mind, NI	8	Not assessed	BPI	-
Reme, 2016[68]	RCT	Outpatient	CP (2 arms)	8-12	ODI	NRS	-
Rizzo, 2018[69]	RCT	Outpatient	CP, PE	2	RMDQ	NRS	-
Rose, 1997[70] (Study 1)	RCT	Outpatient	CBT (2 arms)	1-2	RMDQ	VAS	-
Rose, 1997[70] (Study 2)	RCT	Outpatient	CBT (3 arms)	1-2	RMDQ	VAS	-
Sander, 2020[71]	RCT	Outpatient (Online only)	CP, UC	7-19	ODI	NRS	German Federal Ministry of Education and Research
Santaella da Fonseca, 2009[72]	RCT	Outpatient	CBT+PC, NI	8	RMDQ	VAS	-
Saper, 2017[73]	RCT	Outpatient	Mind+PC, PE	12 weeks treatment phase + 40 weeks maintenance phase	RMDQ	NRS	National Center for Complementary and Integrative Health (NICCIH) of the National Institutes of Health (NIH)
Saracoglu, 2020[74]	RCT	Outpatient	PE+PC, PC (2 arms)	4	ODI	NRS	-
Saracoglu, 2020[75]	RCT	Outpatient	PE+PC, PC	4	Not assessed	NRS	-
Schaller, 2016[76]	RCT	Inpatient (Hospital) and Outpatient	CP, Adv	Not reported clearly (Inpatient stay, aftercare delivered)	Not assessed	SF-36 (bodily pain sub-scale)	German Statutory Pension Insurance Rhineland

				at 8 and 12 weeks post-discharge, self-directed internet-based aftercare program)			
Shariat, 2019[77]	RCT	Outpatient	BT+PC, BT, PC, NI	6	Not assessed	FRI	-
Siemonsma, 2013[78]	RCT	Outpatient	CBT, NI	12	QBPDS	Not assessed	Health Research and Development
Smeets, 2008[79]	RCT	Outpatient	CBT+PC, CBT, PC	10	RMDQ	VAS	Zorgonderzoek Nederland/Medische Wetenschappen Gran
Spinhoven, 2004[80]	RCT	Speciality Clinic	CBT, CP, NI	10			-
Soleymani, 2021[81]	RCT	Outpatient	CBT, GP	12-24	Not assessed	CPGQ	-
Sorensen, 2010[82]	RCT	Outpatient	PE+PC, PC	1-3	Not assessed	NRS	IMK Foundation, Health Insurance Foundation
Stuckey, 1986[83]	RCT	Outpatient	BT (2 arms), Adv	Not reported clearly (8 sessions)	ADL Questionnaire	PIQ	Doctors Education and Research Fund
Tan, 2015[84]	RCT	Outpatient	BT, hypnosis (3 arms)	8	Not assessed	BPI	Veterans Health Administration rehabilitation Research and Development Service
Tavafian, 2017[85]	RCT	Outpatient	CP, GP	1 week + monthly booster sessions delivered between 24 to 30 months post-intervention	RMDQ	SF-36 (bodily pain sub-scale)	Research Deputy of Tehran University of Medical Sciences
Tekur, 2008[86]	RCT	Inpatient (Health Centre)	Csl+PC, PE+PC	1	ODI	Not assessed	-
Tilbrook, 2011[87]	RCT	Outpatient	CP+PC, PE	12	RMDQ	Not assessed	Arthritis Research UK
Turner, 1982[88]	RCT	Outpatient	BT, CBT, NI	5	Not assessed	VAS	-
Turner, 1988[89]	RCT	Outpatient	CBT, BT, NI	8	Not assessed	MPQ	National Institute of Neurological and Communicative Disorders and Stroke and a National Institutes of Health Biomedical Research Grant RR 05432.
Turner, 1990[90]	RCT	Outpatient	BT+PC, BT, PC, NI	8	Not assessed	VAS	-
Turner, 1993[91]	RCT	Outpatient	CBT (2 arms), BT, NI	6	Not assessed	VAS	National Institute of Neurological and Communicative Disorders and Stroke
Unal, 2020[92]	RCT	Outpatient	PE, PC	8	RMDQ	MPQ	-
van der Roer, 2008[93]	RCT	Outpatient	BT+PC, PC	30	RMDQ	NRS	Netherlands Organisation for Health Research and Development
Vibe Fersum, 2019[94]	RCT	Outpatient	CBT+PC, PC	12	ODI	NRS	The Norwegian Fund for Post-Graduate Training in Physiotherapy
Von Korff, 2005[95]	RCT	Outpatient	CP, UC	4-8	RMDQ	NRS	National Institutes of Health

Vong, 2011[96]	RCT	Outpatient	Csl+PC, PC	8	RMDQ	VAS	-
Woods, 2008[97]	RCT	Outpatient	CBT, BT, NI	4	PDI	MPQ-SF (PRI)	Royal Bank of Canada and a Canadian Institutes of Health Research Investigator Award
Yao, 2020[98]	RCT	Outpatient	Mind+PC, PC	24	Not assessed	VAS	Shanghai Three Year Action Plan for Further Accelerate the Development of Chinese Medicine

ADL: Activities of Daily Living, Adv: advice, BPI: Brief Pain Inventory, BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, CPGQ: Chronic Pain Grade Questionnaire, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, DDS: Descriptor Differential Scale, FRI: Functional Rating Index Test, GCPS: Graded Chronic Pain Scale, GP: general practitioner care, LBP: low back pain, LBOS: Low Back Outcome Score, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, MPQ: McGill Pain Questionnaire, MPQ-SF: McGill Pain Questionnaire Short Form, MPQ-SF (PRI): McGill Pain Questionnaire Pain Rating Index, MRS: Manniche's Rating Scale, MVK: Modified Von Korff Scale, NI: no intervention, NRS: Numeric Rating Scale, ODI: Oswestry Disability Index, PC: physiotherapy care, PDI: Pain Disability Index, PDI (Million): Pain Disability Index Million, PE: pain education, PE+PC: pain education delivered with physiotherapy care, PIQ: Pain Intensity Questionnaire, PNAS: Pain Numeric Analogue Scale, PRC: Pain Rating Chart, QBPDS: Quebec Back Pain Disability Scale, RCT: randomised controlled trial, RMDQ: Roland Morris Disability Questionnaire, SF-36: 36-Item Short Form Survey, UC: usual care, VAS: Visual Analogue Scale.

Supplementary Table 3. Individual study characteristics of included studies for fear avoidance, health-related quality of life, intervention compliance and safety

Author, Year	Study Design	Psychological intervention setting	Coded interventions	Intervention duration (weeks)	Outcome				Funding
					Fear avoidance	HRQoL	Intervention compliance ^a	Safety ^b	
Aliyu, 2018[3]	RCT	Outpatient	CBT+PC, PC	4	FABQ (PA)	Not assessed	Sufficient data	-	-
Bagheri, 2020[5]	RCT	Outpatient	CP+PC, PC	8	FABQ (unclear which sub-scales were used)	Not assessed	Sufficient data	-	Research Centre (Semnan University of Medical Sciences)
Bendix 1998[6, 7] (Project A)	RCT	Outpatient	CP+PC, NI	6	Not assessed	Investigator-initiated question (0-5)	-	-	Danish Rheumatism Association, the Danish Ministry of Health, the National Health Fund for Research and Development, the Danish Society for Manual Medicine, Minister Erna Hamilton's Foundation, the Foundation of Gerda and Aage Haensch, the Research Foundation of Copenhagen University, the Rockwool Foundation, and others.
Bendix 1998[6, 7] (Project B)	RCT	Outpatient	CP+PC, CBT+PC, PC	6	Not assessed	Investigator-initiated question (0-5)	Sufficient data	-	Danish Rheumatism Association, the Danish Ministry of Health, the National Health Fund for Research and Development, the Danish Society for Manual Medicine, Minister Erna Hamilton's Foundation, the Foundation of Gerda and Aage Haensch, the Research Foundation of Copenhagen University, the Rockwool Foundation, and others.
Bendix, 2000[8]	RCT	Outpatient	CBT+PC, PC	6	Not assessed	Investigator-initiated question (0-5)	Sufficient data	-	Danish Rheumatism Association, the Gerda and Aage Hensch Foundation, the Director Ib Henriksen's Fund, the Insurance Company for Industrial Injuries, the Lily Benthine Lunds Fund, the DANICA Pension, the Municipal Pension Insurance Company td, and the Danish Society for Manua Medicine.
Brox, 2003[9]	RCT	Outpatient	CBT+PC, Lumbar fusion	3	FABQ (PA)	Not assessed	-	-	Federal and Foundation funds
Cherkin, 2016[11]	RCT	Outpatient	Mind, UC, CBT	8	Not assessed	SF-12 (PCS)	-	-	National Centre for Complementary and Integrative Health (NICCIH) of the National Institutes of Health (NIH)

Chiauzzi, 2010[12]	RCT	Outpatient (Online only)	CBT, Adv	4	FABQ (PA)	Not assessed	-	-	National Institute on Drug Abuse
Cuesta-Vargas, 2011[14]	RCT	Outpatient	PE+PC (2 arms)	15	Not assessed	SF-36 (PCS)	-	-	-
Dufour, 2010[15]	RCT	Outpatient	CP+PC, PC	12	Not assessed	SF-36 (all sub-scales)	-	-	Funds were received, although source of funding was not specified.
Fairbank, 2005[16]	RCT	Outpatient	CBT+PC, Lumbar fusion	3	Not assessed	SF-36 (PCS)	-	-	Medical Research Council NHS or private patient insurance funded the treatment of patients.
Farokhi, 2020[17]	RCT	Outpatient	CP+PC, BT+PC	8	FABQ (unclear which sub-scale was used)	Not assessed	-	-	Neuro-Musculoskeletal Rehabilitation Centre (Semnan University of Medical Sciences)
Galan-Martin, 2020[21]	RCT	Outpatient	PE+PC, PC	11	PCS	SF-36 (PCS)	-	Sufficient data	Regional Health Management of Castilla
Gannon 2019 (Study 1)[22]	RCT	Outpatient	CP+PC, CP	8	PCS	Not assessed	Sufficient data	-	-
Gannon 2019 (Study 2)[22]	RCT	Outpatient	CP+PC, CP	8	PCS	Not assessed	Sufficient data	-	-
Gardner, 2019[23]	RCT	Outpatient	PE, PC	8	TSK	SF-36 (overall score)	-	-	-
Gibbs, 2018[25]	RCT	Outpatient	CP, NI	24	Not assessed	Not assessed	-	Sufficient data	Virginia Kaufman Endowment Fund for Pain Research and National Institutes of Health
Glombiewski, 2010[26]	RCT	Outpatient	CBT, CBT	32	Not assessed	HRLSS	-	-	-
Godfrey, 2020[28]	RCT	Outpatient	Mind+PC, PC	4	Not assessed	SF-12 (PCS)	-	Sufficient data	National Institute for Health Research (NIHR)
Gould, 2020[29]	RCT	Outpatient	CP, GP	12	Not assessed	Not assessed	Sufficient data	-	Office of Research and Development, Clinical Sciences Research and Development, Department of Veterans Affairs
Grande-Alonso, 2019[30]	RCT	Outpatient	CP+PC (2 arms)	4	TSK	Not assessed	-	-	-
Haas, 2005[31]	RCT	Outpatient	CP, NI	6	Not assessed	SF-36 (general health, emotional well-being, and energy-fatigue sub-scales)	-	-	Health Resources and Services Administration, US Department of Health and Human Services
Harris, 2017[32]	RCT	Outpatient	CP+PC, CP (2 arms)	12	FABQ (PA)	Not assessed	-	-	The Research Council of Norway, Norwegian Extra Foundation for Health and Rehabilitation

Jensen, 2012[33]	RCT	Outpatient	Csl, UC	12	FABQ (PA)	SF-36 (physical functioning and bodily pain sub-scales)	-	-	Danish Research Fund for the Working Environment
Johnson, 2007[34]	RCT	Outpatient	CBT, GP	6	Not assessed	EQ-5D	-	-	Charity funds were received, although source of funding was not specified.
Khodadad, 2020[37]	RCT	Outpatient	CP+PC, PC (2 arms)	8	Not assessed	Not assessed	Sufficient data	-	-
Krein, 2013[38]	RCT	Outpatient (Online only)	Csl, NI	Nr clearly (self-directed website access and e-community)	FABQ (PA)	Not assessed	-	-	Department of Veterans Affairs, Health Services Research and Development Services
Lamb, 2010[39]	RCT	Outpatient	CBT, NI	6	FABQ (PA)	SF-12 (PCS)	-	Sufficient data	National Institute for Health Research Health Technology Assessment Programme
Lambeek, 2010[41]	RCT	Outpatient	CP, UC	12	Not assessed	Not assessed	Sufficient data	Sufficient data	VU University Medical Centre, TNO Work and Employment, Dutch Health Insurance Executive Council, Stichting Institute GAK, and the Netherlands Organisation for Health Research and Development
Leeuw, 2008[42]	RCT	Outpatient	CBT, BT	Nr clearly (~13 weeks)	PCS	Not assessed	Sufficient data	Sufficient data	-
Lorig, 2002[44]	RCT	Outpatient (Online only)	PE, UC	Nr clearly (moderated email discussion group, PE resources)	Not assessed	IIS	Sufficient data	-	-
Louw, 2017[45]	RCT	Outpatient	PE+PC, PC	1 day	FABQ (PA)	Not assessed	Sufficient data	-	-
Luedtke, 2016[43]	RCT	Outpatient	CP+PC (2 arms)	4	FABQ (PA)	SF-36 (all sub-scales)	-	-	Deutsche Forschungsgemeinschaft (DFG)
Macedo, 2012[46]	RCT	Outpatient	CP+PC, CP	8	Not assessed	SF-12 (PCS)	Sufficient data	-	Australian National Health and Medical Research Council
Magalhaes, 2017[47]	RCT	Outpatient	CP+PC, PC	6	TSK	SF-36 (physical role and emotional role sub-scales)	Sufficient data	Sufficient data	Fundacao de Amparo a Pesquisa do Estado de Sao Paulo (FAPESP)
Magnussen, 2007[48]	RCT	Outpatient	CP, NI	1-2	FABQ (PA)	Not assessed	-	-	Norwegian Foundation for Health and Rehabilitation

Mehling, 2005[49]	RCT	Outpatient	Mind+PC, PC	6-8	Not assessed	SF-36 (all sub-scales)	-	Sufficient data	Mount Zion Health Fund (San Francisco) and Health Resources and Services Administration
Michaelson, 2016[50]	RCT	Outpatient	PE+PC (2 arms)	8	Not assessed	SF-36 (all sub-scales)	-	-	-
Monticone, 2013[51]	RCT	Outpatient	CBT+PC, PC	52	TSK	SF-36 (all sub-scales)	-	-	-
Monticone, 2016[52]	RCT	Outpatient	CBT+PC, PC	5	PCS	SF-36 (all sub-scales)	-	-	-
Moore, 2000[53]	RCT	Outpatient	CP, GP	2-3	TSK	SF-36 (mental health sub-scale)	-	Sufficient data	National Institutes of Health, The Boeing Company, and the Group Health Foundation
Morone, 2016[54]	RCT	Outpatient	Mind, Adv	8	CSQ (catastrophising scale)	RAND-36 (global health and physical health sub-scales)	-	-	National Institutes of Health
Moseley, 2002[55]	RCT	Outpatient	PE+PC, GP	4	PCS	Not assessed	Sufficient data	-	-
Nguyen, 2017[58]	RCT	Inpatient (Spa Centre)	PE+PC, PE	5 days	Not assessed	SF-12 (PCS)	-	Sufficient data	Association Francise pour la Recherche Thermale
O'Keeffe, 2020[60]	RCT	Outpatient	CBT+PC, CP+PC	12	FABQ (PA)	SHCI	Sufficient data	Sufficient data	Health Research Institute (University of Limerick)
Paolucci, 2017[61]	RCT	Outpatient	Mind+PC, PC	5	Not assessed	SF-36 (vitality and social functioning sub-scales)	-	-	-
Pardo, 2018[62]	RCT	Outpatient	PE+PC, PC	4	PCS	Not assessed	Sufficient data	-	-
Petrozzi, 2019[63]	RCT	Outpatient	CBT+PC, PC	8	PCS	Not assessed	Sufficient data	Sufficient data	-
Pires, 2015[64]	RCT	Outpatient	PE+PC, PC	6	TSK	Not assessed	-	Sufficient data	-
Poole, 2007[65]	RCT	Outpatient	BT, PC, UC	6	Not assessed	SF-36 (all sub-scales)	-	-	-
Rabiei, 2020[66]	RCT	Outpatient	PE+PC, PC	8	FABQ (PA)	Not assessed	Sufficient data	Sufficient data	-
Reme, 2016[68]	RCT	Outpatient	CP (2 arms)	8-12	Not assessed	EQ-5D	-	-	-
Rizzo, 2018[69]	RCT	Outpatient	CP, PE	2	PCS	Not assessed	Sufficient data	Sufficient data	-
Sander, 2020[71]	RCT	Outpatient (Online only)	CP, UC	7-19	Not assessed	AQoL-6D	-	-	German Federal Ministry of Education and Research

Saper, 2017[73]	RCT	Outpatient	Mind+PC, PE	12 weeks treatment phase + 40 weeks maintenance phase	Not assessed	SF-36 (PCS)	-	-	National Centre for Complementary and Integrative Health (NICCIH) of the National Institutes of Health (NIH)
Saracoglu, 2020[74]	RCT	Outpatient	PE+PC, PC (2 arms)	4	TSK	Not assessed	Sufficient data	-	-
Saracoglu, 2020[75]	RCT	Outpatient	PE+PC, PC	4	Not assessed	SF-36 (all sub-scales)	Sufficient data	-	-
Shariat, 2019[77]	RCT	Outpatient	BT+PC, BT, PC, NI	6	Not assessed	QOLS	-	-	-
Siemonsma, 2013[78]	RCT	Outpatient	CBT, NI	12	Not assessed	Not assessed	-	Sufficient data	Health Research and Development
Smeets, 2008[79]	RCT	Outpatient	CBT+PC, CBT, PC	10	Not assessed	Not assessed	-	Sufficient data	Zorgonderzoek Nederland/Medische Wetenschappen Gran
Sorensen, 2010[82]	RCT	Outpatient	PE+PC, PC	1-3	FABQ (PA)	Not assessed	Sufficient data	Sufficient data	IMK Foundation, Health Insurance Foundation
Spinhoven, 2004[80]	RCT	Speciality Clinic	CBT, CP, NI	10	PCCL (catastrophising sub-scale)		-	-	-
Tavafian, 2017[85]	RCT	Outpatient	CP, GP	1 week + monthly booster sessions delivered between 24 to 30 months post-intervention	Not assessed	SF-36 (all sub-scales)	-	-	Research Deputy of Tehran University of Medical Sciences
Tilbrook, 2011[87]	RCT	Outpatient	CP+PC, PE	12	Not assessed	SF-12 (PCS)	-	-	Arthritis Research UK
Turner, 1982[88]	RCT	Outpatient	BT, CBT, NI	5	Not assessed	SIP	-	-	-
Turner, 1988[89]	RCT	Outpatient	CBT, BT, NI	8	Not assessed	SIP	Sufficient data	-	National Institute of Neurological and Communicative Disorders and Stroke and a National Institutes of Health Biomedical Research Grant RR 05432.
Turner, 1990[90]	RCT	Outpatient	BT+PC, BT, PC, NI	8	Not assessed	SIP	-	-	-
Turner, 1993[91]	RCT	Outpatient	CBT (2 arms), BT, NI	6	Not assessed	SIP	Sufficient data	-	National Institute of Neurological and Communicative Disorders and Stroke

Unal, 2020[92]	RCT	Outpatient	PE, PC	8	FABQ (unclear which sub-scale was used)	SF-36 (all sub-scales)	-	-	-
van der Roer, 2008[93]	RCT	Outpatient	BT+PC, PC	30	TSK	Not assessed	-	-	Netherlands Organisation for Health Research and Development
Vibe Fersum, 2019[94]	RCT	Outpatient	CBT+PC, PC	12	FABQ (PA)	Not assessed	Sufficient data	-	The Norwegian Fund for Post-Graduate Training in Physiotherapy
Von Korff, 2005[95]	RCT	Outpatient	CP, UC	4-8	TSK	SF-36 (social functioning and mental health sub-scales)	-	-	National Institutes of Health
Vong, 2011[96]	RCT	Outpatient	Csl+PC, PC	8	Not assessed	SF-36 (physical functioning, physical role, bodily pain, and global health sub-scales)	Sufficient data	Sufficient data	-
Woods, 2008[97]	RCT	Outpatient	CBT, BT, NI	4	PCS	Not assessed	Sufficient data	-	Royal Bank of Canada and a Canadian Institutes of Health Research Investigator Award
Yao, 2020[98]	RCT	Outpatient	Mind+PC, PC	24	Not assessed	SF-36 (PCS)	-	-	Shanghai Three Year Action Plan for Further Accelerate the Development of Chinese Medicine

^aOnly studies reporting sufficient data to assess intervention compliance have been reported in this table.

^bOnly studies which were included in the network meta-analysis for the primary outcomes of this review (physical function and pain intensity) and reported sufficient data for assessing safety, have been summarised in this table.

Adv: advice, AqoL: Assessment of Quality of Life Questionnaire, BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, CSQ: Coping Strategies Questionnaire, EQ-5D: European Quality of Life Questionnaire, FABQ: Fear Avoidance Belief Questionnaire, FABQ (PA): Fear Avoidance Belief Questionnaire physical activity sub-scale, GP: general practitioner care, HRLSS: Health-Related Life Satisfaction Scale, HRQoL: health-related quality of life, IIS: Illness Intrusiveness Scale, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, NI: no intervention, Nr: not reported, PC: physiotherapy care, PCCL: Pain Coping and Cognition List, PCS: Pain Catastrophising Scale, PE: pain education, PE+PC: pain education delivered with physiotherapy care, QOLS: Quality of Life Scale, RCT: randomised controlled trial, SF-12 (PCS): 12-item Short-form Survey (physical component summary), SF-36 : 36-item Short-form Survey, SF-36 (PCS): 36-item Short-form Survey (physical component summary), SHCI: Subjective Health Complaints Inventory, SIP: Sickness Impact Profile, TSK: Tampa Scale of Kinesiophobia, UC: usual care.

Supplementary E. Individual patient characteristics of included studies

Supplementary Table 4. Individual patient characteristics of studies included in the network meta-analysis for physical function and pain intensity

Author, Year	Sample size	Mean age (years)	Sex (% male)	Physical function		Pain intensity	
				Scale	Baseline score	Scale	Baseline score
Alaranta, 1994[2]	293	40.45	45.39	PDI (Million) (0-100)	44.8	Not assessed	-
Aliyu, 2018[3]	46	42.32	43.26	ODI (0-100)	45.8	VAS (0-10)	6.2
Bagheri, 2020[5]	45	37.23	0	RMDQ (0-100)	37.9	Nr	-
Bendix, 2000[8]	138	40.54	34.65	MRS (disability subscale) (0-30)	16.0	Box Scale (0-10)	5.6
Cherkin, 2016[11]	342	49.30	65.68	RMDQ (0-23)	11.4	GCPS (0-10)	5.9
Chiauzzi, 2010[12]	209	46.14	32.32	ODI (0-100)	46.0	BPI (0-10)	5.6
Christiansen, 2010[13]	75	47.75	38.50	Hannover ADL Questionnaire (0-100)	65.9	NRS (0-10)	5.8
Dufour, 2010[15]	286	40.88	43.77	RMDQ (0-24)	12.5	VAS (0-100)	57.3
Farokhi, 2020[17]	40	28.33	0.00	ODI (0-100)	28.1	Not assessed	-
Friedrich, 1998[18] & 2005[19]	93	44.12	49.47	LBOS (0-75)	42.7	LBOS (pain sub-scale) (0-100)	52.5
Frost, 1998[20]	81	37.80	45.16	ODI (0-100)	24.0	Not assessed	-
Galan-Martin, 2020[21]	154	Nr for chronic LBP only	Nr for chronic LBP only	RMDQ (0-24)	9.0	VAS (0-100)	71.2
Gannon, 2019[22] (Study 1)	66	53.30	61.60	RMDQ (0-24)	10.2	NRS (0-10)	5.3
Gannon, 2019[22] (Study 2)	67	62.40	88.20	RMDQ (0-24)	11.2	NRS (0-10)	5.0
Gardner, 2019[23]	75	44.49	42.92	QBPDS (0-100)	42.9	NRS (0-10)	6.4
Ghadyani, 2017[24]	136	37.67	27.24	RMDQ (0-24)	6.8	VAS (0-10)	4.5
Gibbs, 2018[25]	27	51.48	22.22	ODI (0-100)	24.1	VAS (0-10)	4.8
Godfrey, 2019[28]	248	47.90	40.70	RMDQ (0-24)	10.8	PNAS (0-10)	6.0
Gould, 2020[29]	72	57.12	87.33	RMDQ (0-24)	11.7	DDS (0-20)	10.7
Haas, 2005[31]	120	77.20	15.60	MVK (disability sub-scale) (0-100)	42.1	MVK (pain sub-scale) (0-100)	48.8
Harris, 2017[32]	215	44.81	49.52	ODI (0-100)	28.7	Not assessed	-
Jensen, 2012[33]	300	45.39	45.09	RMDQ (0-23)	11.4	NRS (0-10)	6.4
Johnson, 2007[34]	234	47.91	40.17	RMDQ (0-24)	10.8	VAS (0-100)	48.3
Khan, 2014[36]	54	39.61	46.30	RMDQ (0-24)	13.3	VAS (0-10)	6.8

Khodadad, 2020[37]	54	44.30	100.00	Not assessed	-	VAS (0-10)	5.8
Krein, 2013[38]	229	51.56	87.45	RMDQ (0-24)	9.5	NRS (0-10)	6.1
Lamb, 2010[39, 40]	701	54.00	40.09	RMDQ (0-24)	9.0	MVK (pain sub-scale) (0-100)	59.0
Lambeek, 2010[41]	134	46.16	58.06	RMDQ (0-24)	14.9	NRS (0-10)	6.0
Leeuw, 2008[42]	85	45.32	51.80	RMDQ (0-24)	14.7	VAS (0-100)	53.6
Lorig, 2002[44]	580	45.51	61.51	RMDQ (0-24)	9.9	VAS (0-10)	3.9
Louw, 2017[45]	62	60.14	43.55	Not assessed	-	NRS (0-10)	4.0
Macedo, 2012[46]	172	49.15	40.70	RMDQ (0-24)	11.3	NRS (0-10)	6.1
Magalhaes, 2017[47]	66	46.90	25.76	RMDQ (0-24)	13.3	NRS (0-10)	7.4
Magnussen, 2007[48]	89	49.05	37.08	RMDQ (0-24)	14.0	Not assessed	-
Mehling, 2005[49]	36	49.27	35.73	RMDQ (0-24)	10.0	VAS (0-10)	4.8
Monticone, 2013[51]	90	49.34	42.22	RMDQ (0-24)	15.1	NRS (0-10)	7.0
Monticone, 2016[52]	150	53.50	38.67	ODI (0-100)	33.4	NRS (0-10)	6.3
Moore, 2000[53]	226	49.45	46.02	RMDQ (0-24)	8.4	NRS (0-10)	5.3
Morone, 2016[54]	282	74.50	33.70	RMDQ (0-24)	15.5	NRS (0-20)	10.7
Moseley, 2004[57]	58	43.40	43.10	RMDQ (0-18)	15.0	Not assessed	-
Nguyen, 2017[58]	88	47.00	41.38	RMDQ (0-18)	49.3	NRS (0-100)	58.3
Nicholas, 1991[59]	62	41.20	48.28	Not assessed	-	PRC (0-5)	2.9
O'Keeffe, 2020[60]	206	48.71	26.73	ODI (0-100)	32.8	NRS (0-10)	5.9
Paolucci, 2017[61]	53	60.95	20.75	Not assessed	-	VAS (0-10)	5.4
Pardo, 2018[62]	56	47.05	21.42	RMDQ (0-24)	12.3	NRS (0-10)	7.9
Petrozzi, 2019[63]	108	50.40	50.00	RMDQ (0-24)	9.9	NRS (0-10)	5.0
Pires, 2015[64]	62	50.95	35.48	QBPDs (0-100)	30.1	VAS (0-100)	42.9
Poole, 2007[65]	243	46.72	40.60	ODI (0-100)	34.2	VAS (0-100)	41.9
Rabiei, 2020[66]	80	43.31	46.57	RMDQ (0-24)	14.8	VAS (0-10)	6.4
Reiner, 2019[67]	67	58.03	27.78	Not assessed	-	BPI (0-10)	4.8
Rizzo, 2018[69]	100	50.05	20.00	RMDQ (0-24)	14.1	NRS (0-10)	6.9
Sander, 2020[71]	295	52.80	37.63	ODI (0-100)	27.1	NRS (0-10)	1.6
Santaella da Fonseca, 2009[72]	60	46.39	28.33	RMDQ (0-24)	11.3	VAS (0-10)	5.3

Saper, 2017[73]	191	45.66	40.31	RMDQ (0-23)	14.3	NRS (0-10)	7.1
Saracoglu, 2020[74]	69	40.42	52.63	ODI (0-100)	33.7	NRS (0-10)	7.4
Saracoglu, 2020[75]	36	39.36	51.43	Not assessed	-	NRS (0-10)	7.2
Schaller, 2016[76]	412	50.42	69.42	Not assessed	-	SF-36 (bodily pain scale) (1-6)	4.6
Shariat, 2019[77]	76	35.39	69.44	Not assessed	-	FRI (range of scores unclear)	12.8
Siemonsma, 2013[78]	156	46.10	46.10	QBPDS (0-100)	40.4	Not assessed	-
Smeets, 2008[79]	172	41.91	54.07	RMDQ (0-24)	13.8	VAS (0-100)	48.6
Soleymani, 2021[81]	30	41.97	14.95	Not assessed	-	CPGQ (0-100)	38.1
Sorensen, 2010[82]	207	39.00	48.00	Not assessed	-	NRS (0-10)	6.2
Stuckey, 1986[83]	24	41.10	45.83	ADL Questionnaire (1-7)	2.4	PIQ (0-100)	35.2
Tavafian, 2017[85]	197	46.02	19.18	RMDQ (0-24)	10.0	SF-36 (bodily pain scale) (1-100)	45.8
Tekur, 2008[86]	91	48.50	55.00	ODI (0-100)	37.7	Not assessed	-
Tilbrook, 2011[87]	313	46.35	29.71	RMDQ (0-24)	7.8	Not assessed	-
Turner, 1982[88]	36	42.00	8.33	Not assessed	-	VAS (0-100)	56.0
Turner, 1988[89]	81	46.00	62.96	Not assessed	-	MPQ (0-78)	21.4
Turner, 1990[90]	96	44.00	52.08	Not assessed	-	VAS (0-100)	50.5
Turner, 1993[91]	102	42.00	46.07	Not assessed	-	VAS (0-100)	54.5
Unal, 2020[92]	40	41.93	50.00	RMDQ (0-24)	15.8	MPQ (0-78)	52.0
Vibe Fersum, 2019[94]	121	43.00	47.62	ODI (0-100)	22.8	NRS (0-10)	5.0
Von Korff, 2005[95]	240	49.75	37.52	RMDQ (0-23)	11.8	NRS (0-10)	5.8
Vong, 2011[96]	88	44.85	36.84	RMDQ (0-24)	10.0	VAS (0-10)	5.3
Woods, 2008[97]	83	46.45	34.09	PDI (0-100)	22.2	MPQ-SF (PRI) (0-45)	14.8
Yao, 2020[98]	72	53.40	19.44	Not assessed	-	VAS (0-10)	5.1

ADL: Activities of Daily Living, BPI: Brief Pain Inventory, CPGQ: Chronic Pain Grade Questionnaire, DDS: Descriptor Differential Scale, FRI: Functional Rating Index Test, GCPS: Graded Chronic Pain Scale, LBOS: Low Back Outcome Score, MPQ: McGill Pain Questionnaire, MPQ-SF: McGill Pain Questionnaire Short Form, MPQ-SF (PRI): McGill Pain Questionnaire Pain Rating Index, MRS: Manniche's Rating Scale, MVK: Modified Von Korff Scale, Nr: not reported, NRS: Numeric Rating Scale, ODI: Oswestry Disability Index, PDI: Pain Disability Index, PDI (Million): Pain Disability Index Million, PIQ: Pain Intensity Questionnaire, PNAS: Pain Numeric Analogue Scale, PRC: Pain Rating Chart, QBPDS: Quebec Back Pain Disability Scale, RMDQ: Roland Morris Disability Questionnaire, SF-36: 36-Item Short Form Survey, VAS: Visual Analogue Scale.

Supplementary Table 5. Individual patient characteristics of studies included in the network meta-analysis for fear avoidance

Author, Year	Total sample size	Mean age (years)	Sex (% male)	Fear avoidance scale	Baseline fear avoidance score
Aliyu, 2018[3]	46	42.3	43	FABQ (PA) (0-24)	17.7
Chiauzzi, 2010[12]	209	46.1	32	FABQ (PA) (0-24)	14.9
Galan-Martin, 2020[21]	154	Nr for chronic LBP sub-group	Nr for chronic LBP sub-group	PCS (0-52)	29.5
Gannon 2019[22] (Study 1)	66	53.3	62	PCS (0-52)	17
Gannon 2019[22] (Study 2)	67	62.4	88	PCS (0-52)	14
Gardner, 2019[23]	75	44.5	43	TSK (17-68)	38.3
Harris, 2017[32]	215	44.8	50	FABQ (PA) (0-24)	12.2
Krein, 2013[38]	229	51.6	87	FABQ (PA) (0-24)	14.5
Lamb, 2010[39]	701	54.0	40	FABQ (PA) (0-24)	13.6
Leeuw, 2008[42]	85	45.3	52	PCS (0-52)	22.9
Magalhaes, 2017[47]	66	46.9	26	TSK (17-68)	44
Magnussen, 2007[48]	89	49.1	37	FABQ (PA) (0-24)	14.4
Monticone, 2013[51]	90	49.3	42	TSK (13-52)	41.7
Monticone, 2016[52]	150	53.5	39	PCS (0-52)	27.1
Moore, 2000[53]	226	49.5	46	TSK (1-4)	2.3
Morone, 2016[54]	282	74.5	34	CSQ (catastrophising scale) (0-6)	1.2
Moseley, 2004[57]	58	43.4	43	PCS (0-52)	37.5
O'Keeffe, 2020[60]	206	48.7	27	FABQ (PA) (0-24)	15.1
Pardo, 2018[62]	56	47.1	21	PCS (0-52)	33.1
Petrozzi, 2019[63]	108	50.4	50	PCS (0-52)	20.5
Pires, 2015[64]	62	51.0	35	TSK (13-52)	28.9
Rabiei, 2020[66]	80	43.3	47	FABQ (PA) (0-24)	16.5
Rizzo, 2018[69]	100	50.1	20	PCS (0-52)	28.5
Saracoglu, 2020[74]	69	40.4	53	TSK (17-68)	45
Sorensen, 2010[82]	207	39.0	48	FABQ (PA) (0-24)	13
Spinhoven, 2004[80]	148.00	39.8	36	PCCL (catastrophising sub-scale) (12-72)	40.7

Vibe Fersum, 2019[94]	121	43.0	48	FABQ (PA) (0-24)	11.5
Von Korff, 2005[95]	240	49.8	38	TSK (17-68)	41.3
Woods, 2008[97]	83	46.5	34	PCS (0-52)	19.6

CSQ: Coping Strategies Questionnaire, FABQ: Fear Avoidance Belief Questionnaire, FABQ (PA): Fear Avoidance Belief Questionnaire physical activity sub-scale, Nr: not reported, PCCL: Pain Coping and Cognition List, PCS: Pain Catastrophising Scale, TSK: Tampa Scale of Kinesiophobia.

Supplementary F. Summary of physiotherapy care treatment node

The following table provides a summary of all studies included in the review, for which at least one intervention arm involved physiotherapy care as a non-psychological co-intervention or comparison intervention. We delineated between instances where the physiotherapy care node consisted of exercise alone (“exs”), passive therapy alone (“passive”), or exercise delivered with passive therapy (“exs+passive”).

Supplementary Table 6. Summary of individual studies involving physiotherapy care as a co-intervention or comparison intervention

Author, Year	Total study arms included ^a	Study arms involving physiotherapy care		Non-physiotherapy care arm(s)
		As a co-intervention	As a comparison intervention	
Alaranta, 1994[2]	2	CBT+exs	Exs+passive	-
Aliyu, 2018[3]	2	CBT+exs	Exs	-
Bagheri, 2020[5]	2	Comb psych+exs	Exs	-
Bendix, 2000[8]	2	CBT+exs	Exs	-
Christiansen, 2010[13]	2	CBT+exs+passive; PE+exs+passive	-	-
Dufour, 2010[15]	2	Comb psych+exs	Exs	-
Farokhi, 2020[17]	2	Comb psych+exs; BT+exs	-	-
Friedrich, 1998[18] & 2005[19]	2	Comb psych+exs	Exs	-
Frost, 1998[20]	2	CBT+exs	Exs	-
Galan-Martin, 2020[21]	2	PE+exs	Exs+passive	-
Gannon, 2019[22] (Study 1)	2	Comb psych+exs	-	Comb psych
Gannon, 2019[22] (Study 2)	2	Comb psych+exs	-	Comb psych
Gardner, 2019[23]	2	-	Exs	PE
Ghadyani, 2017[24]	2	CBT+exs	-	Advice
Godfrey, 2019[28]	2	Mindfulness+exs+passive	Exs+passive	-
Harris, 2017[32]	3	Comb psych+exs	-	Comb psych (2 arms pooled)
Khan, 2014[36]	2	CBT+exs	Exs	-
Khodadad, 2020[37]	3	Comb psych+exs	Exs	Exs+passive
Louw, 2017[45]	2	PE+passive	Passive	-
Macedo, 2012[46]	2	Comb psych+exs	-	Comb psych
Magalhaes, 2017[47]	2	Comb psych+exs+passive	Exs	-

Mehling, 2005[49]	2	Mindfulness+exs	Exs+passive	-
Monticone, 2013[51]	2	CBT+exs	Exs+passive	-
Monticone, 2016[52]	2	CBT+exs	Exs+passive	-
Nguyen, 2017[58]	2	PE+exs	-	PE
Nicholas, 1991[59]	6	BT+exs (2 arms pooled); CBT+exs (3 arms pooled)	-	Exs
O'Keeffe, 2020[60]	2	CBT+exs; Comb psych+exs	-	-
Paolucci, 2017[61]	2	Mindfulness+exs	Exs	-
Pardo, 2018[62]	2	PE+exs	Exs	-
Petrozzi, 2019[63]	2	CBT+exs+passive	Exs+passive	-
Pires, 2015[64]	2	PE+exs	Exs	-
Poole, 2007[65]	3	-	Passive	BT, UC
Rabiei, 2020[66]	2	PE+exs	Exs	-
Petrozzi, 2019[63]	2	CBT+exs	-	NI
Pires, 2015[64]	2	Mindfulness+exs	-	PE
Saracoglu, 2020[74]	3	PE+exs+passive	Exs+passive; Passive (2 arms pooled)	-
Saracoglu, 2020[75]	2	PE+passive	Passive	-
Shariat, 2019[77]	4	BT+exs	Exs	BT; NI
Smeets, 2008[79]	3	CBT+exs	Exs	CBT
Sorensen, 2010[82]	2	PE+exs	Exs	-
Tekur, 2008[86]	2	Csl+exs; PE+exs	-	-
Tilbrook, 2011[87]	2	Comb psych+exs	-	PE
Turner, 1990[90]	4	BT+exs	Exs	BT; NI
Unal, 2020[92]	2	-	Passive	PE
Vibe Fersum, 2019[94]	2	CBT+exs	Exs+passive	-
Vong, 2011[96]	2	Csl+exs+passive	Exs+passive	-
Yao, 2020[98]	2	Mindfulness+exs	Exs	-

^aTotal study arms included in the network meta-analysis.

BT: behavioural therapy, CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, Csl: counselling, Exs: exercise, NI: no intervention, PE: pain education, Passive: passive therapy, UC: usual care.

Supplementary G. Studies not included in the network meta-analysis

Studies not included in the network meta-analysis for the primary outcomes

Overall, 20 articles reporting data on 21 unique studies were not included in the network meta-analysis (NMA) for physical function and/or pain intensity. Out of the excluded studies, 19 unique studies reported data on physical function and 20 unique studies reported data on pain intensity. Reasons for exclusion from the NMA included: only compared the same type of psychological intervention with no other comparison interventions (e.g., comparison of group and individual cognitive behavioural therapy interventions) (13 studies); insufficient data available for pooling (five studies); only involved comparison interventions which did not match our treatment node definitions (three studies).

Exclusion reason 1: Studies only comparing the same type of psychological intervention with no other comparison interventions

Studies which only compared the same type of psychological interventions, with no other comparison interventions, evaluated the following: combined psychological approaches delivered with physiotherapy care (three studies);[4, 30, 43] pain education delivered with physiotherapy care (three studies);[50, 56, 99] combined psychological approaches (two studies, with one involving three arms);[27, 68] cognitive behavioural therapy (three studies, where two studies were reported within the same article and the third study involved three arms);[26, 70] behavioural therapy (one study);[35] pain education (one study).[10] We did not present the effect estimates of studies comparing the same type of intervention. Overall, the majority of studies found that the psychological interventions under investigation improved physical function and/or reduced pain intensity.

Exclusion reason 2: Studies with insufficient data available for pooling

Five studies did not have sufficient data available for pooling. Effect estimates for these studies are summarised in Supplementary Table 7.

Exclusion reason 3: Studies only involving comparison interventions which did not match our treatment node definitions

Three studies only involved comparison interventions which did not match our treatment node definitions. As there were no other comparison interventions matching our pre-defined treatment nodes in these studies, this precluded their inclusion in the network. Two of these studies compared cognitive behavioural therapy delivered with physiotherapy care to the same non-psychological comparison intervention (i.e., lumbar fusion surgery). The effect estimates for these studies are summarised in Supplementary Table 7.

One study compared behavioural therapy to an alternative psychological intervention (i.e., hypnosis) which did not match our initial pre-specified decision set for psychological interventions (see Supplementary B).[84] Consensus within the review team resulted in the inclusion of the study in the review, however we excluded the study from the NMA for the following reasons: (i) the intervention did not match our pre-defined treatment nodes, (ii) if included, the intervention would become disconnected from the network due insufficient studies available for comparison. The effect estimates from this study have been summarised in Supplementary Table 7.

Supplementary Table 7. Effect estimates for studies excluded from the network meta-analysis for physical function and pain intensity

Study	Treatment nodes	Physical function ^a	Pain intensity ^a
Studies with insufficient data available for pooling			
Bendix, 1998[6] & 1998[7] (Project A)	CP+PC vs NI	2-year follow-up: p = 0.90 5-year follow-up: p = 0.20	2-year follow-up: p = 0.08 5-year follow-up: p = 1.00
Bendix, 1998[6] & 1998[7] (Project B)	CP+PC vs PC vs CBT+PC	2-year follow-up: p = 0.003 (favouring CP+PC) 5-year follow-up: p = 0.02 (favouring CP+PC)	2-year follow-up: p = 0.08 (favouring CP+PC) 5-year follow-up: p = 0.30
Moseley, 2002[55]	PE+PC vs GP care	3.9 (2.30 to 5.80), p = 0.03 (favouring PE+PC)	1.50 (0.70 to 2.30), p = 0.03 (favouring PE+PC)
Spinhoven 2004[80]	CBT vs CP vs NI	Not assessed	Psychological intervention groups combined (CBT and CP) vs NI: p > 0.05
van der Roer, 2008[93]	BT+PC vs PC	Overall effect: $\chi^2 = 0.98$; 4df, p = 0.91	Overall effect: $\chi^2 = 5.21$; 4df, p = 0.27
Studies only involving comparison interventions which did not match our treatment node definitions			
Brox, 2003[9]	CBT+PC vs Lumbar Fusion	2.30 (-6.70 to 11.40), p = 0.33	8.6 (-3.0 to 20.1), p = 0.14
Fairbank, 2005[16]	CBT+PC vs Lumbar Fusion	-4.10 (-8.10 to -0.10), p = 0.045 (favouring lumbar fusion)	4.1 (-1.67 to 10.0), p = 0.16
Tan, 2015[84]	BT vs Hypnosis (HYP-8) vs Hypnosis (HYP-PRAC-8) vs Hypnosis (HYP-PRAC-2)	Not assessed	Hypnosis groups pooled vs BT: F 4.29 (df 1, 98), η^2 0.04, p < 0.05 (favouring hypnosis) HYP-8 vs HYP-PRAC-8 vs HYP-PRAC-2: F 1.18 (df 2, 72), η^2 0.03, p > 0.05

^a Values are mean difference between groups (95% confidence interval), unless stated otherwise.

BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, NI: no intervention, PC: physiotherapy care, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$.

Studies not included in the network meta-analysis for the secondary outcomes

Overall, out of 37 unique studies assessing fear avoidance, eight studies were not included in the NMA for fear avoidance. Reasons for exclusion from the NMA included: only compared the same type of psychological intervention with no other comparison interventions (two studies); insufficient data available for pooling (two studies); only involved comparison interventions which did not match our treatment node definitions (one study); ambiguous methods used to score the Fear Avoidance Beliefs Questionnaire (FABQ) (three studies).

Exclusion reason 1: Studies only comparing the same type of psychological intervention with no other comparison interventions

Two studies involved the comparison of two interventions coded as the same type of psychological intervention, with no other comparison interventions.[30, 43] Both studies evaluated combined psychological interventions delivered with physiotherapy care, compared with another intervention involving combined psychological interventions delivered with physiotherapy care. Overall, both studies demonstrated within-group differences for fear avoidance for each intervention group; although, there were no statistically significant between-group differences following the interventions (95% confidence interval for differences between groups: -4.75 to 5.32, $p = 0.91$)[43] or for group-by-time interactions ($F = 1.16$, $p = 0.32$).[30]

Exclusion reason 2: Studies with insufficient data available for pooling

Two studies did not have sufficient data available for pooling. Effect estimates for these studies are summarised in Supplementary Table 8.

Exclusion reason 3: Studies only involving comparison interventions which did not match our treatment node definitions

One study involved a comparison intervention which did not match our treatment node definitions. As there were no other comparison interventions matching our pre-defined treatment nodes, this precluded inclusion of the study in the network. The study compared cognitive behavioural therapy delivered with physiotherapy care to lumbar fusion surgery). The effect estimates for this study is presented in Supplementary Table 8.

Exclusion reason 4: Studies using ambiguous methods to score the FABQ

Three studies were excluded from the NMA for fear avoidance due to using ambiguous methods to score the FABQ, which were inconsistent with validated recommendations. Explicitly, results of the (two) sub-scales of the FABQ, work and physical activity sub-scales, should be presented and/or analysed independently.[100, 101] However, in these three studies, study authors presented a combined (overall) score.[17, 92] Consensus within the review team resulted in the exclusion of these studies to minimise potential heterogeneity for assessing fear avoidance. These studies compared: (i) combined psychological approaches delivered with physiotherapy care, with physiotherapy care;[5] (ii) combined psychological approaches delivered with physiotherapy care, with behavioural therapy delivered with physiotherapy care[17], (iii) pain education alone with physiotherapy care alone.[92] The effect estimates for these studies are presented below in Supplementary Table 8.

Supplementary Table 8. Effect estimates for studies excluded from the network meta-analysis for fear avoidance

Study	Treatment Nodes	Fear avoidance ^a
Studies with insufficient data available for pooling		
Jensen, 2012[33]	Csl vs UC	FABQ (physical activity sub-scale): 3.10 (1.50 to 4.70), favouring Csl. FABQ (work sub-scale): 0.10 (-1.50 to 1.60) TSK - overall effect: $\chi^2 = 1.83$; df = 4, p = 0.77
van der Roer, 2008[93]	BT+PC vs PC	
Studies only involving comparison interventions which did not match our treatment node definitions		
Brox, 2003[9]	CBT+PC vs Lumbar Fusion	FABQ (physical activity sub-scale): -7.70 (-11.60 to -3.80), p < 0.0001, favouring CBT+PC. FABQ (work sub-scale): -8.30 (-13.70 to -3.0), p = 0.002, favouring CBT+PC.
Studies excluded due to ambiguous use of FABQ score		
Bagheri, 2020 [5]	CP+PC vs PC	FABQ (no sub-scale scores provided, no overall range of scores provided): -23.05 (-30.34 to 8.45), p = 0.02
Farokhi, 2020[17]	CP+PC vs BT+PC	FABQ (no sub-scale scores provided, no overall range provided): p < 0.05, favouring CP+PC.
Unal, 2020[92]	PE vs PC	FABQ score (no sub-scale scores provided, only reporting an overall score range of 0 to 60): p = < 0.001, favouring PE.

^a Values are mean difference between groups (95% confidence interval), unless stated otherwise.

Csl: counselling, BT+PC: behavioural therapy delivered with physiotherapy care, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP+PC: combined psychological approaches delivered with physiotherapy care, FABQ: Fear Avoidance Belief Questionnaire, PC: physiotherapy care, PE: pain education, TSK: Tampa Scale of Kinesiophobia, UC: usual care. Estimates in bold denote significance at $p < 0.05$.

Supplementary H. Assessment of transitivity

Supplementary Table 9.1 Assessment of transitivity: network of interventions for improving physical function

Comparisons	n studies	Mode study setting ^a	Intervention duration (weeks)	Mode mean age (years)	Mode sex (% males)	Outcome measures
Adv:BT	1	Outpatient	Unclear (8 sessions)	<50	<50%	ADL Questionnaire
Adv:CBT	1	Outpatient (Online only)	4	<50	<50%	ODI
Adv:CBT+PC	1	Outpatient	1 day	<50	<50%	RMDQ
Adv:Mind	1	Outpatient	8	≥50	<50%	RMDQ
Adv:PE	1	Outpatient	2-3	<50	<50%	RMDQ
BT:CBT	2	Outpatient	4-13	<50	<50%, ≥50%	PDI, RMDQ
BT:NI	1	Outpatient	4	<50	<50%	PDI
BT:PC	1	Outpatient	6	<50	<50%	ODI
BT:UC	1	Outpatient	6	<50	<50%	ODI
BT+PC:CP+PC	1	Outpatient	8	<50	<50%	ODI
CBT:CBT+PC	1	Outpatient	10	<50	≥50%	RMDQ
CBT:GP	1	Outpatient	6	<50	<50%	RMDQ
CBT:Mind	1	Outpatient	8	<50	≥50%	RMDQ
CBT:NI	3	Outpatient	4-12	<50	<50%	PDI, QBPDS, RMDQ
CBT:PC	1	Outpatient	10	<50	≥50%	RMDQ
CBT:UC	1	Outpatient	8	<50	≥50%	RMDQ
CBT+PC:CP+PC	1	Outpatient	12	<50	<50%	ODI
CBT+PC:NI	1	Outpatient	8	<50	<50%	RMDQ
CBT+PC:PC	10	Outpatient	3-52	<50	<50%	MRS, ODI, PDI (Million), RMDQ
CBT+PC:PE+PC	1	Outpatient	3	<50	<50%	Hannover ADL Questionnaire
CP:GP	3	Outpatient	2-12	<50	<50%	RMDQ
CP:NI	3	Outpatient	6-24	≥50	<50%	MVK, ODI, RMDQ

CP:PE	1	Outpatient	2	≥50	<50%	RMDQ
CP:UC	3	Outpatient	4-19	<50	<50%	ODI, RMDQ
CP+PC:PC	4	Outpatient	3.5-12	<50	<50%	LBOS, RMDQ
CP+PC:PE	1	Outpatient	12	<50	<50%	RMDQ
Csl:NI	1	Outpatient (Online only)	Unclear (self-directed website access and e-community)	≥50	≥50%	RMDQ
Csl:UC	1	Outpatient	12	<50	<50%	RMDQ
Csl+PC:PC	1	Outpatient	8	<50	<50%	RMDQ
Csl+PC:PE+PC	1	Inpatient	1	<50	≥50%	ODI
Mind:UC	1	Outpatient	8	<50	≥50%	RMDQ
Mind+PC:PC	2	Outpatient	4-8	<50	<50%	RMDQ
Mind+PC:PE	1	Outpatient	12 week treatment phase + 40 week maintenance phase	<50	<50%	RMDQ
PC:UC	1	Outpatient	6	<50	<50%	ODI
PE:PC	2	Outpatient	8	<50	<50%, ≥50%	QBPDS, RMDQ
PE:PE+PC	1	Inpatient	5 days	<50	<50%	RMDQ
PE:UC	1	Outpatient (Online only)	Unclear (moderated email discussion group, pain education resources)	<50	≥50%	RMDQ
PE+PC:PC	5	Outpatient	4-11	<50	<50%	ODI, QBPDS, RMDQ

^a Categories for mode study setting were inpatient, outpatient, and outpatient (online only). ADL: activities of daily living, Adv: advice, BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP: general practitioner care, LBOS: Low Back Outcome Score, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, MRS: Manniche's Rating Scale, MVK: Modified Von Korff Scale, n, number: NI: no intervention, ODI: Oswestry Disability Index, PC: physiotherapy care, PDI (Million): Pain Disability Index (Million), PDI: Pain Disability Index, PE: pain education, PE+PC: pain education delivered with physiotherapy care, QBPDS: Quebec Back Pain Disability Score, RMDQ: Roland Morris Disability Questionnaire, UC: usual care.

Supplementary Table 9.2 Assessment of transitivity: network of interventions for reducing pain intensity

Comparisons	n studies	Mode study setting ^a	Intervention duration (weeks)	Mode mean age (years)	Mode sex (% males)	Outcome measures
Adv:BT	1	Outpatient	Unclear (8 sessions)	<50	<50	PIQ
Adv:CBT	1	Outpatient	4	<50	<50	BPI
Adv:CBT+PC	1	Outpatient	1 day	<50	<50	VAS
Adv:CP	1	Inpatient (Hospital) and Outpatient	Unclear (Inpatient stay, aftercare delivered at 8 and 12 weeks post-discharge, self-directed internet-based aftercare program)	≥50	≥50	SF-36 (bodily pain sub-scale)
Adv:Mind	1	Outpatient	8	≥50	<50	NRS
BT:BT+PC	2	Outpatient	6-8	<50	≥50	FRI, VAS
BT:CBT	5	Outpatient	4-8	<50	<50	MPQ, MPQ-SF, VAS
BT:NI	6	Outpatient	4-8	<50	<50, ≥50	FRI, MPQ, MPQ-SF, VAS
BT:PC	3	Outpatient	6-8	<50	≥50	FRI, VAS
BT:UC	1	Outpatient	6	<50	<50	VAS
BT+PC:CBT+PC	1	Outpatient	5	<50	<50	PRC
BT+PC:PC	3	Outpatient	5-8	<50	≥50	FRI, PRC, VAS
CBT:CBT+PC	1	Outpatient	10	<50	≥50	VAS
CBT:GP	2	Outpatient	6-24	<50	<50	CPGQ, VAS
CBT:Mind	1	Outpatient	8	<50	≥50	GCPS
CBT:NI	5	Outpatient	4-8	<50	<50	MPQ, MPQ-DQ, MVK, VAS
CBT:PC	1	Outpatient	10	<50	≥50	VAS
CBT:UC	1	Outpatient	8	<50	≥50	GCPS
CBT+PC:CP+PC	1	Outpatient	12	<50	<50	NRS
CBT+PC:NI	1	Outpatient	8	<50	<50	VAS
CBT+PC:PC	9	Outpatient	3-52	<50	<50	Box Scale, NRS, PRC, VAS
CBT+PC:PE+PC	1	Outpatient	3	<50	<50	NRS
CP:CP+PC	3	Outpatient	8	≥50	≥50	NRS

CP:GP	3	Outpatient	2-12	<50	<50	DDS, NRS, SF-36 (bodily pain sub-scale)
CP:NI	2	Outpatient	6-24	≥50	<50	MVK (pain sub-scale), VAS
CP:PE	1	Outpatient	2	≥50	<50	NRS
CP:UC	3	Outpatient	4-19	<50	<50	NRS
CP+PC:PC	4	Outpatient	3.5-12	<50	<50	LBOS (pain sub-scale), NRS, VAS
Csl:NI	1	Outpatient (Online only)	Unclear (self-directed website access and e-community)	≥50	≥50	NRS
Csl:UC	1	Outpatient	12	<50	<50	NRS
Csl+PC:PC	1	Outpatient	8	<50	<50	VAS
Mind:NI	1	Outpatient	8	≥50	<50	BPI
Mind:UC	1	Outpatient	8	<50	≥50	GCPS
Mind+PC:PC	4	Outpatient	4-24	<50, ≥50	<50	PNAS, VAS
Mind+PC:PE	1	Outpatient	12 week treatment phase + 40 week maintenance phase	<50	<50	NRS
PC:UC	1	Outpatient	6	<50	<50	VAS
PE:PC	2	Outpatient	8	<50	<50, ≥50	MPQ, NRS
PE:PE+PC	1	Inpatient (Spa Centre)	5 days	<50	<50	NRS
PE:UC	1	Outpatient (Online only)	Unclear (moderated email discussion group, pain education resources)	<50	≥50	VAS
PE+PC:PC	8	Outpatient	1 day-11 weeks	<50	<50	NPRS, NRS, VAS

^a Categories for mode study setting were inpatient, outpatient, and outpatient (online only). Adv: advice, BPI: Brief Pain Inventory, BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, CPGQ: Chronic Pain Grade Questionnaire, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, DDS: Descriptor Differential Scale, FRI: Functional Rating Index, GCPS: Graded Chronic Pain Scale, GP: general practitioner care, LBOS: Low Back Outcome Score, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, MPQ: McGill Pain Questionnaire, MPQ-SF: McGill Pain Questionnaire Short-Form, MVK: Modified Von Korff Scale, n: number, NI: no intervention, NRS: Numeric Rating Scale, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, PIQ: Pain Intensity, PNAS: Pain Numeric Analogue Scale, PRC: Pain Rating Chart, SF-36: 36-Item Short Form Survey, UC: usual care, VAS: Visual Analogue Scale.

Supplementary Table 9.3 Assessment of transitivity: network of interventions for reducing fear avoidance

Comparisons	n studies	Mode study setting ^a	Intervention duration (weeks)	Mode mean age (years)	Mode sex (% males)	Outcome measures
Adv:CBT	1	Outpatient (Online only)	4	<50	<50	FABQ
Adv:Mind	1	Outpatient	8	≥50	<50	CSQ
Adv:PE	1	Outpatient	2-3	<50	<50	PCS
BT:CBT	2	Outpatient	4-13	<50	<50, ≥50	PCS
BT:NI	1	Outpatient	4	<50	<50	FABQ
CBT:CP	1	Inpatient and Outpatient	10	<50	<50	PCCL
CBT:NI	3	Outpatient	4-10	<50	<50	FABQ, PCCL
CBT+PC:CP+PC	1	Outpatient	12	<50	<50	FABQ
CBT+PC:PC	5	Outpatient	4-52	<50	<50	FABQ, PCS, TSK
CP:CP+PC	3	Outpatient	8-12	≥50	≥50	FABQ, PCS
CP:GP	1	Outpatient	2-3	<50	<50	TSK
CP:NI	2	Inpatient and Outpatient	1-10	<50	<50	FABQ, PCCL
CP:PE	1	Outpatient	2	≥50	<50	PCS
CP:UC	1	Outpatient	4-8	<50	<50	TSK
CP+PC:PC	1	Outpatient	6	<50	<50	TSK
Csl:NI	1	Outpatient (Online only)	Unclear (self-directed website access and e-community)	≥50	≥50	FABQ
PC:PE	1	Outpatient	8	<50	<50	TSK
PC:PE+PC	6	Outpatient	4-11	<50	<50	FABQ, PCS, TSK

^a Categories for mode study setting were inpatient, outpatient, and outpatient (online only). Adv: advice, BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, CSQ: Coping Strategies Questionnaire, FABQ: Fear Avoidance Beliefs Questionnaire, GP: general practitioner care, Mind: mindfulness, n: number, NI: no intervention, PC: physiotherapy care, PCCL: Pain Coping and Cognition List, PCS: Pain Catastrophising Scale, PE: pain education, PE+PC: pain education delivered with physiotherapy care, TSK: Tampa Scale for Kinesiophobia, UC: usual care.

Supplementary Table 9.4 Assessment of transitivity: network of interventions for improving intervention compliance

Comparisons	n studies	Mode study setting ^a	Intervention duration (weeks)	Mode mean age (years)	Mode sex (% males)
BT+PC:CP+PC	1	Outpatient	8	<50	<50
CBT+PC:CP+PC	2	Outpatient	6-12	<50	<50
CBT+PC:PC	5	Outpatient	4-12	<50	<50
CP:CP+PC	3	Outpatient	8-8	≥50	≥50
CP:GP	1	Outpatient	12	≥50	≥50
CP:PE	1	Outpatient	2	≥50	<50
CP:UC	1	Outpatient	12	<50	≥50
CP+PC:PC	3	Outpatient	6-8	<50	<50
Csl+PC:PC	1	Outpatient	8	<50	<50
GP:PE+PC	1	Outpatient	4	<50	<50
PE:PC	1	Outpatient	8	<50	<50
PE:UC	1	Outpatient (Online only)	Unclear (moderated email discussion group, pain education resource and videotape)	<50	≥50
PE+PC:PC	6	Outpatient	4-8	<50	<50

^a Categories for mode study setting were inpatient, outpatient, and outpatient (online only). BT+PC: behavioural therapy delivered with physiotherapy care, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl+PC: counselling delivered with physiotherapy care, GP: general practitioner care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Supplementary I. Results from direct and network evidence for physical function and pain intensity

Interpretation of network results:

In this review, we analysed change from baseline scores. Therefore, a positive change score corresponded with higher/worsening of pain (over time), whilst a negative score indicated a lower/improvement in pain (over time). Results in the league tables below are presented as standardised mean differences (SMD), with the corresponding 95% confidence interval (CI). To interpret our results, a negative SMD value indicates that results favoured the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 10.1 Physical function at post intervention

PC (reference)	1.14 (0.65,1.63)	-0.03 (- 0.72,0.65)			0.78 (0.16,1.39)		-0.17 (- 1.52,1.18)	0.13 (- 1.24,1.49)			0.02 (- 0.81,1.21)			-0.18 (- 1.52,1.17)	0.26 (- 1.21,1.73)	0.16 (- 1.17,1.48)
1.01 (0.58,1.44)	CBT+PC	-0.68 (- 2.03,0.66)		-0.04 (- 1.42,1.34)	-0.39 (- 1.79,1.00)			0.12 (- 1.21,1.44)								
0.21 (- 0.31,0.74)	-0.80 (1.42,-0.18)	CP+PC	-0.03 (- 0.82,0.77)							-0.14 (- 1.58,1.29)	-0.38 (- 1.71,0.94)					
0.35 (- 0.31,1.01)	-0.67 (- 1.39,0.06)	0.14 (- 0.48,0.75)	CP	-0.74 (- 2.26,0.77)			-0.21 (- 0.98,0.57)				-0.36 (- 1.73,1.02)	-0.14 (- 1.54,1.25)				
0.23 (- 0.56,1.02)	-0.78 (- 1.58,0.02)	0.02 (- 0.83,0.87)	-0.12 (- 0.93,0.69)	No intervention				0.21 (- 0.57,1.00)						-0.02 (- 1.46,1.41)		
0.62 (0.08,1.17)	-0.39 (- 1.04,0.26)	0.41 (- 0.34,1.16)	0.27 (- 0.58,1.12)	0.39 (- 0.55,1.34)	PE+PC											1.06 (- 0.28,2.40)
0.38 (- 0.70,1.45)	-0.64 (- 1.75,0.47)	0.16 (- 0.95,1.28)	0.03 (- 1.04,1.10)	0.15 (- 0.97,1.26)	-0.24 (- 1.44,0.95)	Mindfulness	-0.37 (- 1.71,0.97)	-0.01 (- 1.35,1.33)	-0.30 (- 1.63,1.04)							
0.06 (- 0.69,0.81)	-0.95 (1.76,-0.14)	-0.15 (- 0.92,0.63)	-0.28 (- 0.92,0.35)	-0.17 (- 1.04,0.71)	-0.56 (- 1.48,0.36)	-0.31 (- 1.34,0.72)	Usual care	0.36 (- 0.98,1.70)					-0.20 (- 1.51,1.11)	-0.01 (- 1.36,1.35)		
0.39 (- 0.30,1.08)	-0.62 (- 1.35,0.11)	0.18 (- 0.58,0.95)	0.05 (- 0.68,0.78)	0.16 (- 0.49,0.82)	-0.23 (- 1.10,0.64)	0.02 (- 0.96,0.99)	0.33 (- 0.43,1.09)	CBT	-0.04 (- 1.38,1.29)				-0.06 (- 1.40,1.28)	-0.35 (- 1.34,0.64)		
0.03 (- 0.88,0.94)	-0.98 (1.94,-0.03)	-0.18 (- 1.14,0.78)	-0.32 (- 1.26,0.63)	-0.20 (- 1.18,0.77)	-0.59 (- 1.64,0.46)	-0.35 (- 1.32,0.63)	-0.03 (- 0.99,0.92)	-0.36 (- 1.18,0.46)	Advice		0.55 (- 0.86,1.96)			0.00 (- 1.56,1.56)		
0.07 (- 1.46,1.60)	-0.94 (- 2.50,0.62)	-0.14 (- 1.58,1.29)	-0.28 (- 1.84,1.28)	-0.16 (- 1.83,1.51)	-0.55 (- 2.17,1.07)	-0.31 (- 2.12,1.51)	0.01 (- 1.62,1.64)	-0.32 (- 1.95,1.30)	0.04 (- 1.68,1.77)	BT+PC						
0.15 (- 0.50,0.81)	-0.86 (1.61,-0.11)	-0.06 (- 0.76,0.65)	-0.19 (- 0.95,0.56)	-0.08 (- 1.00,0.85)	-0.47 (- 1.31,0.38)	-0.22 (- 1.35,0.91)	0.09 (- 0.77,0.95)	-0.24 (- 1.07,0.59)	0.12 (- 0.80,1.05)	0.08 (- 1.51,1.68)	PE				0.04 (- 1.31,1.39)	
0.27 (- 0.84,1.38)	-0.74 (- 1.88,0.40)	0.06 (- 1.06,1.18)	-0.08 (- 1.10,0.95)	0.04 (- 1.10,1.18)	-0.35 (- 1.58,0.88)	-0.11 (- 1.45,1.24)	0.21 (- 0.91,1.33)	-0.12 (- 1.13,0.89)	0.24 (- 1.00,1.49)	0.20 (- 1.62,2.02)	0.12 (- 1.07,1.30)	GP care				
-0.14 (- 1.65,1.37)	-1.15 (- 2.69,0.39)	-0.35 (- 1.87,1.17)	-0.49 (- 1.94,0.97)	-0.37 (- 1.94,1.21)	-0.76 (- 2.36,0.84)	-0.51 (- 2.18,1.15)	-0.20 (- 1.51,1.11)	-0.53 (- 2.05,0.98)	-0.17 (- 1.79,1.46)	-0.21 (- 2.30,1.88)	-0.29 (- 1.86,1.28)	-0.41 (- 2.14,1.32)	Csl			
0.03 (- 0.79,0.85)	-0.98 (1.85,-0.11)	-0.18 (- 1.07,0.71)	-0.31 (- 1.18,0.55)	-0.20 (- 1.05,0.65)	-0.59 (- 1.56,0.39)	-0.34 (- 1.45,0.76)	-0.03 (- 0.89,0.83)	-0.36 (- 1.08,0.36)	0.00 (- 0.91,0.92)	-0.04 (- 1.72,1.65)	-0.12 (- 1.06,0.82)	-0.24 (- 1.42,0.95)	0.17 (- 1.40,1.74)	BT		
0.22 (- 0.82,1.26)	-0.79 (- 1.91,0.32)	0.01 (- 1.11,1.13)	-0.13 (- 1.29,1.04)	-0.01 (- 1.27,1.26)	-0.40 (- 1.57,0.77)	-0.15 (- 1.59,1.28)	0.16 (- 1.07,1.39)	-0.17 (- 1.37,1.03)	0.19 (- 1.11,1.49)	0.15 (- 1.67,1.97)	0.07 (- 0.95,1.09)	-0.05 (- 1.52,1.42)	0.36 (- 1.44,2.16)	0.19 (- 1.09,1.47)	Mind+PC	
0.91 (- 0.10,1.91)	-0.10 (- 1.18,0.97)	0.70 (- 0.43,1.83)	0.56 (- 0.64,1.76)	0.68 (- 0.59,1.95)	0.29 (- 0.72,1.29)	0.53 (- 0.93,2.00)	0.84 (- 0.41,2.09)	0.51 (- 0.70,1.73)	0.88 (- 0.47,2.23)	0.84 (- 0.99,2.66)	0.75 (- 0.44,1.95)	0.64 (- 0.85,2.13)	1.05 (- 0.77,2.86)	0.87 (- 0.42,2.17)	0.69 (- 0.76,2.13)	Csl+PC

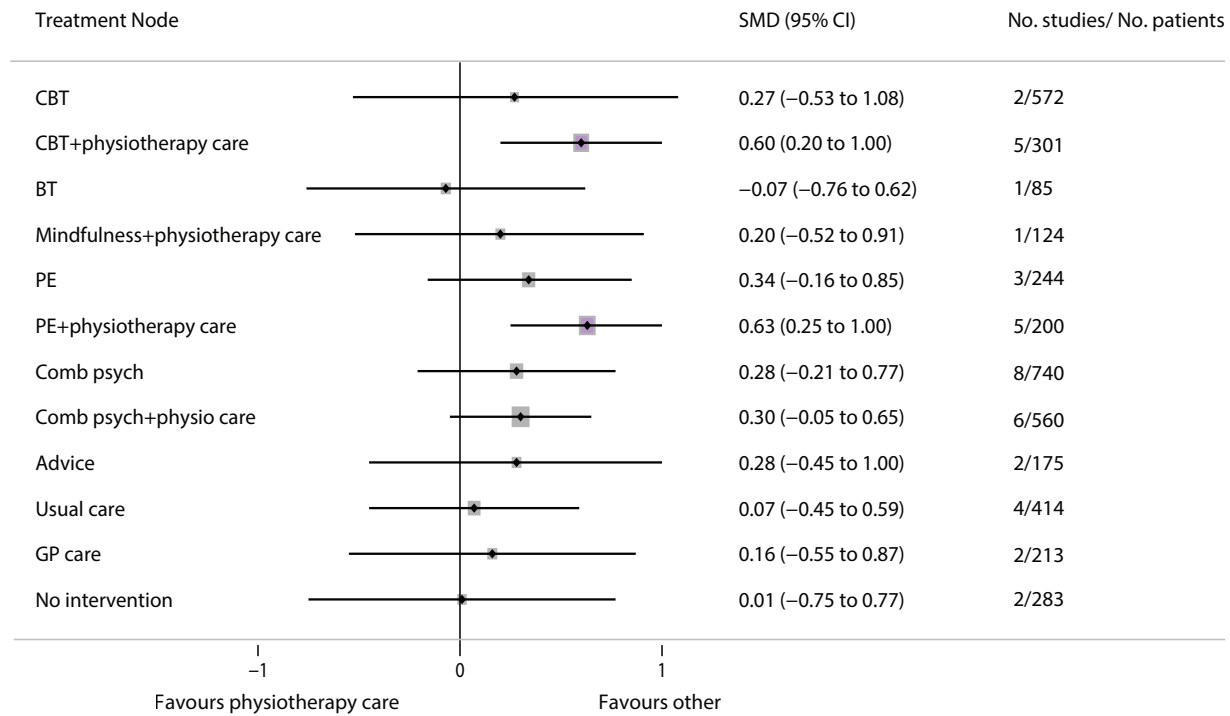
Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 10.2 Physical function at short-term treatment sustainability

PC (reference)	0.83 (0.48,1.19)			0.14 (- 0.32,0.60)	0.21 (- 0.25,0.66)	1.01 (0.27,1.75)				-0.02 (- 0.78,0.75)		-0.11 (- 0.88,0.65)
0.63 (0.25,1.00)	PE+PC			0.73 (0.03,1.43)								
0.27 (- 0.53,1.08)	-0.35 (- 1.22,0.51)	CBT	0.01 (- 0.75,0.77)							-0.27 (- 0.99,0.45)		
0.28 (- 0.45,1.00)	-0.35 (- 1.14,0.44)	0.00 (- 0.64,0.64)	Advice	0.33 (- 0.45,1.11)								
0.60 (0.20,1.00)	-0.03 (- 0.52,0.46)	0.32 (- 0.46,1.11)	0.32 (- 0.34,0.98)	CBT+PC	-0.46 (- 1.21,0.28)							
0.30 (- 0.05,0.65)	-0.32 (- 0.82,0.18)	0.03 (- 0.79,0.85)	0.03 (- 0.72,0.77)	-0.29 (- 0.75,0.16)	CP+PC	-0.26 (- 0.96,0.43)			-0.13 (- 0.89,0.63)			
0.34 (- 0.16,0.85)	-0.28 (- 0.91,0.34)	0.07 (- 0.81,0.95)	0.07 (- 0.76,0.90)	-0.25 (- 0.85,0.35)	0.04 (- 0.45,0.53)	PE			0.16 (- 0.64,0.95)			
0.20 (- 0.52,0.91)	-0.43 (- 1.24,0.38)	-0.08 (- 1.15,1.00)	-0.08 (- 1.10,0.94)	-0.40 (- 1.22,0.42)	-0.11 (- 0.90,0.69)	-0.15 (- 1.02,0.73)	Mind+PC					
0.28 (- 0.21,0.77)	-0.35 (- 0.96,0.26)	0.01 (- 0.78,0.79)	0.00 (- 0.77,0.77)	-0.32 (- 0.89,0.26)	-0.02 (- 0.50,0.46)	-0.07 (- 0.60,0.47)	0.08 (- 0.78,0.95)	CP		-0.26 (- 1.05,0.53)		-0.12 (- 0.63,0.39)
0.01 (- 0.75,0.77)	-0.62 (- 1.45,0.22)	-0.26 (- 0.88,0.36)	-0.26 (- 1.04,0.51)	-0.59 (- 1.36,0.19)	-0.29 (- 1.05,0.47)	-0.33 (- 1.15,0.48)	-0.19 (- 1.23,0.85)	-0.27 (- 0.93,0.40)	No intervention		-0.18 (- 0.62,0.25)	
0.07 (- 0.45,0.59)	-0.56 (- 1.19,0.08)	-0.20 (- 1.04,0.64)	-0.21 (- 1.02,0.61)	-0.53 (- 1.14,0.09)	-0.23 (- 0.77,0.31)	-0.27 (- 0.88,0.33)	-0.13 (- 1.01,0.76)	-0.21 (- 0.59,0.17)	0.06 (- 0.69,0.81)	Usual care		-0.10 (- 0.86,0.67)
0.16 (- 0.55,0.87)	-0.47 (- 1.26,0.33)	-0.11 (- 1.05,0.82)	-0.12 (- 1.04,0.81)	-0.44 (- 1.21,0.33)	-0.14 (- 0.84,0.56)	-0.18 (- 0.93,0.56)	-0.04 (- 1.04,0.97)	-0.12 (- 0.63,0.39)	0.15 (- 0.69,0.99)	0.09 (- 0.55,0.73)	GP care	
-0.07 (- 0.76,0.62)	-0.70 (- 1.48,0.09)	-0.34 (- 1.35,0.67)	-0.34 (- 1.31,0.62)	-0.67 (- 1.44,0.11)	-0.37 (- 1.11,0.37)	-0.41 (- 1.22,0.39)	-0.27 (- 1.26,0.72)	-0.35 (- 1.08,0.38)	-0.08 (- 1.03,0.87)	-0.14 (- 0.83,0.55)	-0.23 (- 1.12,0.66)	BT

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, PC: physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Figure 1. Forest plots of network results for physical function at short-term treatment sustainability



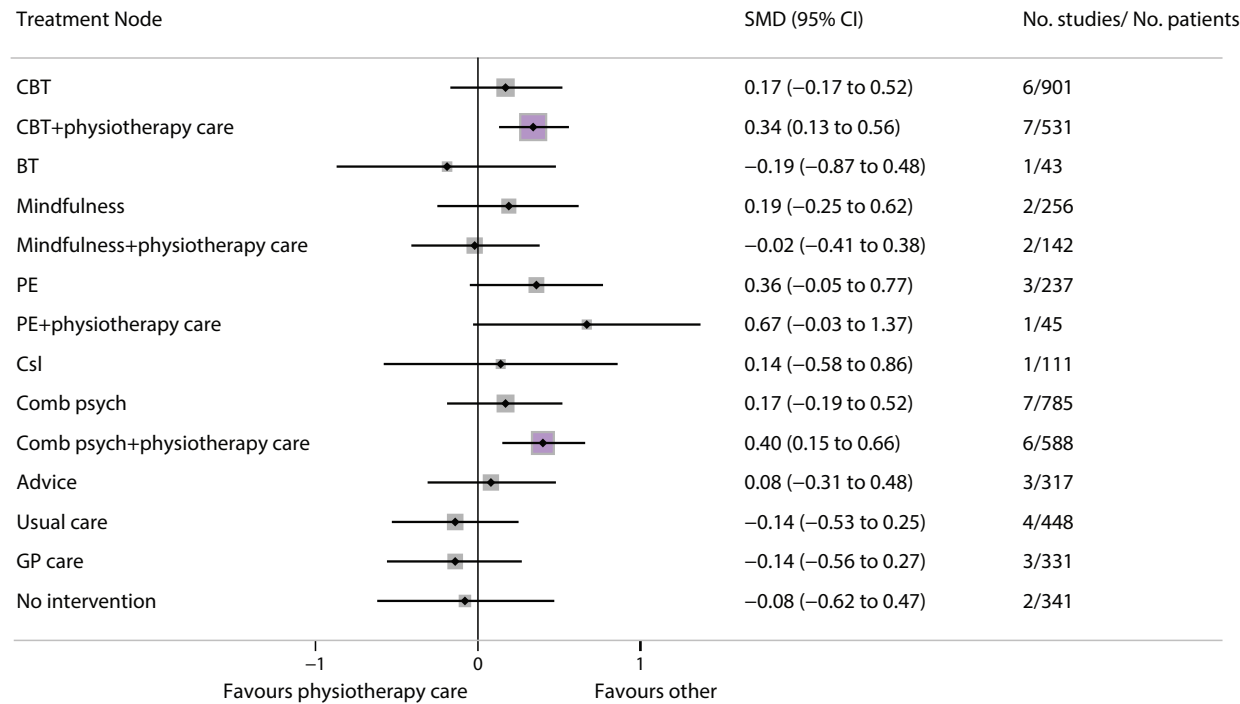
BT: behavioural therapy, CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Supplementary Table 10.3 Physical function at mid-term treatment sustainability

PC (reference)	0.23 (0.03,0.43)			0.11 (- 0.45,0.66)		0.45 (0.08,0.81)	0.91 (0.35,1.46)							
0.34 (0.13,0.56)	CBT+PC			0.23 (- 0.25,0.71)	-0.37 (- 0.90,0.16)	-0.42 (-0.8,- 0.05)								
0.19 (- 0.25,0.62)	-0.16 (- 0.58,0.27)	Mindfulness	-0.29 (- 0.78,0.19)	0.01 (- 0.48,0.50)	-0.14 (- 0.61,0.34)									
-0.14 (- 0.53,0.25)	-0.48 (- 0.87,-0.09)	-0.32 (- 0.72,0.07)	Usual care	0.30 (- 0.19,0.79)				0.31 (0.03,0.60)						
0.17 (- 0.17,0.52)	-0.17 (- 0.50,0.17)	-0.01 (- 0.37,0.35)	0.31 (- 0.02,0.65)	CBT	0.03 (- 0.45,0.52)				-0.26 (- 0.74,0.23)			-0.25 (- 0.67,0.17)	-0.37 (- 0.95,0.21)	
0.08 (- 0.31,0.48)	-0.26 (- 0.63,0.11)	-0.10 (- 0.46,0.25)	0.22 (- 0.19,0.63)	-0.09 (- 0.42,0.24)	Advice									
0.40 (0.15,0.66)	0.06 (- 0.22,0.35)	0.22 (- 0.22,0.66)	0.54 (0.18,0.90)	0.23 (- 0.12,0.58)	0.32 (- 0.09,0.73)	CP+PC	-0.33 (- 0.70,0.03)		-0.29 (- 0.64, 0.07)					
0.36 (- 0.05,0.77)	0.02 (- 0.42,0.46)	0.18 (- 0.39,0.74)	0.50 (- 0.01,1.01)	0.19 (- 0.31,0.68)	0.28 (- 0.26,0.82)	-0.04 (- 0.42,0.34)	PE							0.31 (- 0.27,0.88)
-0.02 (- 0.41,0.38)	-0.36 (- 0.81,0.09)	-0.20 (- 0.79,0.39)	0.12 (- 0.44,0.68)	-0.19 (- 0.72,0.33)	-0.10 (- 0.66,0.46)	-0.42 (- 0.90,0.05)	-0.38 (- 0.96,0.19)	Mind+PC						
0.17 (- 0.19,0.52)	-0.18 (- 0.53,0.18)	-0.02 (- 0.43,0.39)	0.30 (0.05,0.55)	-0.01 (- 0.34,0.32)	0.08 (- 0.32,0.49)	-0.24 (- 0.54,0.06)	-0.20 (- 0.67,0.28)	0.18 (- 0.35,0.71)	CP	-0.34 (- 0.69,0.01)				
-0.14 (- 0.56,0.27)	-0.49 (- 0.90,-0.07)	-0.33 (- 0.78,0.12)	-0.01 (- 0.37,0.35)	-0.32 (- 0.67,0.03)	-0.23 (- 0.67,0.22)	-0.55 (- 0.94,-0.16)	-0.51 (- 1.04,0.02)	-0.13 (- 0.70,0.45)	-0.31 (- 0.60,-0.02)	GP care				
0.14 (- 0.58,0.86)	-0.20 (- 0.91,0.51)	-0.05 (- 0.77,0.68)	0.28 (- 0.43,0.99)	-0.03 (- 0.66,0.59)	0.06 (- 0.65,0.77)	-0.26 (- 0.99,0.46)	-0.22 (- 1.02,0.58)	0.16 (- 0.66,0.98)	-0.03 (- 0.73,0.68)	0.28 (- 0.43,1.00)	Csl	-0.22 (- 0.68,0.25)		
-0.08 (- 0.62,0.47)	-0.42 (- 0.95,0.12)	-0.26 (- 0.81,0.29)	0.06 (- 0.48,0.60)	-0.25 (- 0.67,0.17)	-0.16 (- 0.69,0.38)	-0.48 (- 1.03,0.07)	-0.44 (- 1.09,0.21)	-0.06 (- 0.73,0.61)	-0.24 (- 0.77,0.29)	0.07 (- 0.48,0.61)	-0.22 (- 0.68,0.25)	No intervention		
-0.19 (- 0.87,0.48)	-0.54 (- 1.20,0.13)	-0.38 (- 1.06,0.30)	-0.06 (- 0.72,0.61)	-0.37 (- 0.95,0.21)	-0.28 (- 0.94,0.39)	-0.60 (- 1.28,0.08)	-0.56 (- 1.32,0.21)	-0.18 (- 0.96,0.61)	-0.36 (- 1.02,0.30)	-0.05 (- 0.73,0.62)	-0.33 (- 1.19,0.52)	-0.12 (- 0.83,0.60)	BT	
0.67 (- 0.03,1.37)	0.33 (- 0.39,1.05)	0.48 (- 0.32,1.29)	0.81 (0.04,1.58)	0.50 (- 0.26,1.25)	0.59 (- 0.20,1.37)	0.26 (- 0.42,0.95)	0.31 (- 0.27,0.88)	0.69 (- 0.12,1.50)	0.50 (- 0.24,1.25)	0.81 (0.03,1.59)	0.53 (- 0.45,1.51)	0.75 (- 0.12,1.61)	0.86 (- 0.09,1.82)	PE+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approach, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Figure 2. Forest plots of network results for physical function at mid-term treatment sustainability



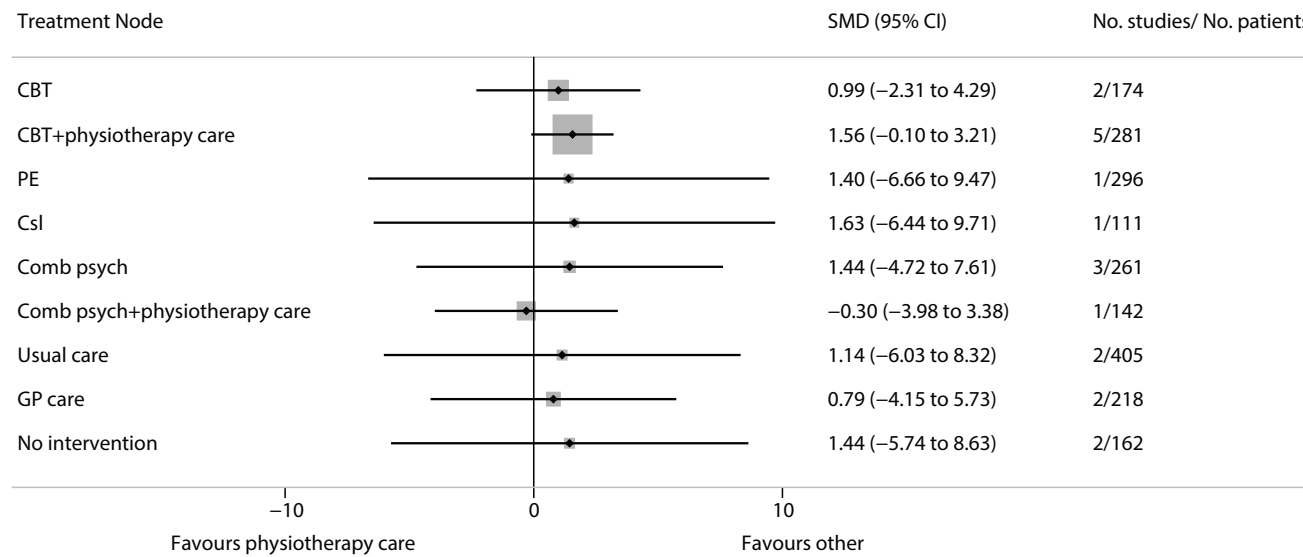
BT: behavioural therapy, CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, Csl: counselling, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Supplementary Table 10.4 Physical function at long-term treatment sustainability

PC (reference)		1.56 (- 0.10,3.21)	0.09 (- 3.52,3.71)						
-0.30 (- 3.98,3.38)	CP+PC								
1.56 (- 0.10,3.21)	1.86 (- 2.18,5.89)	CBT+PC	0.33 (- 3.28,3.94)						
0.99 (- 2.31,4.29)	1.29 (- 3.65,6.24)	-0.57 (- 3.87,2.74)	CBT	-0.20 (- 3.88,3.48)					
0.79 (- 4.15,5.73)	1.09 (- 5.07,7.25)	-0.77 (- 5.71,4.18)	-0.20 (- 3.88,3.48)	GP care					0.65 (- 3.03,4.34)
1.63 (- 6.44,9.71)	1.94 (- 6.93,10.81)	0.08 (- 7.99,8.15)	0.64 (- 6.72,8.01)	0.85 (- 5.54,7.23)	Csl	-0.19 (- 3.87,3.49)			
1.44 (- 5.74,8.63)	1.75 (- 6.33,9.82)	-0.11 (- 7.30,7.07)	0.45 (- 5.93,6.84)	0.65 (- 4.56,5.87)	-0.19 (- 3.87,3.49)	No intervention			0.00 (- 3.69,3.69)
1.40 (- 6.66,9.47)	1.71 (- 7.16,10.57)	-0.15 (- 8.21,7.91)	0.41 (- 6.94,7.77)	0.62 (- 5.76,6.99)	-0.23 (- 7.59,7.13)	-0.04 (- 6.42,6.34)	PE	-0.26 (- 3.94,3.41)	
1.14 (- 6.03,8.32)	1.45 (- 6.62,9.51)	-0.41 (- 7.59,6.77)	0.15 (- 6.22,6.53)	0.35 (- 4.85,5.56)	-0.49 (- 6.87,5.89)	-0.30 (- 5.51,4.92)	-0.26 (- 3.94,3.41)	Usual Care	0.30 (- 3.38,3.98)
1.44 (- 4.72,7.61)	1.75 (- 5.43,8.92)	-0.11 (- 6.28,6.05)	0.45 (- 4.75,5.66)	0.65 (- 3.03,4.34)	-0.19 (- 5.41,5.02)	0.00 (- 3.69,3.69)	0.04 (- 5.16,5.24)	0.30 (- 3.38,3.98)	CP

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP care: general practitioner care, PC: physiotherapy care, PE: pain education. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Figure 3. Forest plots of network results for physical function at long-term treatment sustainability



CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, Csl: counselling, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Supplementary Table 10.5 Pain intensity at post intervention

PC (reference)		0.64 (-0.31, 1.60)	0.42 (-0.53, 1.38)	-0.45 (-1.37, 0.47)			0.42 (-0.74, 1.59)	0.28 (-0.52, 1.08)		-0.65 (-2.22, 0.91)		0.22 (-1.37, 1.81)	0.92 (0.34, 1.50)	-1.90 (-3.09, -0.72)		-1.12 (-1.69, -0.55)	
0.14 (-1.45, 1.72)	Csl+PC																
1.08 (0.22, 1.94)	0.94 (-0.86, 2.75)	BT+PC		-1.08 (-2.27, 0.1)										-2.41 (-3.65, -1.17)		-0.08 (-1.75, 1.58)	
0.42 (-0.41, 1.26)	0.29 (-1.50, 2.08)	-0.66 (-1.85, 0.54)	Mind+PC				-0.21 (-1.79, 1.37)										
0.04 (-0.65, 0.73)	-0.10 (-1.82, 1.63)	-1.04 (-1.97, -0.11)	-0.38 (-1.46, 0.69)	BT					-0.19 (-1.96, 1.57)	-0.41 (-1.98, 1.17)		0.20 (-0.54, 0.94)		-0.84 (-1.53, -0.15)			
-1.69 (-3.45, 0.07)	-1.83 (-4.19, 0.54)	-2.77 (-4.68, -0.86)	-2.11 (-4.05, -0.18)	-1.73 (-3.51, 0.05)	Csl					1.55 (0.00, 3.1)							
-0.42 (-1.54, 0.70)	-0.56 (-2.49, 1.38)	-1.50 (-2.82, -0.18)	-0.84 (-2.22, 0.54)	-0.46 (-1.56, 0.64)	1.27 (-0.68, 3.22)	GP care						0.78 (-0.39, 1.96)				0.30 (-1.31, 1.92)	
0.21 (-0.64, 1.07)	0.08 (-1.72, 1.87)	-0.87 (-2.06, 0.33)	-0.21 (-1.23, 0.81)	0.17 (-0.88, 1.23)	1.90 (-0.00, 3.81)	0.63 (-0.71, 1.98)	PE									0.31 (-1.29, 1.90)	
0.13 (-0.50, 0.76)	-0.00 (-1.71, 1.70)	-0.95 (-1.98, 0.08)	-0.29 (-1.33, 0.74)	0.09 (-0.77, 0.95)	1.82 (0.03, 3.62)	0.55 (-0.63, 1.73)	-0.08 (-1.09, 0.92)	CP+PC								0.14 (-0.78, 1.07)	0.93 (-0.64, 2.50)
0.01 (-1.15, 1.16)	-0.13 (-2.09, 1.83)	-1.07 (-2.40, 0.25)	-0.42 (-1.83, 1.00)	-0.03 (-1.08, 1.01)	1.70 (-0.28, 3.67)	0.42 (-1.61, 1.81)	-0.21 (-1.61, 1.19)	-0.13 (-1.38, 1.13)	Advice		0.14 (-1.42, 1.71)	0.10 (-1.47, 1.68)					
-0.14 (-0.98, 0.70)	-0.28 (-2.07, 1.51)	-1.22 (-2.34, -0.10)	-0.57 (-1.73, 0.60)	-0.18 (-1.05, 0.69)	1.55 (-0.00, 3.10)	0.28 (-0.91, 1.46)	-0.36 (-1.47, 0.76)	-0.27 (-1.18, 0.63)	-0.15 (-1.38, 1.08)	Usual care	0.44 (-1.13, 2.01)	0.34 (-1.23, 1.91)				0.08 (-0.82, 0.98)	
0.15 (-0.94, 1.24)	0.01 (-1.91, 1.94)	-0.93 (-2.21, 0.35)	-0.27 (-1.64, 1.09)	0.11 (-0.92, 1.14)	1.84 (-0.06, 3.74)	0.57 (-0.78, 1.91)	-0.06 (-1.40, 1.28)	0.02 (-1.17, 1.20)	0.14 (-0.97, 1.26)	0.29 (-0.81, 1.40)	Mindfulness	-0.10 (-1.67, 1.47)		-0.52 (-2.21, 1.17)			
0.23 (-0.47, 0.94)	0.10 (-1.64, 1.83)	-0.85 (-1.82, 0.13)	-0.19 (-1.27, 0.89)	0.19 (-0.40, 0.78)	1.92 (0.16, 3.69)	0.65 (-0.33, 1.63)	0.02 (-1.04, 1.08)	0.10 (-0.76, 0.96)	0.23 (-0.79, 1.25)	0.38 (-0.48, 1.23)	0.08 (-0.90, 1.06)	CBT		-0.76 (-1.5, -0.02)		-0.21 (-1.77, 1.35)	
0.91 (0.37, 1.45)	0.78 (-0.90, 2.45)	-0.17 (-1.18, 0.84)	0.49 (-0.51, 1.48)	0.87 (0.00, 1.74)	2.60 (0.76, 4.44)	1.33 (0.10, 2.57)	0.70 (-0.31, 1.71)	0.78 (-0.04, 1.60)	0.91 (-0.36, 2.18)	1.06 (0.06, 2.05)	0.76 (-0.45, 1.97)	0.68 (-0.20, 1.56)	PE+PC			0.06 (-1.56, 1.67)	
-0.62 (-1.31, 0.07)	-0.75 (-2.48, 0.97)	-1.70 (-2.63, -0.76)	-1.04 (-2.12, 0.03)	-0.66 (-1.26, -0.06)	1.07 (-0.71, 2.85)	-0.20 (-1.29, 0.89)	-0.83 (-1.88, 0.22)	-0.75 (-1.60, 0.10)	-0.62 (-1.71, 0.46)	-0.48 (-1.35, 0.40)	-0.77 (-1.76, 0.23)	-0.85 (-1.44, -0.26)	-1.53 (-2.40, -0.66)	No intervention	0.71 (-1.02, 2.44)	0.11 (-1.45, 1.68)	
0.12 (-0.61, 0.86)	-0.01 (-1.76, 1.73)	-0.95 (-2.02, 0.11)	-0.30 (-1.38, 0.78)	0.08 (-0.75, 0.92)	1.81 (0.10, 3.53)	0.54 (-0.54, 1.62)	-0.09 (-1.07, 0.90)	-0.01 (-0.73, 0.72)	0.12 (-1.10, 1.34)	0.27 (-0.47, 1.00)	-0.02 (-1.16, 1.11)	-0.11 (-0.92, 0.71)	-0.79 (-1.69, 0.12)	0.74 (-0.07, 1.56)	CP		
0.92 (0.43, 1.42)	0.79 (-0.87, 2.45)	-0.16 (-1.07, 0.76)	0.50 (-0.47, 1.47)	0.88 (0.11, 1.66)	2.61 (0.81, 4.42)	1.34 (0.18, 2.51)	0.71 (-0.26, 1.68)	0.79 (0.06, 1.53)	0.92 (-0.28, 2.12)	1.07 (0.15, 1.99)	0.77 (-0.36, 1.91)	0.69 (-0.08, 1.46)	0.01 (-0.68, 0.70)	1.54 (0.79, 2.30)	0.80 (-0.03, 1.63)	CBT+PC	

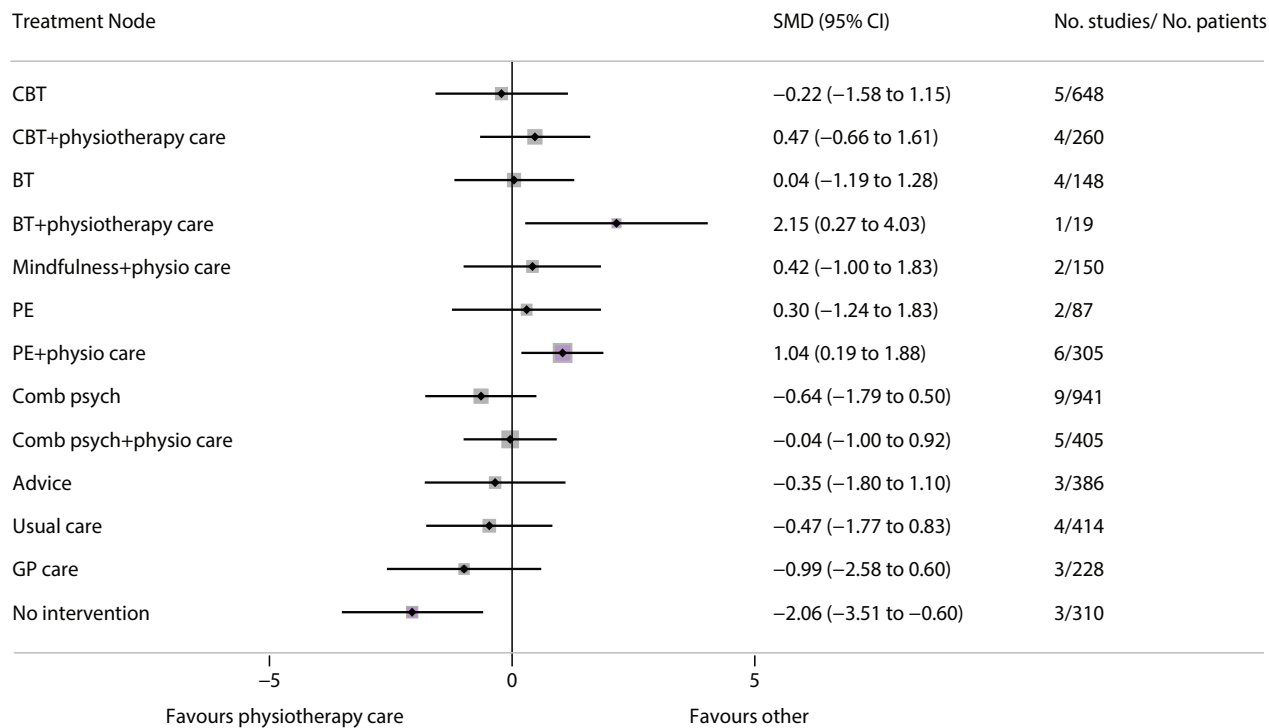
Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: Mindfulness delivered with physiotherapy care, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 10.6 Pain intensity at short-term treatment sustainability

PC (reference)	1.22 (0.32,2.12)			0.10 (-1.95, 2.14)	0.16 (-1.02, 1.34)	1.30 (-0.66, 3.27)			-5.15 (-6.87, -3.43)	-0.24 (-2.29, 1.80)		-0.36 (-1.79, 1.07)	1.08 (-0.78, 2.95)
1.04 (0.19,1.88)	PE+PC			0.32 (-1.69, 2.32)									
-0.22 (- 1.58,1.15)	-1.26 (- 2.83,0.32)	CBT	-0.20 (-2.24, 1.84)						-0.30 (-2.12, 1.52)			-1.97 (-4.05, 0.12)	0.00 (-1.47, 1.48)
-0.35 (- 1.80,1.10)	-1.39 (- 3.01,0.23)	-0.13 (- 1.55,1.28)	Advice	0.37 (-1.66, 2.40)				0.09 (-1.93, 2.11)					
0.47 (- 0.66,1.61)	-0.56 (- 1.82,0.69)	0.69 (- 0.89,2.28)	0.83 (- 0.64,2.29)	CBT+PC	-0.48 (-2.52, 1.56)								
-0.04 (- 1.00,0.92)	-1.07 (- 2.31,0.16)	0.18 (- 1.35,1.72)	0.32 (- 1.25,1.88)	-0.51 (- 1.76,0.74)	CP+PC			0.00 (- 2.02,2.02)					
0.30 (- 1.24,1.83)	-0.74 (- 2.48,1.00)	0.52 (- 1.34,2.37)	0.65 (- 1.26,2.56)	-0.18 (- 2.01,1.65)	0.33 (- 1.38,2.05)	PE		0.04 (-1.90, 1.98)					
0.42 (- 1.00,1.83)	-0.62 (- 2.27,1.03)	0.64 (- 1.33,2.60)	0.77 (- 1.26,2.80)	-0.06 (- 1.87,1.76)	0.45 (- 1.26,2.17)	0.12 (- 1.97,2.21)	Mind+PC						
-0.64 (- 1.79,0.50)	-1.68 (- 3.07,-0.29)	-0.42 (- 1.70,0.86)	-0.29 (- 1.64,1.06)	-1.12 (- 2.54,0.30)	-0.61 (- 1.87,0.65)	-0.94 (- 2.47,0.59)	-1.06 (- 2.88,0.76)	CP	0.00 (- 1.89,1.89)	0.02 (-1.15, 1.19)	0.16 (-1.19, 1.51)		
-2.06 (- 3.51,-0.60)	-3.10 (- 4.76,-1.44)	-1.84 (- 3.19,-0.48)	-1.71 (- 3.38,-0.03)	-2.53 (- 4.24,-0.82)	-2.02 (- 3.64,-0.41)	-2.36 (- 4.27,-0.44)	-2.48 (- 4.51,-0.44)	-1.42 (- 2.76,-0.07)	No intervention			4.44 (2.50, 6.37)	6.54 (4.79, 8.28)
-0.47 (- 1.77,0.83)	-1.51 (- 3.03,0.02)	-0.25 (- 1.72,1.22)	-0.12 (- 1.70,1.47)	-0.94 (- 2.53,0.64)	-0.43 (- 1.89,1.02)	-0.77 (- 2.51,0.98)	-0.89 (- 2.81,1.04)	0.17 (- 0.83,1.18)	1.59 (0.03,3.15)	Usual care			0.05 (-1.97, 2.08)
-0.99 (- 2.58,0.60)	-2.03 (- 3.80,-0.25)	-0.77 (- 2.25,0.71)	-0.64 (- 2.34,1.07)	-1.46 (- 3.25,0.33)	-0.95 (- 2.64,0.74)	-1.28 (- 3.21,0.64)	-1.40 (- 3.53,0.72)	-0.34 (- 1.58,0.89)	1.07 (- 0.62,2.76)	-0.52 (- 2.07,1.03)	GP care		
0.04 (- 1.19,1.28)	-1.00 (- 2.47,0.48)	0.26 (- 0.89,1.41)	0.39 (- 1.16,1.95)	-0.43 (- 1.98,1.12)	0.08 (- 1.38,1.54)	-0.25 (- 2.07,1.56)	-0.37 (- 2.25,1.50)	0.69 (- 0.61,1.98)	2.10 (0.67,3.53)	0.51 (- 0.89,1.91)	1.03 (- 0.59,2.65)	BT	1.61 (-0.48, 3.70)
2.15 (0.27,4.03)	1.11 (- 0.94,3.16)	2.37 (0.33,4.41)	2.50 (0.29,4.72)	1.68 (- 0.46,3.81)	2.19 (0.12,4.25)	1.85 (- 0.49,4.20)	1.73 (- 0.62,4.09)	2.79 (0.77,4.82)	4.21 (2.16,6.26)	2.62 (0.50,4.73)	3.14 (0.86,5.41)	2.11 (0.22,3.99)	BT+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Figure 4. Forest plots of network results for pain intensity at short-term treatment sustainability



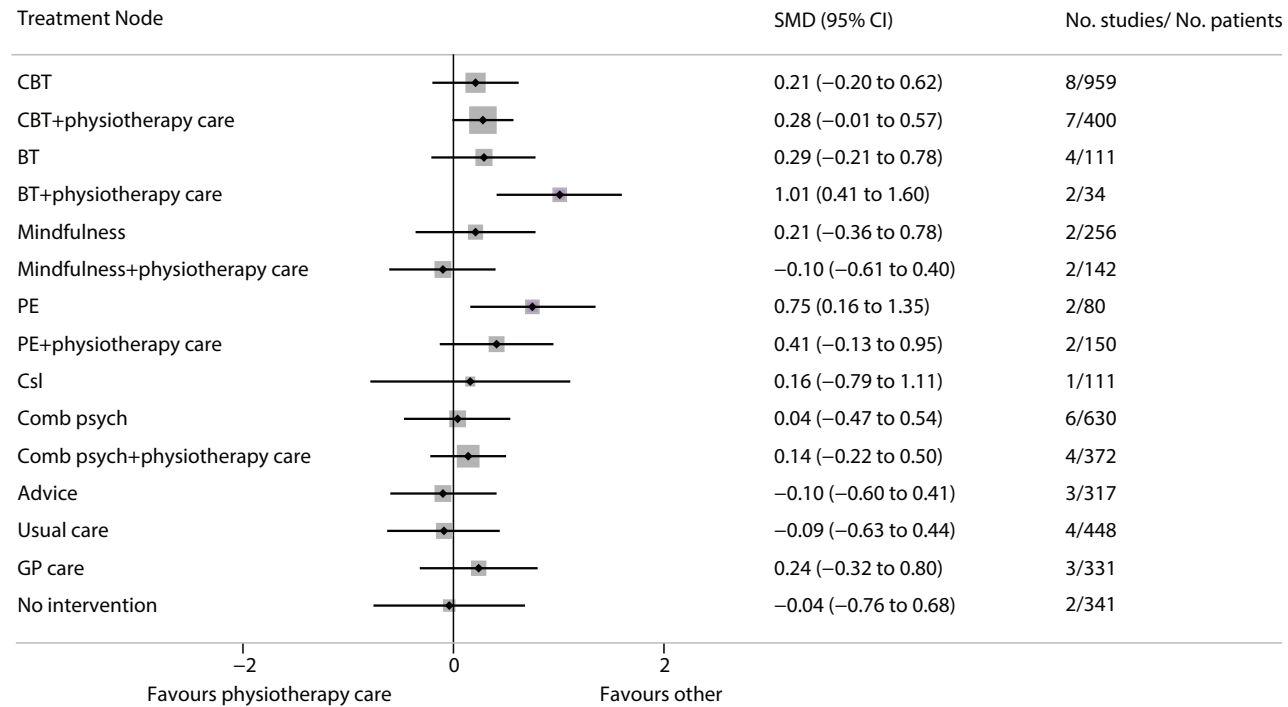
BT: behavioural therapy, CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Supplementary Table 10.7 Pain intensity at mid-term treatment sustainability

PC (reference)	0.21 (- 0.12,0.53)			0.05 (- 0.64,0.74)		0.35 (- 0.10,0.79)	1.27 (0.58,1.97)					0.02 (- 0.79,0.82)	0.05 (- 0.51,0.61)	1.01 (0.32,1.70)	
0.28 (- 0.01,0.57)	CBT+PC			0.25 (- 0.42,0.91)	-0.48 (- 1.16,0.20)	-0.43 (- 1.05,0.19)								0.73 (- 0.25,1.71)	
0.21 (- 0.36,0.78)	-0.07 (- 0.63,0.49)	Mindfulness	-0.27 (- 0.92,0.38)	0.03 (- 0.62,0.68)	-0.35 (- 0.99,0.29)										
-0.09 (- 0.63,0.44)	-0.37 (- 0.91,0.16)	-0.30 (- 0.83,0.23)	Usual care	0.30 (- 0.35,0.95)								0.13 (- 0.24,0.51)			
0.21 (- 0.20,0.62)	-0.07 (- 0.48,0.34)	-0.00 (- 0.48,0.47)	0.30 (- 0.15,0.75)	CBT	-0.17 (- 0.82,0.47)				-0.09 (- 0.73,0.55)			-0.25 (- 0.84,0.34)	0.13 (- 0.32,0.58)		
-0.10 (- 0.60,0.41)	-0.38 (- 0.85,0.09)	-0.31 (- 0.79,0.17)	-0.01 (- 0.56,0.55)	-0.31 (- 0.74,0.12)	Advice										
0.14 (- 0.22,0.50)	-0.14 (- 0.53,0.25)	-0.07 (- 0.67,0.53)	0.23 (- 0.30,0.77)	-0.07 (- 0.54,0.40)	0.24 (- 0.31,0.79)	CP+PC						0.00 (- 0.66,0.66)			
0.75 (0.16,1.35)	0.47 (- 0.19,1.13)	0.54 (- 0.28,1.37)	0.85 (0.05,1.64)	0.54 (- 0.18,1.27)	0.85 (0.07,1.63)	0.61 (- 0.08,1.31)	PE							0.11 (- 0.53,0.75)	
-0.10 (- 0.61,0.40)	-0.39 (- 0.97,0.20)	-0.31 (- 1.08,0.45)	-0.01 (- 0.75,0.72)	-0.31 (- 0.97,0.34)	-0.01 (- 0.72,0.71)	-0.24 (- 0.87,0.38)	-0.86 (-1.64,-0.08)	Mind+PC							
0.24 (- 0.32,0.80)	-0.04 (- 0.60,0.52)	0.03 (- 0.58,0.64)	0.33 (- 0.15,0.81)	0.03 (- 0.44,0.50)	0.34 (- 0.26,0.94)	0.10 (- 0.47,0.66)	-0.51 (- 1.33,0.30)	0.34 (- 0.41,1.10)	GP care			-0.27 (- 0.73,0.19)			
0.16 (- 0.79,1.11)	-0.12 (- 1.07,0.83)	-0.05 (- 1.03,0.93)	0.25 (- 0.72,1.22)	-0.05 (- 0.91,0.81)	0.26 (- 0.70,1.22)	0.02 (- 0.96,1.00)	-0.59 (- 1.72,0.53)	0.26 (- 0.81,1.34)	-0.08 (- 1.06,0.90)	Csl		-0.20 (0.83,0.42)			
-0.04 (- 0.76,0.68)	-0.33 (- 1.04,0.39)	-0.26 (- 1.01,0.50)	0.05 (- 0.69,0.79)	-0.25 (- 0.84,0.34)	0.05 (- 0.68,0.78)	-0.19 (- 0.94,0.57)	-0.80 (- 1.73,0.13)	0.06 (- 0.82,0.94)	-0.29 (- 1.04,0.47)	-0.20 (- 0.83,0.42)	No intervention				
0.04 (- 0.47,0.54)	-0.25 (- 0.76,0.27)	-0.18 (- 0.73,0.38)	0.13 (- 0.21,0.46)	-0.17 (- 0.62,0.27)	0.13 (- 0.43,0.69)	-0.11 (- 0.59,0.38)	-0.72 (- 1.50,0.06)	0.14 (- 0.58,0.86)	-0.21 (- 0.60,0.19)	-0.12 (- 1.09,0.84)	0.08 (- 0.66,0.82)	CP			
0.29 (- 0.21,0.78)	0.00 (- 0.50,0.51)	0.08 (- 0.53,0.68)	0.38 (- 0.20,0.96)	0.08 (- 0.32,0.47)	0.38 (- 0.18,0.95)	0.14 (- 0.41,0.70)	-0.47 (- 1.24,0.30)	0.39 (- 0.32,1.10)	0.05 (- 0.55,0.64)	0.13 (- 0.82,1.07)	0.33 (- 0.38,1.04)	0.25 (- 0.32,0.82)	BT	0.71 (- 0.11,1.53)	
0.41 (- 0.13,0.95)	0.13 (- 0.49,0.74)	0.20 (- 0.59,0.99)	0.50 (- 0.26,1.26)	0.20 (- 0.48,0.88)	0.51 (- 0.23,1.25)	0.27 (- 0.38,0.92)	-0.34 (- 0.92,0.23)	0.51 (- 0.23,1.26)	0.17 (- 0.61,0.95)	0.25 (- 0.84,1.35)	0.45 (- 0.44,1.35)	0.38 (- 0.37,1.12)	0.12 (- 0.61,0.86)	PE+PC	
1.01 (0.41,1.60)	0.72 (0.11,1.33)	0.80 (0.03,1.56)	1.10 (0.35,1.84)	0.80 (0.15,1.44)	1.10 (0.38,1.83)	0.87 (0.20,1.53)	0.25 (- 0.59,1.09)	1.11 (0.33,1.89)	0.77 (0.00,1.53)	0.85 (- 0.23,1.92)	1.05 (0.17,1.93)	0.97 (0.24,1.70)	0.72 (0.07,1.37)	0.60 (- 0.21,1.40)	BT+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Figure 5. Forest plots of network results for pain intensity at mid-term treatment sustainability



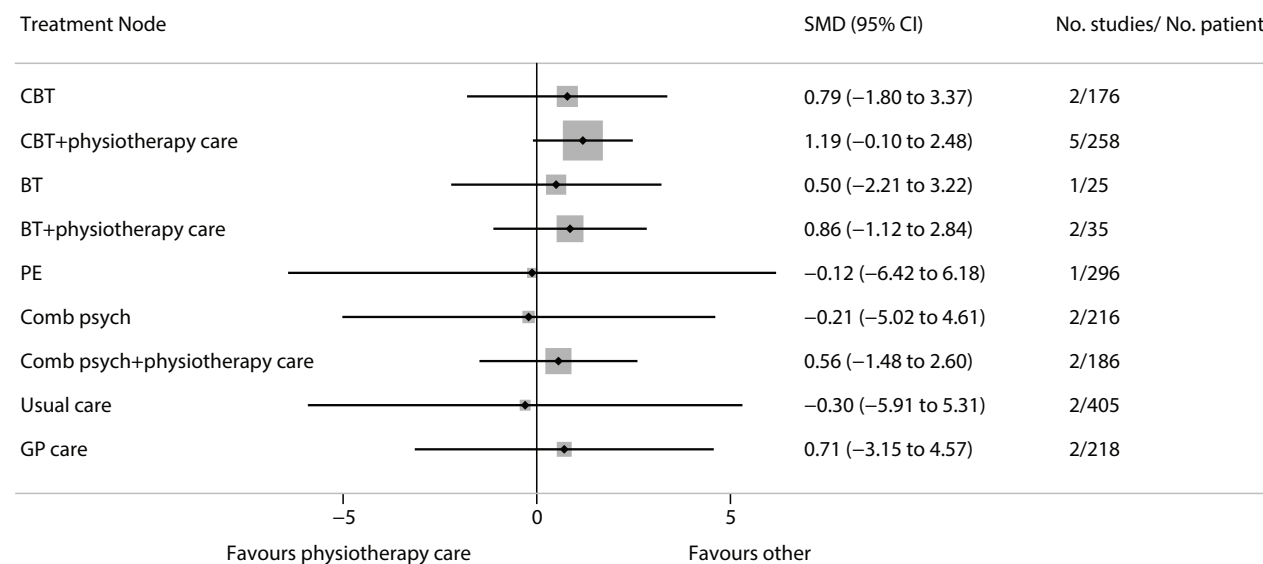
BT: behavioural therapy, CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, Csl: counselling, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Supplementary Table 10.8 Pain intensity at long-term treatment sustainability

PC (reference)		0.03 (- 2.77,2.83)				1.21 (0.22,2.64)	0.77 (- 1.52,3.06)		0.40 (- 2.79,3.59)
0.56 (- 1.48,2.60)	CP+PC								
0.79 (- 1.80,3.37)	0.22 (- 3.07,3.51)	CBT	-0.07 (- 2.95,2.80)			-0.35 (- 3.15, 2.45)			
0.71 (- 3.15,4.57)	0.15 (- 4.22,4.52)	-0.07 (- 2.95,2.80)	GP care					-0.92 (- 3.80, 1.96)	
-0.12 (- 6.42,6.18)	-0.68 (- 7.30,5.94)	-0.90 (- 6.65,4.84)	-0.83 (- 5.80,4.15)	PE	-0.18 (- 3.05,2.68)				
-0.30 (- 5.91,5.31)	-0.86 (- 6.83,5.10)	-1.09 (- 6.06,3.89)	-1.01 (- 5.08,3.05)	-0.18 (- 3.05,2.68)	Usual Care			0.09 (- 2.78, 2.97)	
1.19 (- 0.10,2.48)	0.63 (- 1.79,3.04)	0.40 (- 2.18,2.98)	0.48 (- 3.39,4.34)	1.31 (- 4.99,7.60)	1.49 (- 4.12,7.10)	CBT+PC	-0.05 (- 3.27,3.17)		
0.86 (- 1.12,2.84)	0.30 (- 2.54,3.14)	0.08 (- 3.10,3.25)	0.15 (- 4.13,4.43)	0.98 (- 5.58,7.54)	1.16 (- 4.74,7.07)	-0.33 (- 2.47,1.81)	BT+PC		-0.25 (- 3.44,2.93)
-0.21 (- 5.02,4.61)	-0.77 (- 6.00,4.46)	-0.99 (- 5.06,3.07)	-0.92 (- 3.79,1.96)	-0.09 (- 4.15,3.97)	0.09 (- 2.78,2.97)	-1.39 (- 6.21,3.42)	-1.07 (- 6.23,4.09)	CP	
0.50 (- 2.21,3.22)	-0.06 (- 3.45,3.34)	-0.28 (- 3.99,3.43)	-0.21 (- 4.90,4.49)	0.62 (- 6.22,7.46)	0.81 (- 5.40,7.01)	-0.68 (- 3.60,2.24)	-0.36 (- 3.07,2.35)	0.71 (- 4.79,6.22)	BT

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, PC: physiotherapy care, PE: pain education. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Figure 6. Forest plots of network results for pain intensity at long-term treatment sustainability



BT: behavioural therapy, CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Supplementary J. Risk of bias judgments

In the following tables, we present the risk of bias judgments for studies included in the NMA for physical function, pain intensity and fear avoidance.

Supplementary Table 11.1 Risk of bias judgments for studies assessing physical function

Author, Year	Domain 1: Randomization process	Domain 2: Deviations from intended interventions	Domain 3: Missing outcome data	Domain 4: Measurement of the outcome	Domain 5: Selection of the reported result	Overall risk of bias
Alaranta, 1994[2]	Some concerns	Low	Low	High	Some concerns	High
Aliyu, 2018[3]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Bagheri, 2020[5]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Bendix, 2000[8]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Cherkin, 2016[11]	Low	Low	Low	Some concerns	Low	Some concerns
Chiauzzi, 2010[12]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Christiansen, 2010[13]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Dufour, 2010[15]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Farokhi, 2020[17]	Some concerns	low	Low	Some concerns	Some concerns	Some concerns
Friedrich, 1998[18] & 2005[19]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Frost, 1998[20]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Galan-Martin, 2020[21]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Gannon, 2019[22] (Study 1)	Low	Low	Low	Some concerns	Some concerns	Some concerns
Gannon, 2019[22] (Study 2)	Low	Low	Low	Some concerns	Some concerns	Some concerns
Gardner, 2019[23]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Ghadyani, 2017[24]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Gibbs, 2018[25]	Low	Low	Low	Some concerns	High	Some concerns
Godfrey, 2019[28]	Low	Some concerns	Low	Some concerns	Some concerns	Some concerns
Gould, 2020[29]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Haas, 2005[31]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Harris, 2017[32]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Jensen, 2012[33]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Johnson, 2007[34]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Khan, 2014[36]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Krein, 2013[38]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Lamb, 2010[39, 40]	Low	Low	Low	Some concerns	Low	Some concerns
Lambeek, 2010[41]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Leeuw, 2008[42]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Lorig, 2002[44]	Low	Low	High	Some concerns	Some concerns	High
Macedo, 2012[46]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Magalhaes, 2017[47]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Magnussen, 2007[48]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Mehling, 2005[49]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Monticone, 2013[51]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Monticone, 2016[52]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Moore, 2000[53]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Morone, 2016[54]	Low	Low	Low	Some concerns	Low	Some concerns
Moseley, 2004[57]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Nguyen, 2017[58]	Low	Low	Low	Some concerns	Some concerns	Some concerns
O'Keeffe, 2020[60]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Pardo, 2018[62]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Petrozzi, 2019[63]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Pires, 2015[64]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Poole, 2007[65]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Rabiei, 2020[66]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Rizzo, 2018[69]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Sander, 2020[71]	Low	Low	Low	Some concerns	Low	Some concerns
Santaella da Fonseca, 2009[72]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Saper, 2017[73]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Saracoglu, 2020[74]	Low	Some concerns	Low	Some concerns	Some concerns	Some concerns
Siemonsma, 2013[78]	Low	Some concerns	Low	Some concerns	Some concerns	Some concerns
Smeets, 2008[79]	Low	Some concerns	Low	Some concerns	Low	Some concerns
Stuckey, 1986[83]	Some concerns	Some concerns	Low	Some concerns	Some concerns	Some concerns

Tavafian, 2017[85]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Tekur, 2008[86]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Tilbrook, 2011[87]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Unal, 2020[92]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Vibe Fersum, 2019[94]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Von Korff, 2005[95]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Woods, 2008[97]	Low	Low	High	Some concerns	Some concerns	High

Supplementary Table 11.2 Risk of bias judgments for studies assessing pain intensity

Author, Year	Domain 1: Randomization process	Domain 2: Deviations from intended interventions	Domain 3: Missing outcome data	Domain 4: Measurement of the outcome	Domain 5: Selection of the reported result	Overall risk of bias
Aliyu, 2018[3]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Bendix, 2000[8]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Cherkin, 2016[11]	Low	Low	Low	Some concerns	Low	Some concerns
Chiauzzi, 2010[12]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Christiansen, 2010[13]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Dufour, 2010[15]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Friedrich, 1998[18] & 2005[19]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Galan-Martin, 2020[21]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Gannon, 2019[22] (Study 1)	Low	Low	Low	Some concerns	Some concerns	Some concerns
Gannon, 2019[22] (Study 2)	Low	Low	Low	Some concerns	Some concerns	Some concerns
Gardner, 2019[23]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Ghadyani, 2017[24]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Gibbs, 2018[25]	Low	Low	Low	Some concerns	High	Some concerns
Godfrey, 2019[28]	Low	Some concerns	Low	Some concerns	Some concerns	Some concerns
Gould, 2020[29]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Haas, 2005[31]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Jensen, 2012[33]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Johnson, 2007[34]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Khan, 2014[36]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Khodadad, 2020[37]	Low	Some concerns	Some concerns	Some concerns	Some concerns	Some concerns
Krein, 2013[38]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Lamb, 2010[39, 40]	Low	Low	Low	Some concerns	low	Some concerns
Lambeek, 2010[41]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Leeuw, 2008[42]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Lorig, 2002[44]	Low	Low	High	Some concerns	Some concerns	High
Louw, 2017[45]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Macedo, 2012[46]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Magalhaes, 2017[47]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Mehling, 2005[49]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Monticone, 2013[51]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Monticone, 2016[52]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Moore, 2000[53]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Morone, 2016[54]	Low	Low	Low	Some concerns	Low	Some concerns
Nguyen, 2017[58]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Nicholas, 1991[59]	Low	Low	Low	Some concerns	High	High
O'Keeffe, 2020[60]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Paolucci, 2017[61]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Pardo, 2018[62]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Petrozzi, 2019[63]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Pires, 2015[64]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Poole, 2007[65]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Rabiei, 2020[66]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Reiner, 2019[67]	Low	Low	Low	Some concerns	High	High
Rizzo, 2018[69]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Sander, 2020[71]	Low	Low	Low	Some concerns	Low	Some concerns
Santaella da Fonseca, 2009[72]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Saper, 2017[73]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Saracoglu, 2020[74]	Low	Some concerns	Low	Some concerns	Low	Some concerns
Saracoglu, 2020[75]	Some concerns	Some concerns	Low	Some concerns	Some concerns	Some concerns
Schaller, 2016[76]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Shariat, 2019[77]	Some concerns	Some concerns	Low	Some concerns	Some concerns	Some concerns

Smeets, 2008[79]	Low	Some concerns	Low	Some concerns	Low	Some concerns
Soleymani, 2021[81]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Sorensen, 2010[82]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Stuckey, 1986[83]	Some concerns	Some concerns	Low	Some concerns	Some concerns	Some concerns
Tavafian, 2017[85]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Turner, 1982[88]	Some concerns	Some concerns	Low	Some concerns	Some concerns	Some concerns
Turner, 1988[89]	Some concerns	Some concerns	Low	Some concerns	Some concerns	Some concerns
Turner, 1990[90]	Some concerns	Some concerns	Low	Some concerns	Some concerns	Some concerns
Turner, 1993[91]	Some concerns	Some concerns	Low	Some concerns	Some concerns	Some concerns

Supplementary Table 11.3 Risk of bias judgments for studies assessing fear avoidance

Author, Year	Domain 1: Randomization process	Domain 2: Deviations from intended interventions	Domain 3: Missing outcome data	Domain 4: Measurement of the outcome	Domain 5: Selection of the reported result	Overall risk of bias
Aliyu, 2018[3]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Chiauzzi, 2010[12]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Farokhi, 2020[17]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Galan-Martin, 2020[21]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Gannon, 2019[22] (Study 1)	Low	Low	Low	Some concerns	Some concerns	Some concerns
Gannon, 2019[22] (Study 2)	Low	Low	Low	Some concerns	Some concerns	Some concerns
Gardner, 2019[23]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Jensen, 2012[33]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Krein, 2013[38]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Lamb, 2010[39, 40]	Low	Low	Low	Some concerns	Low	Some concerns
Leeuw, 2008[42]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Magalhaes, 2017[47]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Magnussen, 2007[48]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Monticone, 2013[51]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Monticone, 2016[52]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Moore, 2000[53]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Morone, 2016[54]	Low	Low	Low	Some concerns	Low	Some concerns
Moseley, 2004[57]	Low	Low	Low	Some concerns	Some concerns	Some concerns
O'Keefe, 2020[60]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Pardo, 2018[62]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Petrozzi, 2019[63]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Pires, 2015[64]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Rabiei, 2020[66]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Rizzo, 2018[69]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Sorensen, 2010[82]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Unal, 2020[92]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Vibe Fersum, 2019[94]	Low	Low	Low	Some concerns	Some concerns	Some concerns
Von Korf, 2005[95]	Some concerns	Low	Low	Some concerns	Some concerns	Some concerns
Woods, 2008[97]	Low	Low	High	Some concerns	Some concerns	High

Supplementary K. CINeMA results for physical function and pain intensity

Judgments of the confidence in cumulative evidence were evaluated using the Confidence in Network Meta-Analysis (CINeMA) framework,[102-104] a web application of the Grading of Recommendations Assessment, Development and Evaluation (GRADE) ratings approach.

In CINeMA, the default confidence rating for each comparison is “high confidence.” Confidence ratings per comparison were assessed according to the following steps. First, we assigned a point scale to the domain-level judgments: “no concerns” was 0 points, “some concerns” was 0.5 points, “major concerns” was 1 point. Then, we downgraded the confidence rating, for each comparison, by: (i) one level (i.e., “moderate confidence”), if there was a reduction of ≥ 1 but < 2 points across all domains; two levels (i.e., “low confidence”), if there was a reduction of ≥ 2 but < 3 points across all domains; (ii) three levels (i.e., “very low confidence”), if there was a reduction of ≥ 3 points across all domains.

Supplementary Table 12.1 Physical function at post-intervention

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
Adv:BT	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:CBT	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:Mind	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:PE	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:CBT	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:NI	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:UC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:CP+PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:CBT+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:GP	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:Mind	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:NI	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:UC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:CP+PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CBT+PC:NI	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate

CBT+PC:PE+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:PC	8	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CP:GP	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:CP+PC	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:NI	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:PE	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:UC	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:PE	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:PC	4	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Csl:UC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Csl+PC:PE+PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	Some concerns	Low
Csl+PC:PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Low
Mind:UC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:PE	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind+PC:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:PC	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
PE+PC:PC	5	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
PC:UC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:BT+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:CBT+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
Adv:CP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:Csl	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:Csl+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

Mind:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind+PC:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
NI:PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
NI:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
PE:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE+PE:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate

Adv: advice, BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP: general practitioner care, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Supplementary Table 12.2 Physical function at short-term treatment sustainability

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
Adv:CBT	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:CBT+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:UC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:NI	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:CP+PC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CBT+PC:PE+PC	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	Major concerns	Low
CBT+PC:PC	2	Some concerns	Undetected	No concerns	No concerns	Some concerns	Some concerns	Moderate
CP:CP+PC	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate

CP:GP	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
CP:NI	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:PE	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:UC	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:PE	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CP+PC:PC	3	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
Mind+PC:PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
PE:PC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	Some concerns	Moderate
PE+PC:PC	4	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Low
PC:UC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:BT	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Adv:CP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Adv:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Adv:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Adv:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Adv:NI	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Adv:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Adv:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Adv:PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Adv:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
BT:CBT	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
BT:CBT+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
BT:CP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
BT:CP+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
BT:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
BT:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
BT:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
BT:PE	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
BT:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
CBT:CBT+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low

Mind+PC:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Mind+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
NI:PE	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
NI:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
NI:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
NI:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
PE:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
PE:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
PE+PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low

Adv: advice, BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Supplementary Table 12.3 Physical function at mid-term treatment sustainability

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
Adv:CBT	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
Adv:CBT+PC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
Adv:Mind	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT:CBT	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Moderate
CBT:CBT+PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Moderate
CBT:GP	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CBT:Mind	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT:NI	1	No concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Moderate
CBT:PC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CBT:UC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CBT+PC:CP+PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Moderate
CBT+PC:PC	5	Some concerns	Undetected	No concerns	No concerns	Some concerns	Some concerns	Moderate
CP:CP+PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate

CP:CP+PC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Moderate
CP:GP	2	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CP:UC	3	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CP+PC:PE	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	Major concerns	Moderate
CP+PC:PC	2	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
Csl:NI	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Moderate
Mind:UC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
Mind+PC:PC	2	Some concerns	Undetected	No concerns	No concerns	Major concerns	Major concerns	Moderate
PE:PE+PC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Moderate
PE:PC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Moderate
Adv:BT	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Adv:CP	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Adv:CP+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Adv:Csl	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Adv:GP	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Adv:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Adv:NI	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Adv:PE	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Adv:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Adv:PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Adv:UC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
BT:CBT+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
BT:CP	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
BT:CP+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
BT:CP+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Low
BT:Csl	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
BT:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
BT:Mind	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
BT:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low

CP+PC:Csl	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
CP+PC:GP	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Low
CP+PC:Mind	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
CP+PC:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
CP+PC:NI	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
CP+PC:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
CP+PC:UC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Low
CP+PC:Csl	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
CP+PC:GP	0	Some concerns	Undetected	No concerns	No concerns	No concerns	Major concerns	Moderate
CP+PC:Mind	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
CP+PC:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
CP+PC:NI	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Low
CP+PC:PE	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
CP+PC:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
CP+PC:PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Low
CP+PC:UC	0	Some concerns	Undetected	No concerns	No concerns	No concerns	Major concerns	Moderate
Csl:GP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Csl:Mind	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Csl:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Csl:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Csl:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Csl:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Csl:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
GP:Mind	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
GP:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
GP:NI	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
GP:PE	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
GP:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
GP:PC	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	Major concerns	Low
GP:UC	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	Major concerns	Low

Mind:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Mind:NI	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Mind:PE	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Mind:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
Mind:PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Mind+PC:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
Mind+PC:PE	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Mind+PC:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
Mind+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
NI:PE	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
NI:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
NI:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
NI:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
PE:UC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
PE+PC:PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
PE+PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	Major concerns	Low
PC:UC	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	Major concerns	Low

Adv: advice, BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP: general practitioner care, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Supplementary Table 12.4 Physical function at long-term treatment sustainability

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
CBT:CBT+PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:GP	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:PC	5	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CP+PC:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

Csl:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP: general practitioner care, NI: no intervention, PC: physiotherapy care, PE: pain education, UC: usual care.

Supplementary Table 12.5 Pain intensity at post-intervention

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
Adv:BT	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:CBT	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:Mind	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:BT+PC	2	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT:CBT	5	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:NI	4	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:PC	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
BT:UC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:CBT+PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:PC	3	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CBT:CBT+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:GP	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:Mind	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

CBT:NI	5	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT:PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:UC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:CP+PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CBT+PC:NI	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Low
CBT+PC:PC	8	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CBT+PC:PE+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:CP+PC	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:GP	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:NI	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:PE	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:UC	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:PC	4	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Csl:UC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
Csl+PC:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:NI	1	Major concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Low
Mind:UC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:PC	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:PE	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PC:PE	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
PC:PE+PC	8	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
PC:UC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:BT+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:CBT+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:CP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:Csl	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
Adv:Csl+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

Adv:NI	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:CBT+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT:CP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:Csl	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT:Csl+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:Mind	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:PE+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT+PC:CBT	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT+PC:CP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT+PC:CP+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT+PC:Csl	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
BT+PC:Csl+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:GP	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT+PC:Mind	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT+PC:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT+PC:NI	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT+PC:PE	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT+PC:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:UC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CBT:CP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:CP+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:Csl	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High

CBT:Csl+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:CP	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT+PC:Csl	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
CBT+PC:Csl+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:GP	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CBT+PC:Mind	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:PE	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:UC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CP:Csl	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
CP:Csl+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:Mind	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:Csl	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
CP+PC:Csl+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:GP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:Mind	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:NI	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:PE+PC	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CP+PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Csl:Csl+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
Csl:GP	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
Csl:Mind	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High

Csl:Mind+PC	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
Csl:NI	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
Csl:PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
Csl:PE	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
Csl:PE+PC	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
Csl+PC:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Csl+PC:Mind	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Csl+PC:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Csl+PC:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Csl+PC:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Csl+PC:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Csl+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:Mind	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
GP:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
GP:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:PE+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
GP:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:NI	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
NI:PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
NI:PE	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
NI:PE+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
NI:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

PE:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
PE:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE+PC:UC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate

Adv: advice, BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP: general practitioner care, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care. For pain intensity at post-intervention, CINeMA was unable to perform the GRADE assessment when studies with more than three arms were included in the network. This affected two studies, which had four treatment arms each: Shariat et al., 2019 (BT+PC, BT, PC, NI);[77] Turner et al., 1990 (BT+PC, BT, PC, NI).[90] In order to successfully perform the GRADE assessment via CINeMA, we excluded the NI arm from these two studies. Sensitivity analyses excluding alternative treatment arms and excluding the studies altogether did not result in any changes to the overall confidence ratings.

Supplementary Table 12.6 Pain intensity at short-term treatment sustainability

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
Adv:CBT	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:CBT+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:CP	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:BT+PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT:CBT	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Some concerns	Moderate
BT:PC	2	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
BT:UC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CBT:GP	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
CBT:NI	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:CP+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:PE+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:PC	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CP:CP+PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:GP	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Some concerns	Low

CP:NI	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:PE	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Some concerns	Low
CP:UC	3	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:PC	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:PC	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
PE:PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Some concerns	Low
PE+PC:PC	5	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
PC:UC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:BT	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:BT+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
Adv:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Major concerns	No concerns	Moderate
Adv:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:CBT+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:CP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:PE	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:PE+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT+PC:CBT	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT+PC:CBT+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT+PC:CP	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT+PC:CP+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate

GP:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:PE	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
GP:PE+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
GP:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind+PC:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind+PC:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind+PC:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
NI:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
PE+PC:UC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate

Adv: advice, BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care. For pain intensity at post-intervention, CINeMA was unable to perform the GRADE assessment when studies with more than three arms were included in the network. This affected two studies, which had four treatment arms each: Shariat et al., 2019 (BT+PC, BT, PC, NI);[77] Turner et al., 1990 (BT+PC, BT, PC, NI).[90] In order to successfully perform the GRADE assessment via CINeMA, we excluded the NI arm from these two studies. Sensitivity analyses excluding alternative treatment arms and excluding the studies altogether did not result in any changes to the overall confidence ratings.

Supplementary Table 12.7 Pain intensity at mid-term treatment sustainability

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
Adv:CBT	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
Adv:CBT+PC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
Adv:Mind	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
BT:BT+PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT:CBT	3	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
BT:PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT+PC:CBT+PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT+PC:PC	2	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
CBT:CBT+PC	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT:GP	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT:Mind	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT:NI	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:UC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CBT+PC:CP+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:PC	5	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CP:CP+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:GP	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:UC	3	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CP+PC:PC	2	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
Csl:NI	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind:UC	1	No concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Mind+PC:PC	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
PE:PE+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Some concerns	Low
PE:PC	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	Major concerns	Low
PE+PC:PC	1	Some concerns	Undetected	No concerns	Some concerns	No concerns	Some concerns	Moderate
Adv:BT	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate

Adv:BT+PC	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
Adv:CP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:CP+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:Csl	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:GP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:PE	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
Adv:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
Adv:PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
Adv:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:CBT+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:CP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:CP+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:Csl	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:Mind	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:NI	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:PE	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
BT:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:UC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
BT+PC:CBT	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT+PC:CP	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT+PC:CP+PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
BT+PC:Csl	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
BT+PC:GP	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
BT+PC:Mind	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
BT+PC:Mind+PC	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
BT+PC:NI	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate

BT+PC:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
BT+PC:UC	0	Some concerns	Undetected	No concerns	No concerns	No concerns	No concerns	High
CBT:CP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:CP+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:Csl	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT:PE	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CBT:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:CP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:Csl	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:Mind	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CBT+PC:NI	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:PE	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CBT+PC:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CP:Csl	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:Mind	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:Mind+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:PE	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
CP:PE+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:Csl	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:GP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:Mind	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:Mind+PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

PE:UC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
PE+PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	No concerns	No concerns	Moderate
PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate

Adv: advice, BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP: general practitioner care, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Supplementary Table 12.8 Pain intensity at long-term treatment sustainability

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
BT:BT+PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:CBT+PC	1	Major concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Low
BT+PC:PC	2	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:CBT+PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:GP	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:PC	5	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CP+PC:PC	2	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:GP	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:UC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:UC	1	Major concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Low
BT:CBT	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:CBT+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:CP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

BT+PC:CBT	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:CP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:CP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:CP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:CP+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

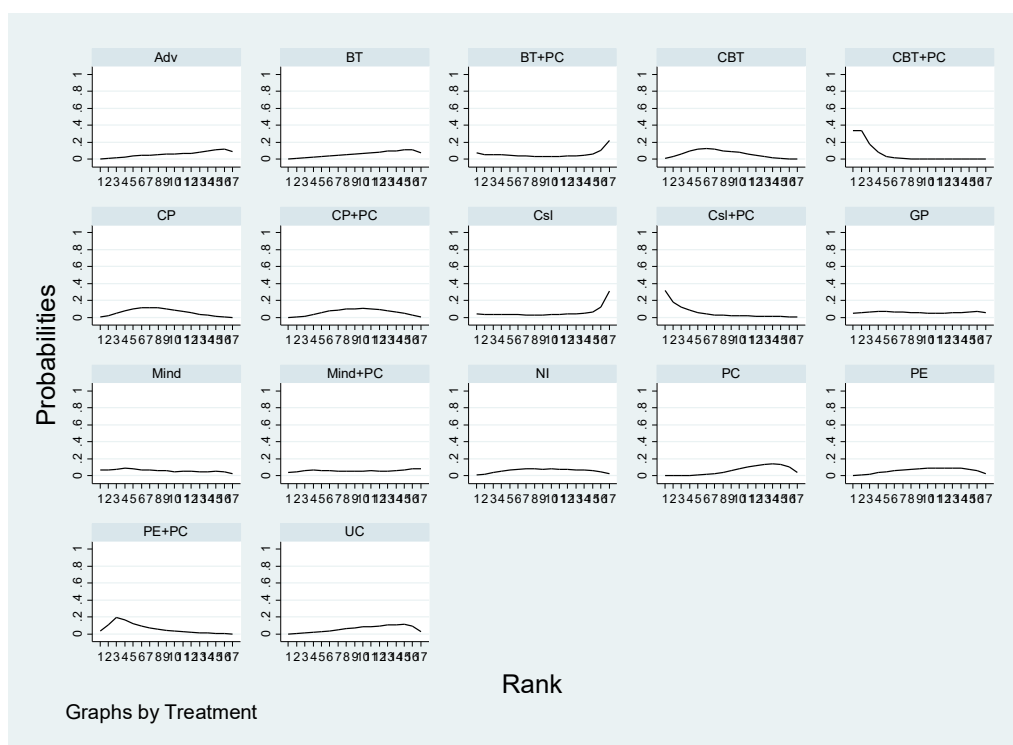
BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP: general practitioner care, PC: physiotherapy care, PE: pain education, UC: usual care.

Supplementary L. Rank results for physical function and pain intensity

Supplementary Table 13.1 Physical function at post-intervention

Rank	Treatment Node	SUCRA	Mean Rank
1 st	CBT+PC	92.3	2.2
2 nd	Csl+PC	81.8	3.9
3 rd	PE+PC	72.6	5.4
4 th	CBT	60.3	7.4
5 th	CP	56.9	7.9
6 th	Mindfulness	56.4	8
7 th	General practitioner care	50.4	8.9
8 th	No intervention	46.9	9.5
9 th	Mindfulness+PC	46.8	9.5
10 th	CP+PC	45.4	9.7
11 th	PE	41	10.4
12 th	BT+PC	40.4	10.5
13 th	Usual care	34	11.6
14 th	Advice	33.3	11.7
15 th	BT	32.9	11.7
16 th	Csl	30.8	12.1
17 th	Physiotherapy care	27.8	12.5

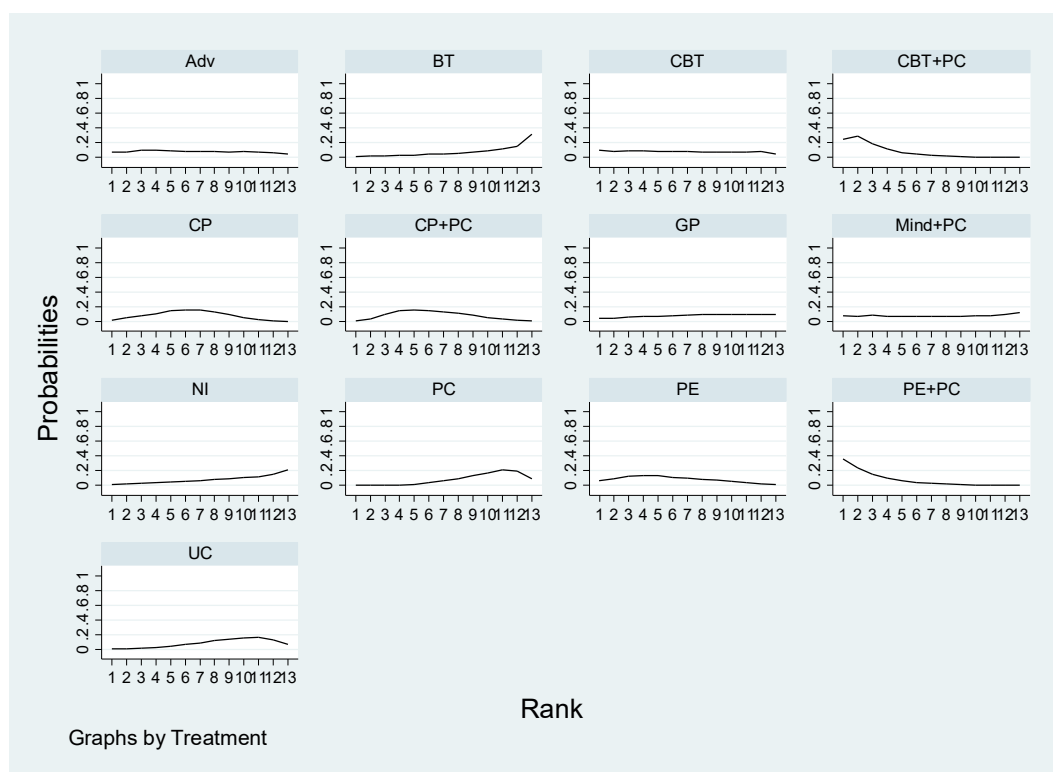
BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, Mindfulness+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.



Supplementary Table 13.2a Physical function at short-term treatment sustainability

Rank	Treatment Node	SUCRA	Mean Rank
1 st	PE+PC	85.6	2.7
2 nd	CBT+PC	84.5	2.9
3 rd	PE	61.4	5.6
4 th	CP+PC	57.2	6.1
5 th	CP	56.1	6.3
6 th	CBT	53.7	6.6
7 th	Advice	53.5	6.6
8 th	Mindfulness+PC	46.6	7.4
9 th	General practitioner care	43.4	7.8
10 th	Usual care	32	9.2
11 th	No intervention	28.8	9.5
12 th	BT	23.7	10.2
13 th	Physiotherapy care	23.5	10.2

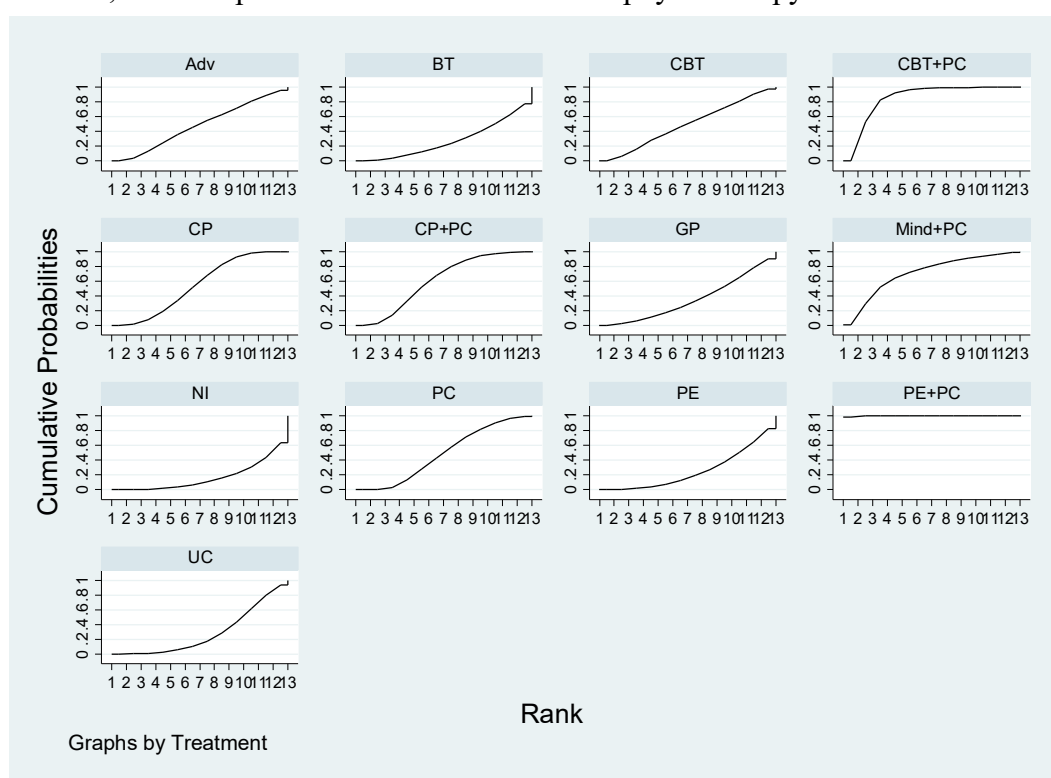
BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Mindfulness+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.



Supplementary Table 13.2b Physical function at short-term treatment sustainability, after removing inconsistency

Rank	Treatment Node	SUCRA	Mean Rank
1 st	PE+PC	99.9	1
2 nd	CBT+PC	85.2	2.8
3 rd	Mindfulness+PC	70.6	4.5
4 th	CP+PC	60.5	5.7
5 th	CP	54.4	6.5
6 th	CBT	49.4	7.1
7 th	Physiotherapy care	48.6	7.2
8 th	Advice	48.3	7.2
9 th	General practitioner care	35.1	8.8
10 th	Usual care	28.5	9.6
11 th	BT	27.4	9.7
12 th	PE	25.6	9.9
13 th	No intervention	16.5	11

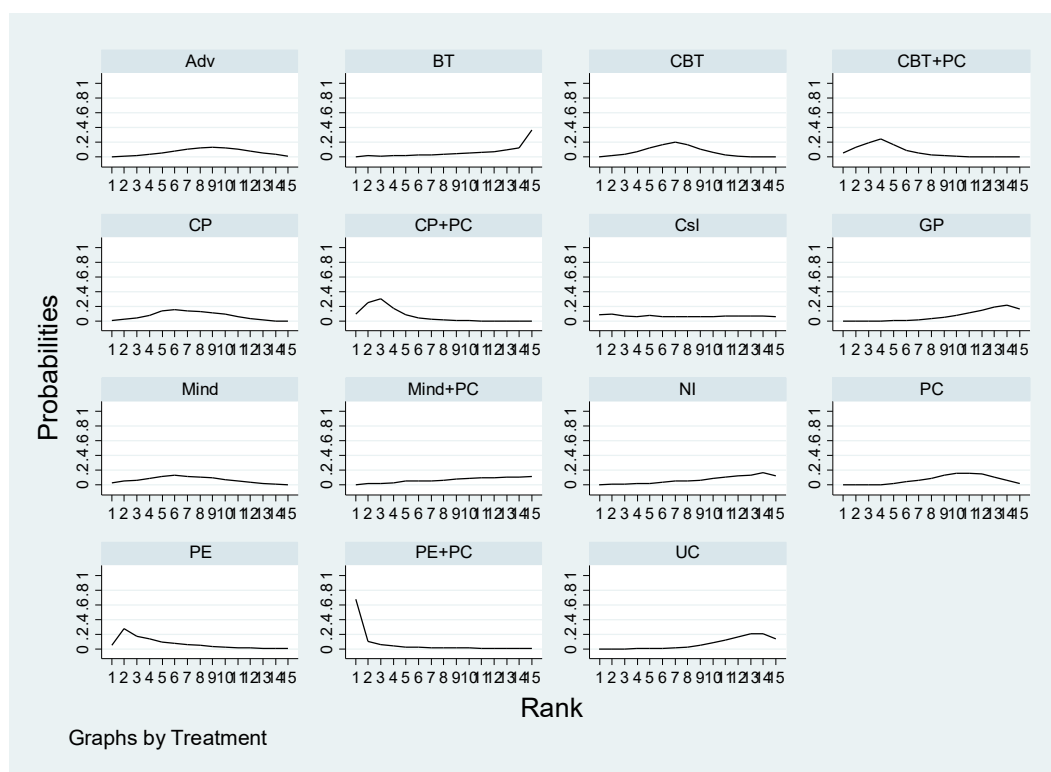
BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Mindfulness+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.



Supplementary Table 13.3a Physical function at mid-term treatment sustainability

Rank	Treatment Node	SUCRA	Mean Rank
1 st	PE+PC	90.7	2.3
2 nd	CP+PC	83.9	3.3
3 rd	CBT+PC	77.6	4.1
4 th	PE	75.5	4.4
5 th	Mindfulness	58.9	6.8
6 th	CBT	58.3	6.8
7 th	CP	56.3	7.1
8 th	Csl	52.4	7.7
9 th	Advice	44.8	8.7
10 th	Mindfulness+PC	33.7	10.3
11 th	Physiotherapy care	33.4	10.3
12 th	No intervention	27.2	11.2
13 th	BT	20.6	12.1
14 th	Usual care	18.5	12.4
15 th	General practitioner care	18.5	12.4

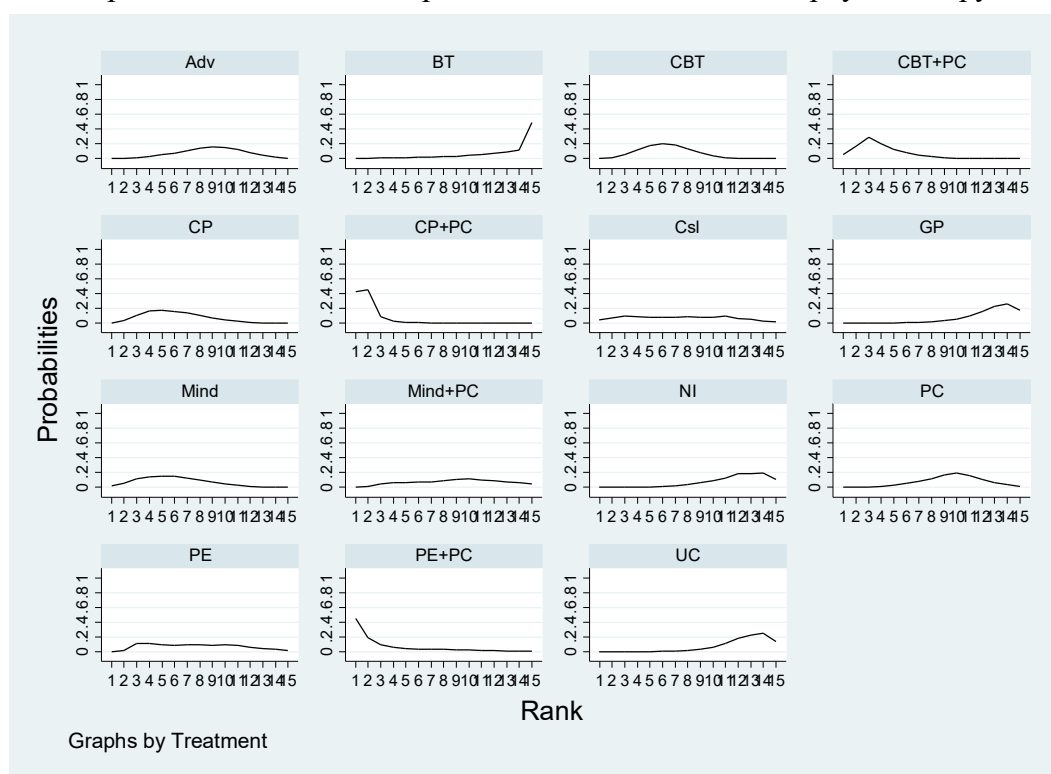
BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approach, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Mindfulness+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.



Supplementary Table 13.3b Physical function at mid-term treatment sustainability, after removing inconsistency

Rank	Treatment Node	SUCRA	Mean Rank
1 st	CP+PC	94.6	1.8
2 nd	PE+PC	84.5	3.2
3 rd	CBT+PC	79.5	3.9
4 th	Mindfulness	65.1	5.9
5 th	CP	64.8	5.9
6 th	CBT	62.3	6.3
7 th	Csl	55.1	7.3
8 th	PE	52.1	7.7
9 th	Advice	43.8	8.9
10 th	Mindfulness+PC	42.7	9
11 th	Physiotherapy care	38.1	9.7
12 th	No intervention	20.8	12.1
13 th	Usual care	16.2	12.7
14 th	General practitioner care	15.3	12.9
15 th	BT	15.1	12.9

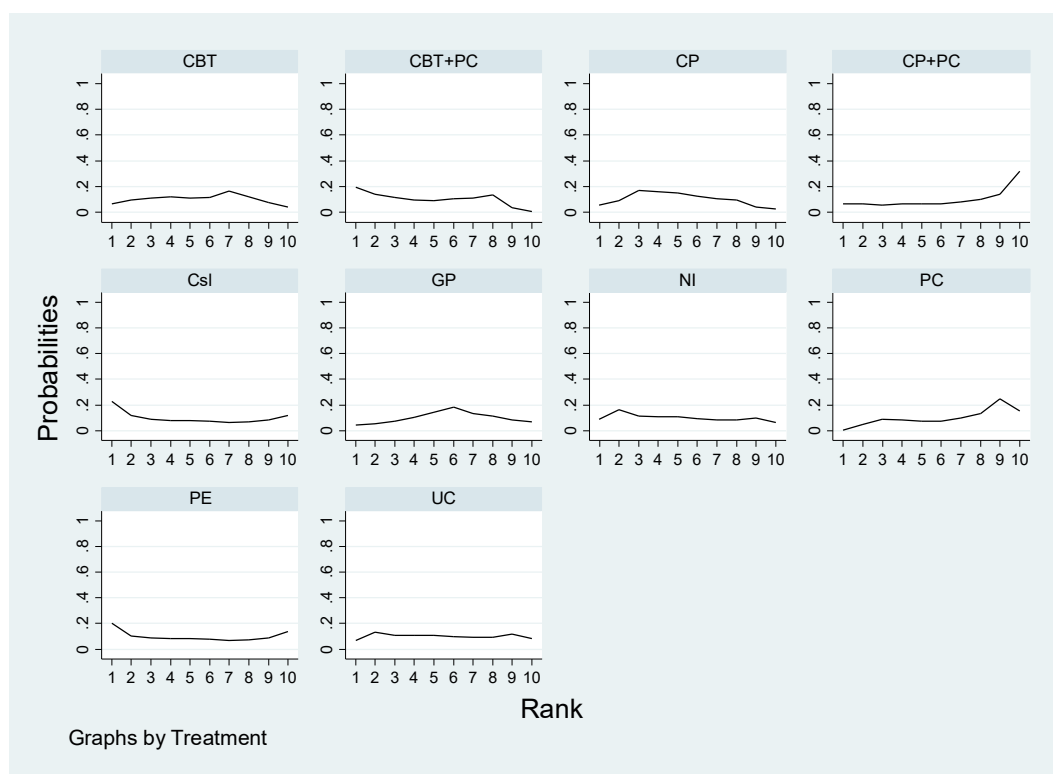
BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approach, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Mindfulness+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.



Supplementary Table 13.4 Physical function at long-term treatment sustainability

Rank	Treatment Node	SUCRA	Mean Rank
1 st	CBT+PC	62.7	4.4
2 nd	Csl	57.2	4.8
3 rd	CP	56.2	4.9
4 th	No intervention	55	5
5 th	PE	53.9	5.1
6 th	CBT	50.8	5.4
7 th	Usual care	50.3	5.5
8 th	General practitioner care	45.9	5.9
9 th	Physiotherapy care	34.1	6.9
10 th	CP+PC	33.8	7

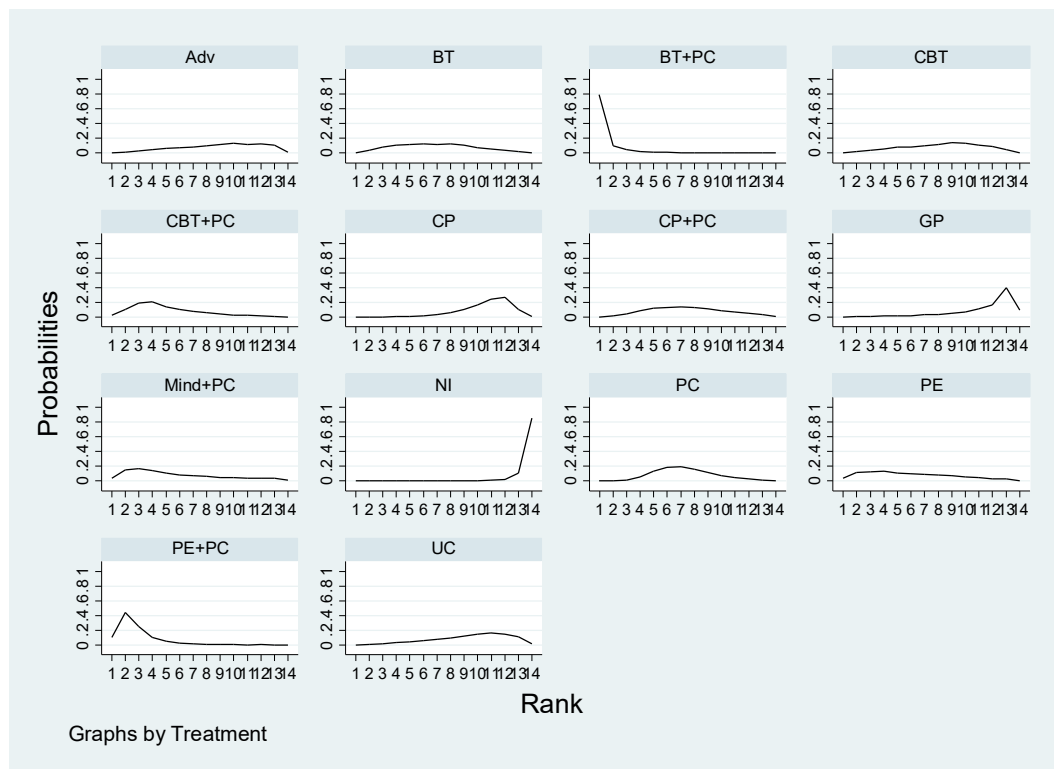
CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, PE: pain education.



Supplementary Table 13.5 Pain intensity at post-intervention

Rank	Treatment Node	SUCRA	Mean Rank
1 st	BT+PC	91.2	2.4
2 nd	CBT+PC	88.6	2.8
3 rd	PE+PC	87.8	3
4 th	Mindfulness+PC	65.3	6.6
5 th	CBT	57.3	7.8
6 th	PE	54.3	8.3
7 th	Mindfulness	51.3	8.8
8 th	CP	50.2	9
9 th	CP+PC	50	9
10 th	Csl+PC	49.8	9
11 th	BT	44.9	9.8
12 th	Advice	44.2	9.9
13 th	Physiotherapy care	41	10.4
14 th	Usual care	34.2	11.5
15 th	General practitioner care	23.9	13.2
16 th	No intervention	12.5	15
17 th	Csl	3.4	16.4

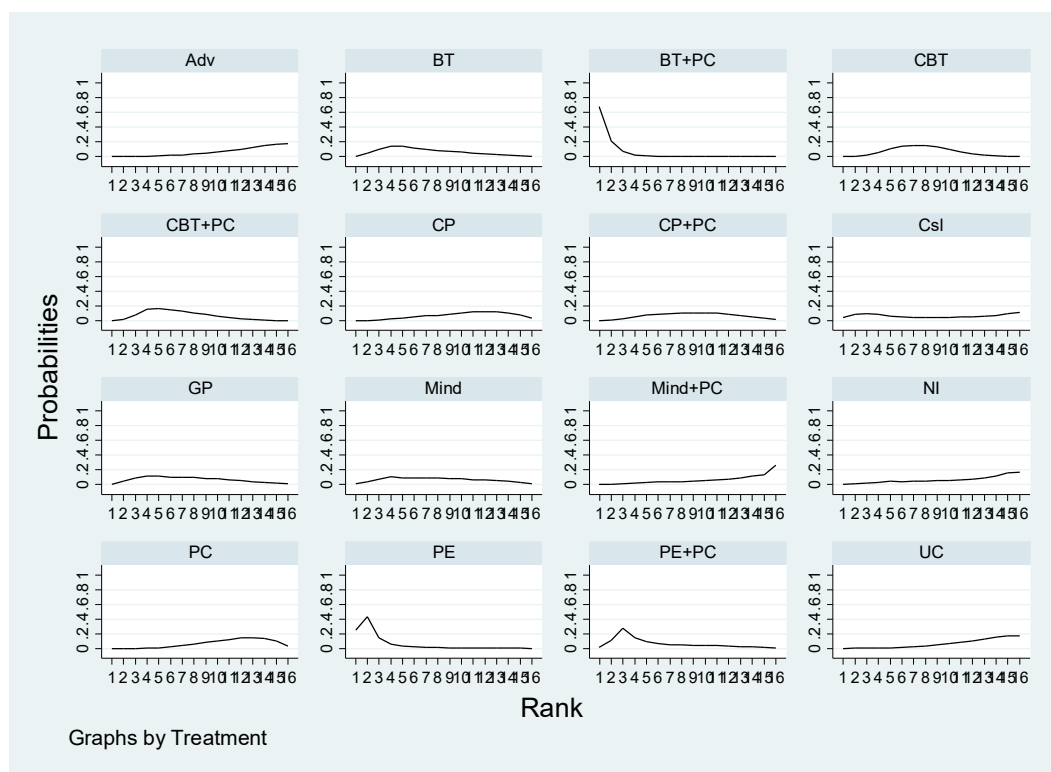
BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, Mindfulness+PC: Mindfulness delivered with physiotherapy care, NI: no intervention, PE: pain education, PE+PC: pain education delivered with physiotherapy care.



Supplementary Table 13.6a Pain intensity at short-term treatment sustainability

Rank	Treatment Node	SUCRA	Mean Rank
1 st	BT+PC	96.7	1.4
2 nd	PE+PC	86.3	2.8
3 rd	CBT+PC	69.6	4.9
4 th	Mindfulness+PC	65.5	5.5
5 th	PE	62.2	5.9
6 th	BT	54.4	6.9
7 th	Physiotherapy care	51.4	7.3
8 th	CP+PC	49.9	7.5
9 th	CBT	43.9	8.3
10 th	Advice	38.7	9
11 th	Usual care	34.4	9.5
12 th	CP	26.4	10.6
13 th	General practitioner care	18.9	11.5
14 th	No intervention	1.6	13.8

BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Mindfulness+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.

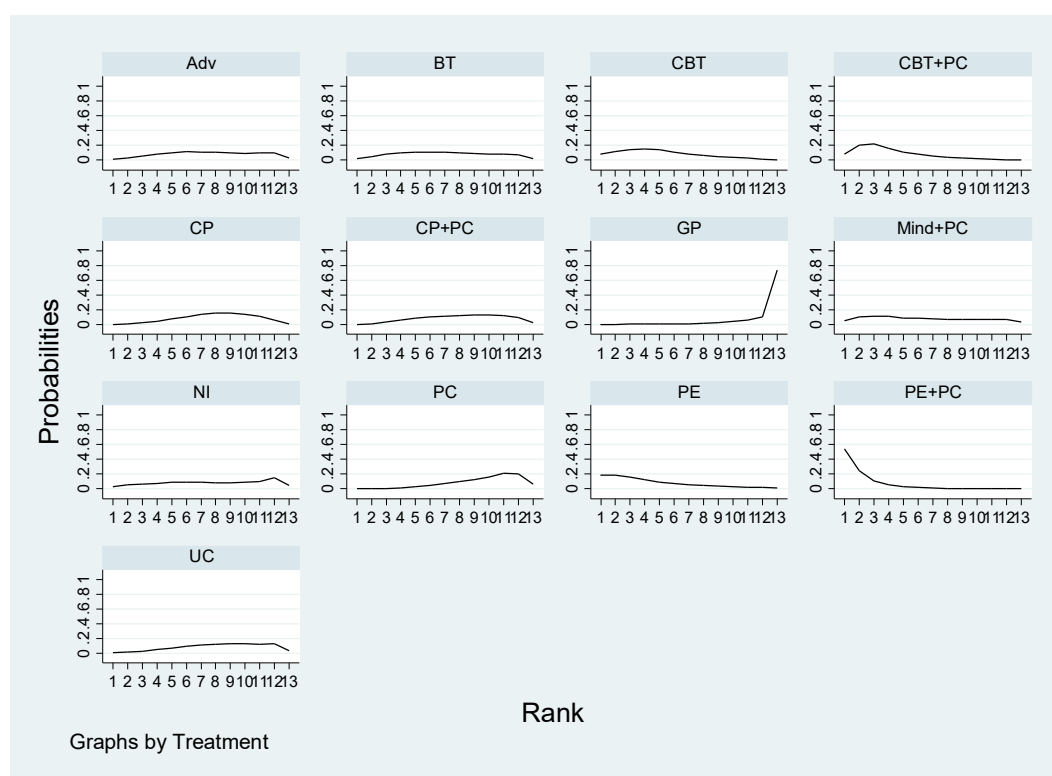


Supplementary Table 13.6b Pain intensity at short-term treatment sustainability, after removing inconsistency

Rank	Treatment Node	SUCRA	Mean Rank
1 st	PE+PC	92.3	1.9
2 nd	CBT+PC	74.6	4
3 rd	PE	73.7	4.2
4 th	CBT	67	5
5 th	Mindfulness+PC	55.5	6.3
6 th	BT	49.5	7.1
7 th	Advice	44.9	7.6
8 th	No intervention	43.5	7.8
9 th	CP	40.5	8.1
10 th	CP+PC	39.2	8.3
11 th	Usual care	37.6	8.5
12 th	Physiotherapy care	25.6	9.9
13 th	General practitioner care	5.9	12.3

BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Mindfulness+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.

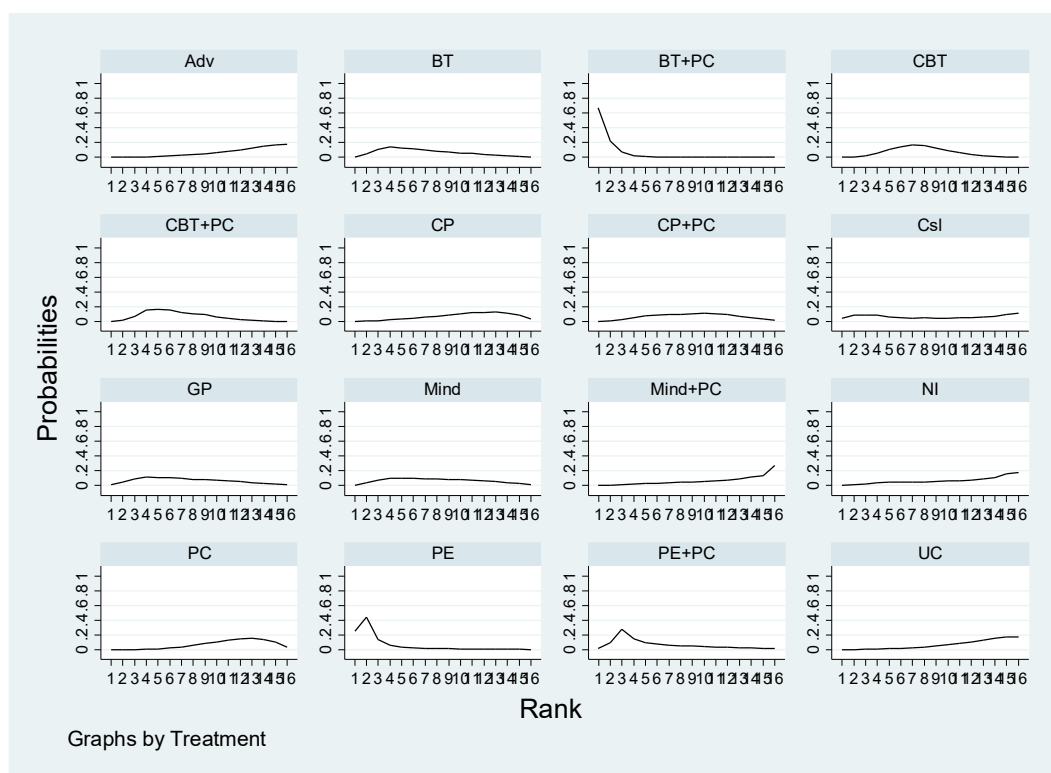
Note: Behavioural therapy delivered with physiotherapy care (BT+PC) became disconnected from the network in sensitivity analyses performed to remove inconsistency at short-term treatment sustainability, for pain intensity. No surface under the cumulative ranking (SUCRA) results are available for BT+PC at this time point.



Supplementary Table 13.7 Pain intensity at mid-term treatment sustainability

Rank	Treatment Node	SUCRA	Mean Rank
1 st	BT+PC	96.6	1.5
2 nd	PE	89	2.6
3 rd	PE+PC	68.9	5.7
4 th	CBT+PC	63	6.6
5 th	BT	61.8	6.7
6 th	General practitioner care	57.6	7.4
7 th	CBT	55	7.7
8 th	Mindfulness	54.2	7.9
9 th	Csl	48.4	8.7
10 th	CP+PC	46.6	9
11 th	CP	34.5	10.8
12 th	No intervention	29.3	11.6
13 th	Physiotherapy care	28.9	11.7
14 th	Mindfulness+PC	23.5	12.5
15 th	Advice	21.6	12.8
16 th	Usual care	21.3	12.8

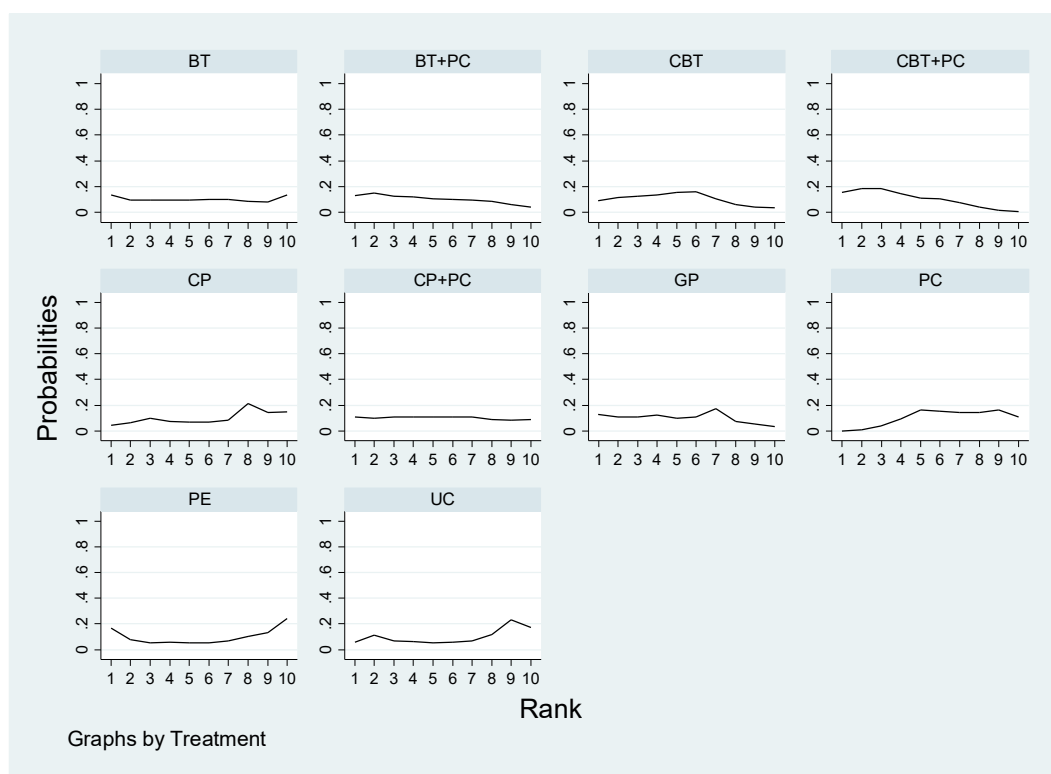
BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Mindfulness+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.



Supplementary Table 13.8 Pain intensity at long-term treatment sustainability

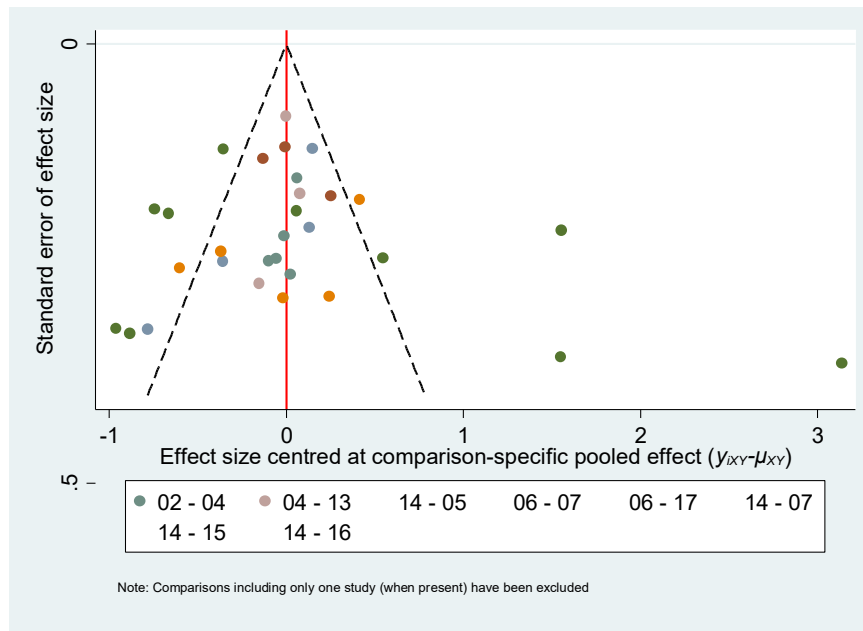
Rank	Treatment Node	SUCRA	Mean Rank
1 st	CBT+PC	69.2	3.8
2 nd	BT+PC	59	4.7
3 rd	CBT	57.8	4.8
4 th	General practitioner care	57.3	4.8
5 th	CP+PC	51.7	5.3
6 th	BT	50.4	5.5
7 th	PE	42.6	6.2
8 th	CP	39	6.5
9 th	Usual care	38.6	6.5
10 th	Physiotherapy care	34.4	6.9

BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, PE: pain education.



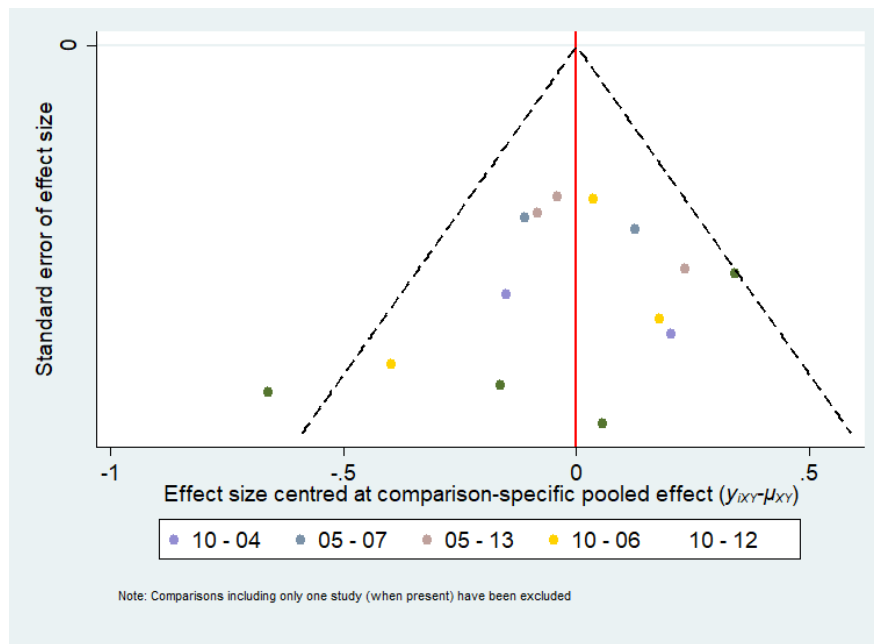
Supplementary M. Comparison-adjusted funnel plot for physical function and pain intensity

Supplementary Figure 7. Physical function at post-intervention



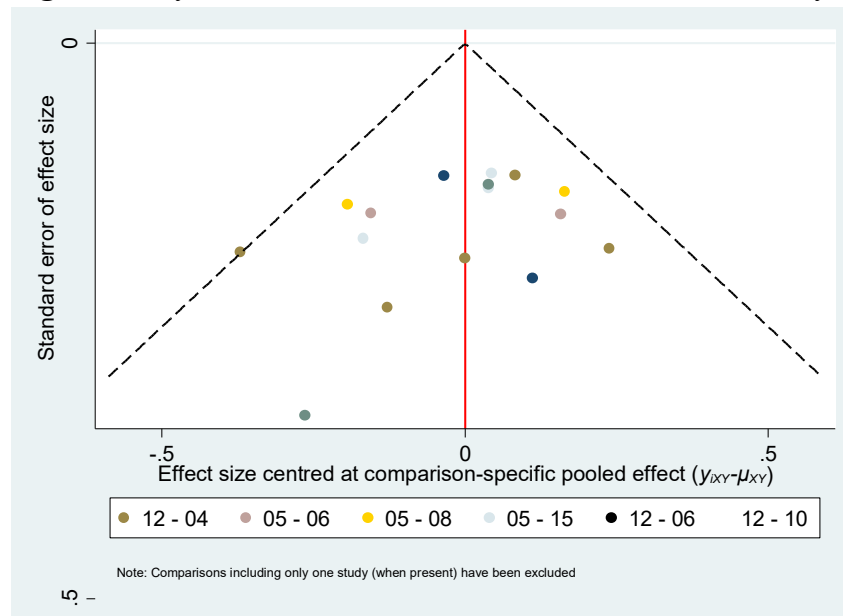
01: advice, 02: behavioural therapy, 03: behavioural therapy delivered with physiotherapy care, 04: cognitive behavioural therapy, 05: cognitive behavioural therapy delivered with physiotherapy care, 06: combined psychological approaches, 07: combined psychological approaches delivered with physiotherapy care, 08: counselling, 09: counselling delivered with physiotherapy care, 10: general practitioner care, 11: mindfulness, 12: mindfulness delivered with physiotherapy care, 13: no intervention, 14: physiotherapy care, 15: pain education, 16: pain education delivered with physiotherapy care, 17: usual care.

Supplementary Figure 8. Physical function at short-term treatment sustainability



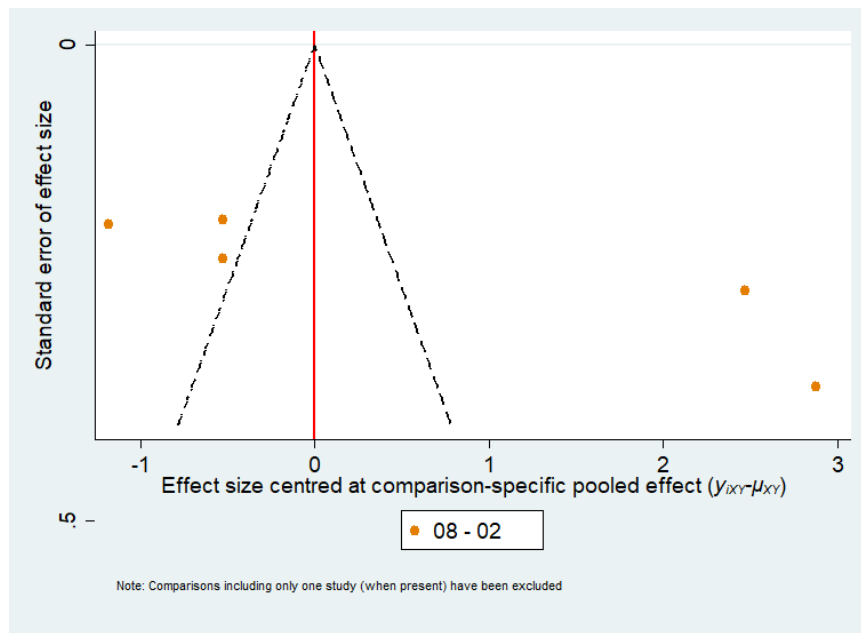
01: advice, 02: behavioural therapy, 03: cognitive behavioural therapy, 04: cognitive behavioural therapy delivered with physiotherapy care, 05: combined psychological approaches, 06: combined psychological approaches delivered with physiotherapy care, 07: general practitioner care, 08: mindfulness delivered with physiotherapy care, 09: no intervention, 10: physiotherapy care, 11: pain education, 12: pain education delivered with physiotherapy care, 13: usual care.

Supplementary Figure 9. Physical function at mid-term treatment sustainability



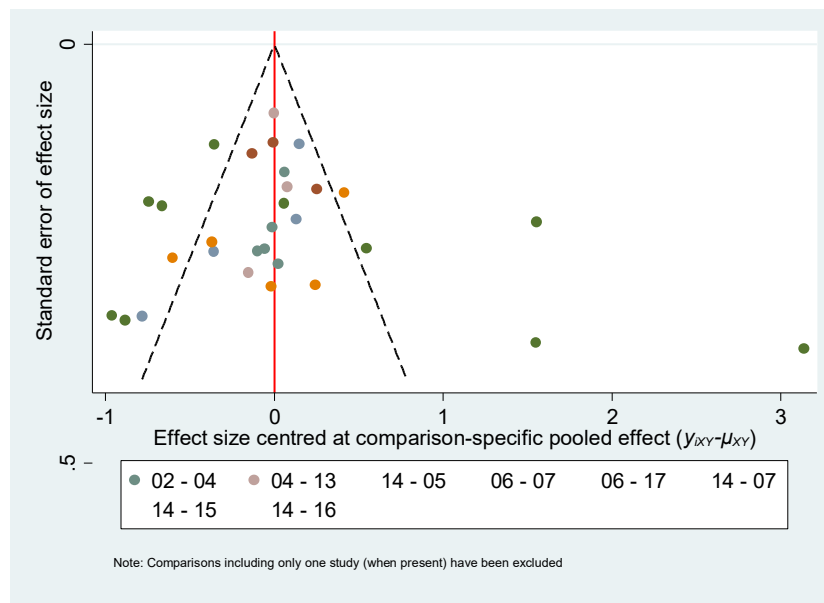
01: advice, 02: behavioural therapy, 03: cognitive behavioural therapy, 04: cognitive behavioural therapy delivered with physiotherapy care, 05: combined psychological approaches, 06: combined psychological approaches delivered with physiotherapy care, 07: counselling, 08: general practitioner care, 09: mindfulness, 10: mindfulness delivered with physiotherapy care, 11: no intervention, 12: physiotherapy care, 13: pain education, 14: pain education delivered with physiotherapy care, 15: usual care.

Supplementary Figure 10. Physical function at long-term treatment sustainability



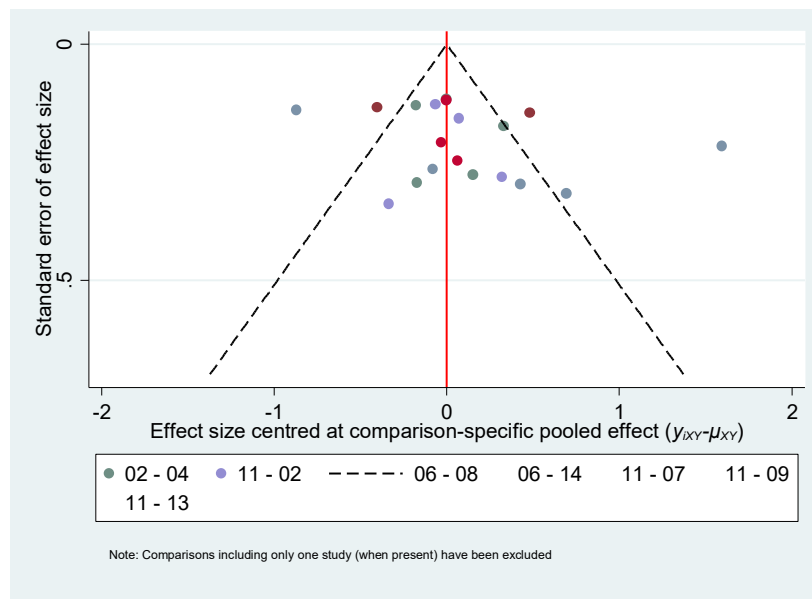
01: cognitive behavioural therapy, 02: cognitive behavioural therapy delivered with physiotherapy care, 03: combined psychological approaches, 04: combined psychological approaches delivered with physiotherapy care, 05: counselling, 06: general practitioner care, 07: no intervention, 08: physiotherapy care, 09: pain education, 10: usual care.

Supplementary Figure 11. Pain intensity at post-intervention



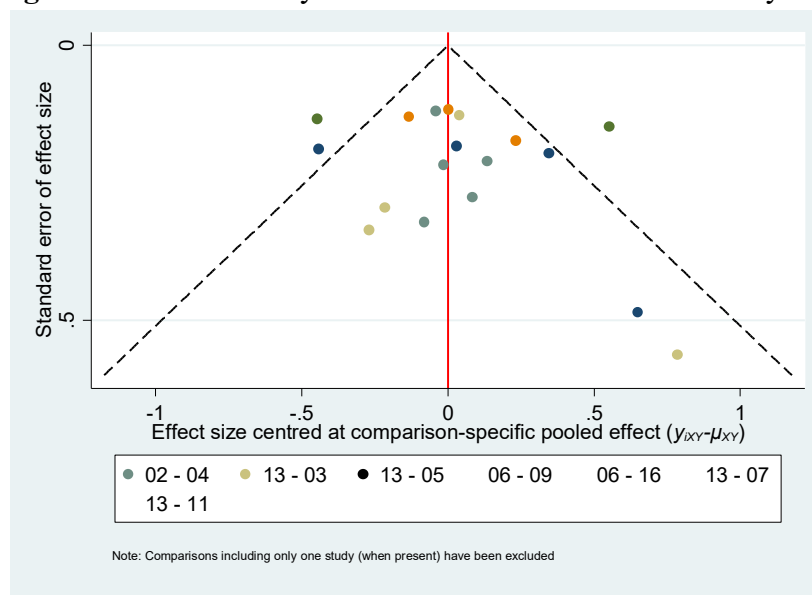
01: advice, 02: behavioural therapy, 03: behavioural therapy delivered with physiotherapy care, 04: cognitive behavioural therapy, 05: cognitive behavioural therapy delivered with physiotherapy care, 06: combined psychological approaches, 07: combined psychological approaches delivered with physiotherapy care, 08: counselling, 09: counselling delivered with physiotherapy care, 10: general practitioner care, 11: mindfulness, 12: mindfulness delivered with physiotherapy care, 13: no intervention, 14: physiotherapy care, 15: pain education, 16: pain education delivered with physiotherapy care, 17: usual care.

Supplementary Figure 12. Pain intensity at short-term treatment sustainability



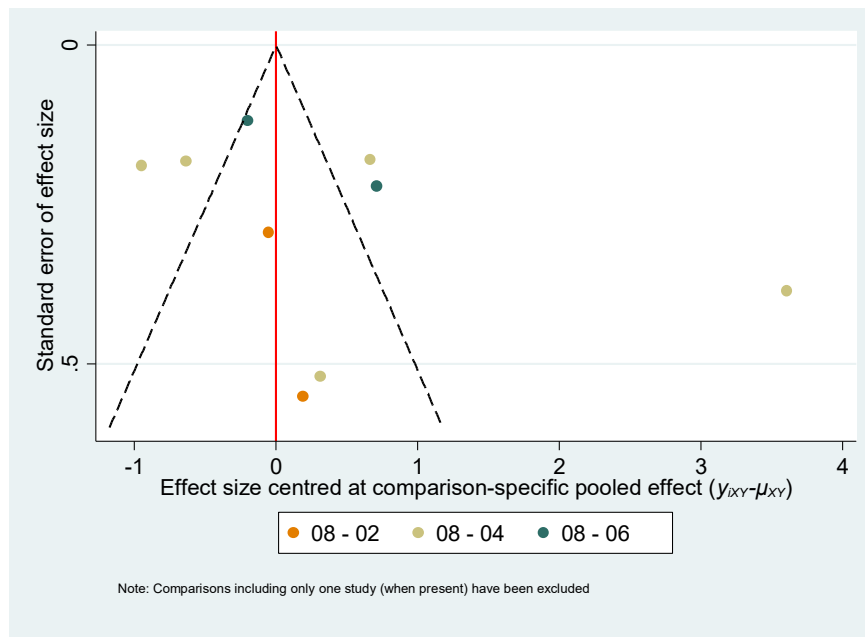
01: advice, 02: behavioural therapy, 03: behavioural therapy delivered with physiotherapy care, 04: cognitive behavioural therapy, 05: cognitive behavioural therapy delivered with physiotherapy care, 06: combined psychological approaches, 07: combined psychological approaches delivered with physiotherapy care, 08: general practitioner care, 09: mindfulness delivered with physiotherapy care, 10: no intervention, 11: physiotherapy care, 12: pain education, 13: pain education delivered with physiotherapy care, 14: usual care.

Supplementary Figure 13. Pain intensity at mid-term treatment sustainability



01: advice, 02: behavioural therapy, 03: behavioural therapy delivered with physiotherapy care, 04: cognitive behavioural therapy, 05: cognitive behavioural therapy delivered with physiotherapy care, 06: combined psychological approaches, 07: combined psychological approaches delivered with physiotherapy care, 08: counselling, 09: general practitioner care, 10: mindfulness, 11: mindfulness delivered with physiotherapy care, 12: no intervention, 13: physiotherapy care, 14: pain education, 15: pain education delivered with physiotherapy care, 16: usual care.

Supplementary Figure 14. Pain intensity at long-term treatment sustainability



01: behavioural therapy, 02: behavioural therapy delivered with physiotherapy care, 03: cognitive behavioural therapy, 04: cognitive behavioural therapy delivered with physiotherapy care, 05: combined psychological approaches, 06: combined psychological approaches delivered with physiotherapy care, 07: general practitioner care, 08: physiotherapy care, 09: pain education, 10: usual care.

Supplementary N. Sensitivity analyses for physical function and pain intensity

Supplementary Table 14.1 Physical function at post-intervention, excluding studies with high risk of bias

PC (reference)	1.26 (0.72,1.81)	-0.03 (- 0.74,0.67)			0.78 (0.14,1.42)		-0.17 (- 1.57,1.23)	0.13 (- 1.28,1.54)			0.20 (- 0.85,1.24)			-0.18 (- 1.57,1.22)	0.26 (- 1.26,1.77)	0.16 (- 1.21,1.52)
1.09 (0.62,1.57)	CBT+PC	-0.68 (- 2.08,0.71)		-0.04 (- 1.46,1.38)	-0.39 (- 1.84,1.05)			0.12 (- 1.25,1.48)								
0.23 (- 0.31,0.77)	-0.87 (- 1.52,-0.22)	CP+PC	-0.03 (- 0.85,0.79)								-0.14 (- 1.62,1.33)	-0.38 (- 1.76,0.99)				
0.37 (- 0.31,1.05)	-0.72 (- 1.49,0.04)	0.14 (- 0.49,0.78)	CP	-0.74 (- 2.30,0.81)			-0.21 (- 1.01,0.60)					-0.36 (- 1.78,1.06)	-0.14 (- 1.58,1.30)			
0.32 (- 0.56,1.20)	-0.77 (- 1.65,0.11)	0.16 (- 0.84,1.03)	-0.05 (- 0.94,0.84)	No intervention				0.16 (- 0.83,1.14)								
0.63 (0.07,1.20)	-0.46 (- 1.15,0.22)	0.40 (- 0.37,1.18)	0.26 (- 0.61,1.14)	0.31 (- 0.72,1.34)	PE+PC											1.06 (- 0.33,2.44)
0.39 (- 0.73,1.50)	-0.71 (- 1.86,0.45)	0.16 (- 0.99,1.31)	0.02 (- 1.09,1.13)	0.07 (- 1.15,1.28)	-0.25 (- 1.49,0.99)	Mindfulness	-0.37 (- 1.76,1.02)	-0.01 (- 1.40,1.38)	-0.30 (- 1.68,1.09)							
0.08 (- 0.70,0.85)	-1.02 (- 1.87,-0.17)	-0.15 (- 0.96,0.65)	-0.29 (- 0.95,0.36)	-0.24 (- 1.22,0.73)	-0.56 (- 1.51,0.40)	-0.31 (- 1.38,0.75)	Usual care	0.36 (- 1.03,1.75)						-0.20 (- 1.56,1.16)	-0.01 (- 1.41,1.39)	
0.41 (- 0.32,1.14)	-0.68 (- 1.45,0.09)	0.18 (- 0.62,0.99)	0.04 (- 0.73,0.81)	0.09 (- 0.68,0.87)	-0.22 (- 1.13,0.69)	0.02 (- 0.99,1.04)	0.34 (- 0.46,1.13)	CBT	-0.04 (- 1.43,1.34)			-0.06 (- 1.45,1.33)			-0.33 (- 1.76,1.10)	
0.03 (- 0.91,0.98)	-1.06 (- 2.06,-0.06)	-0.19 (- 1.19,0.80)	-0.34 (- 1.32,0.64)	-0.29 (- 1.37,0.80)	-0.60 (- 1.69,0.49)	-0.35 (- 1.37,0.66)	-0.04 (- 1.03,0.95)	-0.38 (- 1.24,0.48)	Advice		0.55 (- 0.91,2.00)				0.00 (- 1.61,1.61)	
0.09 (- 1.49,1.66)	-1.01 (- 2.62,0.61)	-0.14 (- 1.62,1.33)	-0.28 (- 1.89,1.32)	-0.23 (- 1.98,1.51)	-0.55 (- 2.21,1.12)	-0.30 (- 2.17,1.57)	0.01 (- 1.67,1.69)	-0.32 (- 2.01,1.36)	1.73,1.83	BT+PC						
0.16 (- 0.51,0.84)	-0.93 (- 1.72,-0.15)	-0.07 (- 0.80,0.66)	-0.21 (- 0.99,0.57)	-0.16 (- 1.17,0.85)	-0.47 (- 1.35,0.40)	-0.23 (- 1.40,0.95)	0.09 (- 0.81,0.98)	-0.25 (- 1.12,0.62)	0.13 (- 0.83,1.09)	0.08 (- 1.57,1.72)	PE				0.04 (- 1.36,1.44)	
0.29 (- 0.86,1.44)	-0.80 (- 1.99,0.38)	0.06 (- 1.10,1.22)	-0.08 (- 1.14,0.98)	-0.03 (- 1.26,1.20)	-0.34 (- 1.61,0.93)	-0.10 (- 1.49,1.30)	0.22 (- 0.95,1.38)	-0.12 (- 1.17,0.93)	0.26 (- 1.03,1.55)	0.20 (- 1.67,2.08)	0.13 (- 1.10,1.36)	GP care				
-0.12 (- 1.69,1.44)	-1.22 (- 2.82,0.38)	-0.35 (- 1.93,1.22)	-0.50 (- 2.00,1.01)	-0.45 (- 2.12,1.22)	-0.76 (- 2.42,0.90)	-0.51 (- 2.24,1.21)	-0.20 (- 1.56,1.16)	-0.54 (- 2.11,1.04)	-0.16 (- 1.84,1.52)	-0.21 (- 2.37,1.95)	-0.29 (- 1.91,1.34)	-0.42 (- 2.21,1.37)	Csl			
0.01 (- 0.92,0.95)	-1.08 (- 2.08,-0.09)	-0.22 (- 1.22,0.79)	-0.36 (- 1.34,0.63)	-0.31 (- 1.41,0.79)	-0.62 (- 1.71,0.46)	-0.38 (- 1.58,0.83)	-0.06 (- 1.03,0.90)	-0.40 (- 1.29,0.49)	-0.02 (- 1.02,0.98)	-0.08 (- 1.86,1.71)	-0.15 (- 1.20,0.89)	-0.28 (- 1.58,1.02)	0.14 (- 1.53,1.80)	BT		
0.23 (- 0.85,1.30)	-0.87 (- 2.03,0.29)	-0.00 (- 1.16,1.15)	-0.14 (- 1.35,1.06)	-0.09 (- 1.44,1.25)	-0.41 (- 1.62,0.80)	-0.16 (- 1.65,1.33)	0.15 (- 1.12,1.42)	-0.19 (- 1.44,1.06)	0.19 (- 1.15,1.54)	0.14 (- 1.73,2.01)	0.06 (- 0.99,1.12)	-0.07 (- 1.59,1.46)	0.35 (- 1.51,2.21)	0.21 (- 1.16,1.59)	Mind+PC	
0.91 (- 0.12,1.95)	-0.18 (- 1.30,0.94)	0.69 (- 0.48,1.85)	0.54 (- 0.69,1.78)	0.59 (- 0.76,1.95)	0.28 (- 0.76,1.32)	0.53 (- 0.99,2.04)	0.84 (- 0.45,2.13)	0.50 (- 0.76,1.77)	0.88 (- 0.52,2.28)	0.83 (- 1.05,2.71)	0.75 (- 0.48,1.99)	0.62 (- 0.92,2.17)	1.04 (- 0.84,2.92)	0.90 (- 0.49,2.30)	0.69 (- 0.80,2.18)	Csl+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.2 Physical function at post-intervention, only including studies using intention-to-treatment analysis

PC (reference)			0.87 (0.07,1.66)	0.13 (-1.20,1.45)		-0.17 (-1.48,1.14)		1.47 (0.91,2.03)	0.14 (-0.62,0.90)		0.92 (-0.43,2.27)		-0.18 (-1.49,1.13)	0.26 (-1.19,1.71)	
0.58 (-0.10,1.25)	CP	-0.74 (-2.23,0.74)				-0.21 (-0.97,0.55)			0.03 (-0.75,0.81)		-0.36 (-1.70,0.99)	-0.14 (-1.51,1.23)			
0.48 (-0.32,1.28)	-0.10 (-0.90,0.71)	No intervention		0.21 (-0.56,0.99)				0.04 (-1.30,1.38)					-0.02 (-1.43,1.38)		
0.87 (0.19,1.56)	0.30 (-0.64,1.24)	0.39 (-0.63,1.42)	PE+PC					0.39 (-0.98,1.77)							
0.65 (-0.07,1.36)	0.07 (-0.67,0.81)	0.17 (-0.48,0.81)	-0.23 (-1.19,0.74)	CBT	0.01 (-1.31,1.33)	-0.36 (-1.68,0.96)	-0.04 (-1.37,1.28)	-0.12 (-1.41,1.17)				-0.06 (-1.38,1.25)	-0.35 (-1.32,0.62)		
0.72 (-0.43,1.86)	0.14 (-0.98,1.27)	0.24 (-0.91,1.38)	-0.16 (-1.47,1.16)	0.07 (-0.92,1.06)	Mindfulness	-0.37 (-1.69,0.95)	-0.30 (-1.61,1.02)								
0.28 (-0.48,1.03)	-0.30 (-0.92,0.33)	-0.20 (-1.06,0.66)	-0.60 (-1.60,0.41)	-0.37 (-1.12,0.38)	-0.44 (-1.50,0.62)	Usual care							-0.01 (-1.33,1.32)		
0.51 (-0.71,1.74)	-0.06 (-1.29,1.16)	0.03 (-1.17,1.24)	-0.36 (-1.75,1.02)	-0.14 (-1.17,0.90)	-0.21 (-1.24,0.83)	0.23 (-0.96,1.43)	Advice								
1.29 (0.82,1.77)	0.72 (-0.02,1.46)	0.81 (0.01,1.62)	0.42 (-0.34,1.18)	0.65 (-0.10,1.39)	0.58 (-0.60,1.75)	1.02 (0.20,1.84)	0.78 (-0.46,2.03)	CBT+PC	-0.68 (-2.01,0.64)						
0.45 (-0.11,1.01)	-0.12 (-0.73,0.49)	-0.03 (-0.89,0.83)	-0.42 (-1.29,0.45)	-0.20 (-0.99,0.60)	-0.27 (-1.45,0.91)	0.17 (-0.60,0.95)	-0.06 (-1.33,1.20)	-0.84 (-1.50,-0.19)	CP+PC	-0.14 (-1.55,1.26)	-0.38 (-1.69,0.92)				
0.31 (-1.21,1.82)	-0.27 (-1.80,1.27)	-0.17 (-1.82,1.48)	-0.57 (-2.22,1.09)	-0.34 (-1.95,1.28)	-0.41 (-2.25,1.43)	0.03 (-1.58,1.64)	-0.20 (-2.09,1.69)	-0.99 (-2.54,0.57)	-0.14 (-1.55,1.26)	BT+PC					
0.37 (-0.41,1.14)	-0.21 (-1.03,0.61)	-0.11 (-1.14,0.91)	-0.51 (-1.53,0.52)	-0.28 (-1.25,0.68)	-0.35 (-1.66,0.95)	0.09 (-0.86,1.04)	-0.15 (-1.53,1.23)	-0.93 (-1.80,-0.06)	-0.09 (-0.87,0.70)	0.06 (-1.55,1.67)	PE			0.04 (-1.29,1.36)	
0.51 (-0.59,1.61)	-0.06 (-1.07,0.94)	0.03 (-1.09,1.15)	-0.36 (-1.64,0.92)	-0.13 (-1.13,0.86)	-0.20 (-1.56,1.15)	0.24 (-0.86,1.33)	0.00 (-1.41,1.42)	-0.78 (-1.91,0.35)	0.06 (-1.05,1.17)	0.20 (-1.59,2.00)	0.15 (-1.09,1.39)	GP care			
0.23 (-0.63,1.09)	-0.34 (-1.25,0.56)	-0.25 (-1.11,0.62)	-0.64 (-1.73,0.44)	-0.42 (-1.17,0.34)	-0.49 (-1.68,0.71)	-0.05 (-0.93,0.84)	-0.28 (-1.54,0.98)	-1.06 (-1.97,-0.15)	-0.22 (-1.16,0.72)	-0.08 (-1.77,1.61)	-0.13 (-1.22,0.95)	-0.28 (-1.47,0.91)	BT		
0.34 (-0.71,1.39)	-0.24 (-1.40,0.92)	-0.14 (-1.42,1.13)	-0.54 (-1.79,0.71)	-0.31 (-1.54,0.92)	-0.38 (-1.89,1.13)	0.06 (-1.17,1.29)	-0.17 (-1.75,1.40)	-0.96 (-2.09,0.18)	-0.11 (-1.23,1.00)	0.03 (-1.77,1.82)	-0.03 (-1.05,0.99)	-0.18 (-1.65,1.29)	0.11 (-1.22,1.43)	Mind+PC	
0.16 (-1.17,1.49)	-0.42 (-1.91,1.07)	-0.32 (-1.87,1.23)	-0.72 (-2.21,0.78)	-0.49 (-2.00,1.02)	-0.56 (-2.32,1.19)	-0.12 (-1.65,1.41)	-0.36 (-2.16,1.45)	-1.14 (-2.55,0.27)	-0.29 (-1.74,1.15)	-0.15 (-2.17,1.86)	-0.21 (-1.75,1.33)	-0.36 (-2.08,1.37)	-0.07 (-1.66,1.51)	-0.18 (-1.87,1.51)	Csl+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.3 Physical function at post-intervention, excluding studies published prior to year 1995

PC (reference)																			
1.09 (0.63,1.55)	CBT+PC																		
0.23 (- 0.31,0.76)	-0.86 (- 1.50,-0.22)	CP+PC																	
0.37 (- 0.31,1.04)	-0.72 (- 1.47,0.03)	0.14 (- 0.49,0.76)	CP																
0.26 (- 0.54,1.07)	-0.82 (- 1.64,-0.01)	0.04 (- 0.83,0.90)	-0.10 (- 0.93,0.72)	No intervention															
0.63 (0.08,1.19)	-0.46 (- 1.13,0.22)	0.40 (- 0.36,1.17)	0.27 (- 0.60,1.13)	0.37 (- 0.59,1.33)	PE+PC														
0.40 (- 0.71,1.50)	-0.69 (- 1.84,0.46)	0.17 (- 0.97,1.31)	0.03 (- 1.07,1.13)	0.13 (- 1.02,1.29)	-0.24 (- 1.47,1.00)	Mindfulness													
0.08 (- 0.68,0.85)	-1.01 (- 1.84,-0.17)	-0.15 (- 0.94,0.64)	-0.28 (- 0.93,0.36)	-0.18 (- 1.07,0.71)	-0.55 (- 1.49,0.39)	-0.32 (- 1.38,0.75)	Usual care												
0.42 (- 0.28,1.13)	-0.67 (- 1.41,0.08)	0.19 (- 0.59,0.97)	0.05 (- 0.69,0.80)	0.16 (- 0.51,0.82)	-0.21 (- 1.10,0.67)	0.02 (- 0.99,1.03)	0.34 (- 0.43,1.11)	CBT											
0.05 (- 0.96,1.06)	-1.04 (- 2.10,0.02)	-0.18 (- 1.23,0.87)	-0.32 (- 1.36,0.72)	-0.22 (- 1.30,0.87)	-0.59 (- 1.73,0.56)	-0.35 (- 1.37,0.67)	-0.03 (- 1.09,1.02)	-0.37 (- 1.30,0.55)	Advice										
0.09 (- 1.47,1.64)	-1.00 (- 2.59,0.59)	-0.14 (- 1.60,1.31)	-0.28 (- 1.87,1.30)	-0.18 (- 1.87,1.52)	-0.55 (- 2.19,1.10)	-0.31 (- 2.16,1.54)	0.00 (- 1.65,1.66)	-0.33 (- 1.99,1.32)	0.04 (- 1.76,1.83)	BT+PC									
0.16 (- 0.51,0.83)	-0.92 (- 1.70,-0.15)	-0.06 (- 0.78,0.66)	-0.20 (- 0.97,0.57)	-0.10 (- 1.05,0.84)	-0.47 (- 1.33,0.39)	-0.23 (- 1.39,0.92)	0.08 (- 0.80,0.97)	-0.26 (- 1.10,0.59)	0.12 (- 0.88,1.11)	0.08 (- 1.55,1.70)	PE								
0.29 (- 0.83,1.42)	-0.79 (- 1.96,0.37)	0.07 (- 1.07,1.21)	-0.07 (- 1.11,0.97)	0.03 (- 1.13,1.19)	-0.34 (- 1.59,0.91)	-0.10 (- 1.49,1.28)	0.21 (- 0.93,1.35)	-0.13 (- 1.16,0.90)	0.25 (- 1.08,1.57)	0.21 (- 1.64,2.06)	0.13 (- 1.08,1.34)	GP care							
-0.12 (- 1.66,1.42)	-1.21 (- 2.78,0.37)	-0.35 (- 1.90,1.20)	-0.49 (- 1.97,1.00)	-0.38 (- 1.99,1.22)	-0.75 (- 2.38,0.88)	-0.52 (- 2.22,1.19)	-0.20 (- 1.54,1.13)	-0.54 (- 2.08,1.00)	-0.17 (- 1.87,1.54)	-0.21 (- 2.33,1.92)	-0.28 (- 1.89,1.32)	-0.41 (- 2.17,1.34)	Csl						
0.06 (- 0.82,0.94)	-1.03 (- 1.96,-0.10)	-0.17 (- 1.12,0.78)	-0.31 (- 1.24,0.62)	-0.21 (- 1.11,0.69)	-0.58 (- 1.61,0.45)	-0.34 (- 1.55,0.87)	-0.03 (- 0.94,0.89)	-0.36 (- 1.15,0.42)	0.01 (- 1.14,1.16)	-0.03 (- 1.77,1.71)	-0.11 (- 1.13,0.91)	-0.24 (- 1.47,1.00)	0.18 (- 1.44,1.80)	BT					
0.23 (- 0.83,1.29)	-0.86 (- 2.00,0.28)	-0.00 (- 1.14,1.14)	-0.14 (- 1.33,1.05)	-0.04 (- 1.33,1.25)	-0.41 (- 1.60,0.79)	-0.17 (- 1.64,1.30)	0.15 (- 1.11,1.40)	-0.19 (- 1.42,1.03)	0.18 (- 1.19,1.55)	0.14 (- 1.71,1.99)	0.06 (- 0.98,1.10)	-0.07 (- 1.57,1.43)	0.35 (- 1.48,2.18)	0.17 (- 1.17,1.51)	Mind+PC				
0.91 (- 0.11,1.93)	-0.17 (- 1.28,0.93)	0.69 (- 0.46,1.84)	0.55 (- 0.67,1.77)	0.65 (- 0.64,1.94)	0.28 (- 0.74,1.30)	0.52 (- 0.99,2.02)	0.83 (- 0.44,2.10)	0.49 (- 0.74,1.73)	0.87 (- 0.57,2.30)	0.83 (- 1.03,2.68)	0.75 (- 0.47,1.97)	0.62 (- 0.90,2.14)	1.03 (- 0.81,2.88)	0.86 (- 0.49,2.20)	0.69 (- 0.78,2.16)	Csl+PC			

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.4 Physical function at post-intervention, excluding studies published prior to year 2000

PC (reference)	1.26 (0.72,1.81)	-0.14 (- 0.96,0.67)			0.78 (0.14,1.42)	0.13 (- 1.29,1.54)		-0.17 (- 1.57,1.23)			0.20 (- 0.85,1.24)			-0.18 (- 1.57,1.22)	0.26 (- 1.26,1.77)	0.16 (- 1.21,1.53)
1.09 (0.62,1.56)	CBT+PC	-0.68 (- 2.08,0.71)		-0.04 (- 1.46,1.38)	-0.39 (- 1.84,1.05)	0.12 (- 1.26,1.49)										
0.22 (- 0.37,0.81)	-0.87 (- 1.55,-0.19)	CP+PC	-0.03 (- 0.85,0.79)								-0.14 (- 1.62,1.34)	-0.38 (- 1.76,1.00)				
0.36 (- 0.34,1.06)	-0.73 (- 1.50,0.04)	0.14 (- 0.50,0.79)	CP	-0.74 (- 2.30,0.81)				-0.21 (- 1.01,0.60)			-0.36 (- 1.78,1.07)	-0.14 (- 1.58,1.30)				
0.26 (- 0.56,1.08)	-0.83 (- 1.66,0.00)	0.04 (- 0.85,0.94)	-0.10 (- 0.94,0.74)	No intervention			0.21 (- 0.60,1.03)							-0.02 (- 1.50,1.46)		
0.63 (0.07,1.20)	-0.46 (- 1.14,0.23)	0.42 (- 0.39,1.22)	0.27 (- 0.62,1.16)	0.37 (- 0.61,1.35)	PE+PC											1.06 (- 0.33,2.44)
0.42 (- 0.30,1.14)	-0.67 (- 1.43,0.09)	0.20 (- 0.61,1.01)	0.06 (- 0.70,0.82)	0.16 (- 0.52,0.83)	-0.22 (- 1.12,0.69)	CBT	0.01 (- 1.39,1.40)	-0.36 (- 1.75,1.03)	-0.04 (- 1.43,1.34)				-0.06 (- 1.45,1.33)	-0.35 (- 1.37,0.67)		
0.39 (- 0.74,1.52)	-0.69 (- 1.86,0.47)	0.18 (- 1.00,1.35)	0.03 (- 1.09,1.16)	0.13 (- 1.04,1.31)	-0.24 (- 1.49,1.02)	0.13 (- 1.05,1.00)	Mindfulness	-0.02 (- 1.76,1.03)	-0.37 (- 1.68,1.09)							
0.08 (- 0.71,0.86)	-1.01 (- 1.86,-0.16)	-0.14 (- 0.95,0.67)	-0.28 (- 0.94,0.37)	-0.18 (- 1.09,0.72)	-0.56 (- 1.51,0.40)	-0.34 (- 1.12,0.44)	-0.32 (- 1.40,0.77)	Usual care						-0.20 (- 1.56,1.16)	-0.01 (- 1.41,1.40)	
0.04 (- 0.99,1.07)	-1.04 (- 2.12,0.03)	-0.17 (- 1.25,0.91)	-0.32 (- 1.38,0.74)	-0.22 (- 1.32,0.88)	-0.59 (- 1.75,0.58)	-0.37 (- 1.32,0.57)	-0.35 (- 1.39,0.69)			Advice		0.55 (- 0.91,2.00)				
0.07 (- 1.52,1.67)	-1.01 (- 2.64,0.61)	-0.14 (- 1.62,1.34)	-0.29 (- 1.90,1.33)	-0.19 (- 1.91,1.54)	-0.56 (- 2.24,1.13)	-0.34 (- 2.03,1.34)	-0.32 (- 2.20,1.57)	-0.00 (- 1.69,1.68)	0.03 (- 1.80,1.86)	BT+PC						
0.16 (- 0.53,0.84)	-0.93 (- 1.72,-0.14)	-0.06 (- 0.80,0.69)	-0.20 (- 0.99,0.58)	-0.10 (- 1.06,0.86)	-0.47 (- 1.35,0.41)	-0.26 (- 1.12,0.60)	-0.23 (- 1.41,0.94)	0.08 (- 0.82,0.98)	0.12 (- 0.90,1.13)	0.08 (- 1.57,1.74)	PE				0.04 (- 1.36,1.44)	
0.29 (- 0.86,1.44)	-0.80 (- 1.98,0.39)	0.07 (- 1.09,1.24)	-0.07 (- 1.13,0.99)	0.03 (- 1.16,1.21)	-0.34 (- 1.62,0.93)	-0.13 (- 1.18,0.92)	-0.10 (- 1.51,1.30)	0.21 (- 0.95,1.37)	0.25 (- 1.10,1.60)	0.21 (- 1.67,2.10)	0.13 (- 1.10,1.36)	GP care				
-0.12 (- 1.69,1.45)	-1.21 (- 2.82,0.39)	-0.34 (- 1.93,1.24)	-0.48 (- 1.99,1.03)	-0.39 (- 2.02,1.25)	-0.76 (- 2.42,0.91)	-0.54 (- 2.11,1.03)	-0.52 (- 2.26,1.22)	-0.20 (- 1.56,1.16)	-0.17 (- 1.90,1.57)	-0.20 (- 2.37,1.97)	-0.28 (- 1.91,1.35)	-0.41 (- 2.20,1.38)	Csl			
0.05 (- 0.84,0.95)	-1.03 (- 1.98,-0.09)	-0.16 (- 1.14,0.82)	-0.31 (- 1.25,0.64)	-0.21 (- 1.12,0.70)	-0.58 (- 1.63,0.47)	-0.36 (- 1.16,0.43)	-0.34 (- 1.57,0.89)	-0.02 (- 0.96,0.91)	0.01 (- 1.16,1.18)	-0.02 (- 1.80,1.75)	-0.11 (- 1.14,0.93)	-0.24 (- 1.49,1.02)	0.18 (- 1.47,1.83)	BT		
0.22 (- 0.85,1.30)	-0.86 (- 2.02,0.30)	0.01 (- 1.16,1.18)	-0.14 (- 1.35,1.07)	-0.04 (- 1.35,1.27)	-0.41 (- 1.62,0.81)	-0.19 (- 1.44,1.05)	-0.17 (- 1.66,1.33)	0.15 (- 1.13,1.42)	0.18 (- 1.21,1.58)	0.15 (- 1.73,2.04)	0.07 (- 0.99,1.12)	-0.06 (- 1.59,1.46)	0.35 (- 1.52,2.21)	0.17 (- 1.19,1.53)	Mind+PC	
0.91 (- 0.12,1.95)	-0.17 (- 1.30,0.95)	0.70 (- 0.49,1.89)	0.55 (- 0.69,1.80)	0.65 (- 0.66,1.97)	0.28 (- 0.76,1.32)	0.50 (- 0.76,1.76)	0.52 (- 1.01,2.05)	0.84 (- 0.46,2.13)	0.87 (- 0.59,2.33)	0.84 (- 1.06,2.74)	0.75 (- 0.49,2.00)	0.62 (- 0.92,2.17)	1.04 (- 0.84,2.92)	0.86 (- 0.51,2.23)	0.69 (- 0.81,2.18)	Csl+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.5 Physical function at post-intervention, excluding studies published prior to year 2005

PC (reference)																		
1.10 (0.62,1.58)	CBT+PC																	
0.21 (- 0.38,0.81)	-0.89 (- 1.57,-0.20)	CP+PC																
0.38 (- 0.33,1.08)	-0.72 (- 1.50,0.05)	0.17 (- 0.48,0.81)	CP															
0.32 (- 0.52,1.16)	-0.78 (- 1.62,0.07)	0.11 (- 0.80,1.02)	-0.06 (- 0.91,0.80)	No intervention														
0.63 (0.07,1.20)	-0.47 (- 1.16,0.23)	0.42 (- 0.39,1.23)	0.26 (- 0.64,1.15)	0.31 (- 0.68,1.31)	PE+PC													
0.57 (- 0.64,1.79)	-0.53 (- 1.77,0.72)	0.36 (- 0.90,1.62)	0.20 (- 1.00,1.39)	0.25 (- 0.97,1.47)	-0.06 (- 1.39,1.27)	Mindfulness												
0.13 (- 0.67,0.92)	-0.97 (- 1.84,-0.11)	-0.09 (- 0.92,0.74)	-0.25 (- 0.92,0.41)	-0.20 (- 1.11,0.72)	-0.51 (- 1.48,0.46)	-0.45 (- 1.58,0.69)	Usual care											
0.51 (- 0.25,1.26)	-0.59 (- 1.38,0.19)	0.29 (- 0.55,1.14)	0.13 (- 0.65,0.91)	0.19 (- 0.50,0.87)	-0.13 (- 1.06,0.80)	-0.07 (- 1.12,0.99)	0.38 (- 0.41,1.18)	CBT										
0.37 (- 0.93,1.67)	-0.73 (- 2.05,0.59)	0.16 (- 1.19,1.51)	-0.01 (- 1.31,1.29)	0.05 (- 1.23,1.33)	-0.26 (- 1.68,1.15)	-0.20 (- 1.31,0.90)	0.24 (- 1.03,1.52)	-0.14 (- 1.24,0.97)	Advice									
0.07 (- 1.53,1.67)	-1.03 (- 2.67,0.61)	-0.14 (- 1.63,1.34)	-0.31 (- 1.93,1.31)	-0.25 (- 1.99,1.49)	-0.56 (- 2.26,1.13)	-0.50 (- 2.45,1.45)	-0.05 (- 1.76,1.65)	-0.44 (- 2.15,1.27)	-0.30 (- 2.31,1.71)	BT+PC								
0.07 (- 0.65,0.79)	-1.03 (- 1.86,-0.20)	-0.14 (- 0.92,0.64)	-0.31 (- 1.14,0.52)	-0.25 (- 1.28,0.78)	-0.56 (- 1.48,0.35)	-0.50 (- 1.85,0.85)	-0.05 (- 1.02,0.91)	-0.44 (- 1.41,0.53)	-0.30 (- 1.73,1.13)	0.00 (- 1.68,1.68)	PE							
0.34 (- 0.82,1.51)	-0.76 (- 1.95,0.44)	0.13 (- 1.05,1.32)	-0.03 (- 1.10,1.04)	0.02 (- 1.17,1.22)	-0.29 (- 1.58,1.00)	-0.23 (- 1.68,1.22)	0.22 (- 0.95,1.39)	-0.16 (- 1.22,0.90)	-0.03 (- 1.53,1.48)	0.27 (- 1.63,2.17)	0.27 (- 1.01,1.56)	GP care						
-0.08 (- 1.66,1.51)	-1.18 (- 2.79,0.44)	-0.29 (- 1.89,1.31)	-0.45 (- 1.98,1.07)	-0.40 (- 2.04,1.25)	-0.71 (- 2.39,0.97)	-0.65 (- 2.43,1.13)	-0.20 (- 1.57,1.17)	-0.58 (- 2.17,1.00)	-0.45 (- 2.32,1.43)	-0.15 (- 2.33,2.04)	-0.15 (- 1.82,1.53)	-0.42 (- 2.22,1.38)	Csl					
0.11 (- 0.80,1.03)	-0.99 (- 1.95,-0.03)	-0.10 (- 1.10,0.90)	-0.26 (- 1.22,0.69)	-0.21 (- 1.13,0.71)	-0.52 (- 1.59,0.54)	-0.46 (- 1.73,0.81)	-0.01 (- 0.95,0.93)	-0.39 (- 1.20,0.41)	-0.26 (- 1.60,1.08)	0.04 (- 1.75,1.83)	0.04 (- 1.06,1.14)	-0.23 (- 1.50,1.03)	0.19 (- 1.47,1.85)	BT				
0.18 (- 0.91,1.27)	-0.92 (- 2.10,0.25)	-0.04 (- 1.22,1.15)	-0.20 (- 1.43,1.03)	-0.14 (- 1.49,1.20)	-0.46 (- 1.68,0.77)	-0.40 (- 2.00,1.21)	0.05 (- 1.25,1.36)	-0.33 (- 1.62,0.96)	-0.19 (- 1.86,1.48)	0.11 (- 1.79,2.01)	0.11 (- 0.96,1.18)	-0.17 (- 1.72,1.39)	0.25 (- 1.64,2.14)	0.06 (- 1.33,1.46)	Mind+PC			
0.92 (- 0.13,1.96)	-0.18 (- 1.32,0.95)	0.70 (- 0.50,1.90)	0.54 (- 0.72,1.79)	0.59 (- 0.74,1.93)	0.28 (- 0.76,1.33)	0.34 (- 1.26,1.94)	0.79 (- 0.52,2.10)	0.41 (- 0.88,1.69)	0.55 (- 1.12,2.21)	0.84 (- 1.06,2.75)	0.84 (- 0.42,2.11)	0.57 (- 0.99,2.13)	0.99 (- 0.90,2.89)	0.80 (- 0.58,2.19)	0.74 (- 0.77,2.25)	Csl+PC		

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.6 Physical function at post-intervention, excluding studies of patients with leg pain

PC (reference)	0.62 (0.21,1.04)	-0.14 (- 0.67,0.40)										0.24 (- 0.43,0.91)					-0.18 (- 1.02,0.67)	
0.56 (0.21,0.91)	CBT+PC	-0.68 (- 1.51,0.15)		-0.04 (- 0.94,0.86)														
0.05 (- 0.33,0.44)	-0.51 (- 0.96,-0.05)	CP+PC	0.02 (- 0.63,0.67)									-0.14 (- 1.12,0.84)	-0.38 (- 1.16,0.40)					
0.21 (- 0.27,0.70)	-0.35 (- 0.89,0.20)	0.16 (- 0.30,0.62)	CP	-0.74 (- 1.84,0.35)									-0.36 (- 1.23,0.52)	-0.14 (- 1.06,0.78)				
-0.02 (- 0.61,0.57)	-0.58 (- 1.18,0.02)	-0.07 (- 0.69,0.55)	-0.23 (- 0.80,0.34)	No intervention														-0.02 (- 1.00,0.95)
0.92 (0.47,1.37)	0.36 (- 0.22,0.93)	0.86 (0.27,1.46)	0.70 (0.04,1.37)	0.94 (0.19,1.68)	PE+PC													
0.20 (- 0.52,0.92)	-0.36 (- 1.12,0.40)	0.15 (- 0.59,0.89)	-0.01 (- 0.69,0.67)	0.22 (- 0.51,0.95)	-0.72 (- 1.57,0.13)	Mindfulness	-0.37 (- 1.20,0.46)	-0.01 (- 0.84,0.83)	-0.30 (- 1.12,0.53)									
-0.08 (- 0.59,0.44)	-0.64 (- 1.22,-0.06)	-0.13 (- 0.66,0.40)	-0.29 (- 0.69,0.11)	-0.06 (- 0.65,0.53)	-0.99 (- 1.68,-0.31)	-0.28 (- 0.92,0.36)	Usual care	0.36 (- 0.47,1.19)									-0.20 (- 1.00,0.59)	-0.01 (- 0.85,0.84)
0.16 (- 0.42,0.74)	-0.40 (- 1.02,0.22)	0.11 (- 0.50,0.71)	-0.05 (- 0.58,0.48)	0.18 (- 0.33,0.68)	-0.76 (- 1.49,-0.02)	-0.04 (- 0.66,0.57)	0.24 (- 0.28,0.75)	CBT	-0.04 (- 0.86,0.78)					-0.06 (- 0.89,0.77)				-0.37 (- 1.31,0.57)
-0.13 (- 0.77,0.51)	-0.69 (- 1.38,-0.00)	-0.18 (- 0.84,0.48)	-0.34 (- 0.96,0.28)	-0.11 (- 0.78,0.56)	-1.05 (- 1.83,-0.26)	-0.33 (- 0.93,0.27)	-0.05 (- 0.67,0.56)	-0.29 (- 0.83,0.26)	Advice					0.55 (- 0.39,1.48)				0.00 (- 1.15,1.15)
-0.09 (- 1.14,0.97)	-0.65 (- 1.73,0.43)	-0.14 (- 1.12,0.84)	-0.30 (- 1.39,0.78)	-0.07 (- 1.23,1.09)	-1.01 (- 2.15,0.14)	-0.29 (- 1.52,0.94)	-0.01 (- 1.13,1.11)	-0.25 (- 1.40,0.91)	0.04 (- 1.15,1.22)	BT+PC								
0.05 (- 0.42,0.51)	-0.51 (- 1.06,0.03)	-0.01 (- 0.49,0.48)	-0.17 (- 0.68,0.35)	0.07 (- 0.59,0.72)	-0.87 (- 1.52,-0.22)	-0.15 (- 0.89,0.58)	0.12 (- 0.44,0.69)	-0.11 (- 0.73,0.50)	0.18 (- 0.45,0.80)	0.14 (- 0.96,1.23)	PE							0.04 (- 0.78,0.86)
0.08 (- 0.68,0.84)	-0.48 (- 1.27,0.32)	0.03 (- 0.73,0.80)	-0.13 (- 0.79,0.54)	0.10 (- 0.65,0.86)	-0.83 (- 1.72,0.05)	-0.12 (- 0.95,0.72)	0.16 (- 0.55,0.87)	-0.07 (- 0.72,0.57)	0.21 (- 0.58,1.00)	0.17 (- 1.07,1.42)	0.04 (- 0.74,0.82)	GP care						
-0.28 (- 1.23,0.67)	-0.84 (- 1.82,0.14)	-0.33 (- 1.29,0.63)	-0.49 (- 1.38,0.40)	-0.26 (- 1.25,0.73)	-1.20 (- 2.25,-0.15)	-0.48 (- 1.50,0.54)	-0.20 (- 1.00,0.59)	-0.44 (- 1.39,0.51)	-0.15 (- 1.15,0.85)	-0.19 (- 1.56,1.18)	-0.33 (- 1.30,0.65)	-0.36 (- 1.43,0.70)	Csl					
-0.13 (- 0.73,0.47)	-0.69 (- 1.34,-0.04)	-0.18 (- 0.83,0.46)	-0.34 (- 0.95,0.27)	-0.11 (- 0.74,0.52)	-1.05 (- 1.80,-0.30)	-0.33 (- 1.07,0.41)	-0.05 (- 0.64,0.53)	-0.29 (- 0.87,0.29)	-0.00 (- 0.65,0.64)	-0.04 (- 1.22,1.13)	-0.18 (- 0.84,0.49)	-0.21 (- 1.01,0.58)	0.15 (- 0.84,1.13)	BT				
0.09 (- 0.86,1.03)	-0.48 (- 1.46,0.51)	0.03 (- 0.92,0.98)	-0.13 (- 1.09,0.84)	0.10 (- 0.94,1.15)	-0.83 (- 1.87,0.21)	-0.12 (- 1.21,0.98)	0.16 (- 0.83,1.16)	-0.07 (- 1.10,0.95)	0.21 (- 0.82,1.25)	0.17 (- 1.19,1.54)	0.04 (- 0.78,0.86)	0.00 (- 1.13,1.13)	0.36 (- 0.91,1.64)	0.22 (- 0.84,1.27)	Mind+PC			
0.16 (- 0.71,1.02)	-0.40 (- 1.34,0.53)	0.10 (- 0.85,1.05)	-0.06 (- 1.05,0.94)	0.18 (- 0.88,1.23)	-0.76 (- 1.74,0.22)	-0.04 (- 1.17,1.08)	0.23 (- 0.78,1.25)	-0.00 (- 1.05,1.04)	0.29 (- 0.79,1.37)	0.25 (- 1.12,1.61)	0.11 (- 0.88,1.09)	0.07 (- 1.08,1.23)	0.44 (- 0.85,1.72)	0.29 (- 0.77,1.34)	0.07 (- 1.21,1.35)	Csl+PC		

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Supplementary Table 14.7 Physical function at mid-term treatment sustainability, excluding studies involving data imputed from median and interquartile ranges

PC (reference)														
0.37 (0.14,0.60)	CBT+PC													
0.21 (- 0.24,0.65)	-0.17 (- 0.60,0.26)	Mindfulness												
-0.12 (- 0.52,0.27)	-0.50 (- 0.89,-0.10)	-0.33 (- 0.72,0.07)	Usual care											
0.19 (- 0.16,0.54)	-0.18 (- 0.52,0.16)	-0.01 (- 0.37,0.35)	0.31 (- 0.02,0.65)	CBT										
0.11 (- 0.30,0.51)	-0.27 (- 0.64,0.10)	-0.10 (- 0.46,0.26)	0.23 (- 0.19,0.64)	-0.09 (- 0.42,0.25)	Advice									
0.42 (0.15,0.68)	0.04 (- 0.24,0.33)	0.21 (- 0.23,0.66)	0.54 (0.17,0.90)	0.22 (- 0.13,0.58)	0.31 (- 0.10,0.73)	CP+PC								
0.37 (- 0.04,0.79)	-0.00 (- 0.45,0.45)	0.17 (- 0.40,0.74)	0.49 (- 0.02,1.01)	0.18 (- 0.32,0.68)	0.27 (- 0.27,0.81)	-0.04 (- 0.43,0.34)	PE							
-0.02 (- 0.42,0.38)	-0.39 (- 0.85,0.07)	-0.22 (- 0.82,0.37)	0.10 (- 0.46,0.67)	-0.21 (- 0.74,0.32)	-0.12 (- 0.69,0.44)	-0.44 (- 0.92,0.04)	-0.39 (- 0.97,0.19)	Mind+PC						
0.18 (- 0.18,0.54)	-0.19 (- 0.55,0.17)	-0.02 (- 0.44,0.39)	0.30 (0.05,0.56)	-0.01 (- 0.34,0.32)	0.08 (- 0.33,0.49)	-0.24 (- 0.54,0.07)	-0.19 (- 0.67,0.29)	0.20 (- 0.34,0.74)	CP					
-0.13 (- 0.55,0.29)	-0.50 (- 0.92,-0.08)	-0.33 (- 0.79,0.12)	-0.01 (- 0.37,0.36)	-0.32 (- 0.67,0.03)	-0.23 (- 0.68,0.22)	-0.54 (-0.94,- 0.15)	-0.50 (- 1.04,0.04)	-0.11 (- 0.69,0.47)	-0.31 (- 0.61,-0.01)	GP care				
0.16 (- 0.57,0.88)	-0.21 (- 0.93,0.51)	-0.05 (- 0.78,0.68)	0.28 (- 0.44,1.00)	-0.03 (- 0.67,0.60)	0.05 (- 0.66,0.77)	-0.26 (- 0.99,0.47)	-0.21 (- 1.02,0.59)	0.18 (- 0.65,1.01)	-0.02 (- 0.74,0.69)	0.29 (- 0.44,1.01)	Csl			
-0.06 (- 0.61,0.49)	-0.43 (- 0.97,0.11)	-0.26 (- 0.82,0.30)	0.06 (- 0.48,0.61)	-0.25 (- 0.68,0.18)	-0.16 (- 0.70,0.38)	-0.47 (- 1.03,0.08)	-0.43 (- 1.09,0.23)	-0.04 (- 0.72,0.64)	-0.24 (- 0.78,0.30)	0.07 (- 0.48,0.62)	-0.22 (- 0.69,0.26)	No intervention		
-0.18 (- 0.85,0.50)	-0.55 (- 1.22,0.12)	-0.38 (- 1.07,0.30)	-0.05 (- 0.73,0.62)	-0.37 (- 0.95,0.21)	-0.28 (- 0.95,0.39)	-0.59 (- 1.28,0.09)	-0.55 (- 1.32,0.22)	-0.16 (- 0.95,0.63)	-0.36 (- 1.03,0.31)	-0.05 (- 0.73,0.63)	-0.33 (- 1.20,0.53)	-0.12 (- 0.84,0.60)	BT	
0.68 (- 0.03,1.39)	0.31 (- 0.42,1.04)	0.47 (- 0.34,1.28)	0.80 (0.03,1.58)	0.49 (- 0.28,1.25)	0.57 (- 0.22,1.37)	0.26 (- 0.43,0.96)	0.31 (- 0.27,0.88)	0.70 (- 0.12,1.52)	0.50 (- 0.25,1.25)	0.81 (0.02,1.59)	0.52 (- 0.47,1.51)	0.74 (- 0.14,1.61)	0.86 (- 0.11,1.82)	PE+PC

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Supplementary Table 14.8 Physical function at short-term treatment sustainability, removing portions of the evidence in the network to address inconsistency

PC (reference)				0.14 (- 0.20,0.49)	0.14 (- 0.20,0.47)				-0.02(- 0.49,0.46)		-0.11 (- 0.58,0.36)	
0.85 (0.56,1.15)	PE+PC											
-0.00 (- 0.48,0.48)	-0.86 (- 1.42,-0.30)	Advice	-0.01 (- 0.47,0.45)		0.33 (- 0.18,0.83)							
0.00 (- 0.51,0.52)	-0.85 (- 1.44,-0.26)	0.00 (- 0.39,0.39)	CBT					-0.27 (- 0.68,0.14)				
0.07 (- 0.20,0.34)	-0.78 (- 1.18,-0.39)	0.07 (- 0.41,0.55)	0.07 (- 0.44,0.58)	CP+PC	0.46 (0.08,0.85)			-0.13 (- 0.60,0.35)				-0.26 (- 0.70,0.17)
0.31 (0.01,0.61)	-0.54 (- 0.96,-0.13)	0.31 (- 0.11,0.73)	0.31 (- 0.18,0.80)	0.24 (- 0.07,0.55)	CBT+PC							
0.20 (- 0.22,0.62)	-0.66 (- 1.17,-0.14)	0.20 (- 0.44,0.84)	0.20 (- 0.47,0.86)	0.13 (- 0.37,0.62)	-0.11 (- 0.63,0.40)	Mind+PC						
0.02 (- 0.32,0.36)	-0.84 (- 1.28,-0.39)	0.02 (- 0.47,0.51)	0.02 (- 0.46,0.50)	-0.05 (- 0.35,0.25)	-0.29 (- 0.67,0.09)	-0.18 (- 0.71,0.36)	CP	-0.26 (- 0.78,0.26)	-0.19 (- 0.45,0.07)	-0.12 (- 0.43,0.18)		-0.16 (- 0.70,0.39)
-0.26 (- 0.75,0.24)	-1.11 (- 1.69,-0.54)	-0.26 (- 0.72,0.21)	-0.26 (- 0.60,0.09)	-0.33 (- 0.81,0.15)	-0.57 (- 1.06,-0.08)	-0.45 (- 1.10,0.19)	-0.28 (- 0.70,0.15)	No intervention				
-0.14 (- 0.48,0.20)	-0.99 (- 1.44,-0.54)	-0.14 (- 0.65,0.38)	-0.14 (- 0.66,0.38)	-0.21 (- 0.55,0.13)	-0.45 (- 0.85,-0.05)	-0.33 (- 0.87,0.21)	-0.16 (- 0.39,0.08)	0.12 (- 0.35,0.60)	Usual care			-0.10 (- 0.57,0.38)
-0.10 (- 0.56,0.35)	-0.96 (- 1.50,-0.42)	-0.10 (- 0.67,0.47)	-0.10 (- 0.67,0.47)	-0.17 (- 0.60,0.26)	-0.41 (- 0.90,0.07)	-0.30 (- 0.92,0.32)	-0.12 (- 0.43,0.18)	0.16 (- 0.37,0.68)	0.03 (- 0.35,0.42)	GP care		
-0.17 (- 0.60,0.26)	-1.03 (- 1.55,-0.51)	-0.17 (- 0.78,0.44)	-0.17 (- 0.80,0.45)	-0.24 (- 0.71,0.23)	-0.48 (- 0.98,0.02)	-0.37 (- 0.97,0.23)	-0.19 (- 0.65,0.27)	0.09 (- 0.51,0.69)	-0.04 (- 0.46,0.39)	-0.07 (- 0.62,0.48)	BT	
-0.17 (- 0.58,0.24)	-1.02 (- 1.53,-0.52)	-0.17 (- 0.73,0.39)	-0.17 (- 0.74,0.40)	-0.24 (- 0.58,0.10)	-0.48 (- 0.92,-0.04)	-0.37 (- 0.95,0.22)	-0.19 (- 0.56,0.18)	0.09 (- 0.45,0.63)	-0.03 (- 0.45,0.38)	-0.07 (- 0.55,0.41)	0.00 (- 0.54,0.55)	PE

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, PC: physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Final results of global test for inconsistency: $\chi^2 = 1.92$, $p = 0.75$. No local inconsistency was detected in the side-splitting approach.

Justification:

Although we used standardised mean differences to estimate treatment effects, for physical function at short-term treatment sustainability, we examined transitivity across studies included in the analysis. We explored whether the use of different measurement scales in sides demonstrating $p < 0.05$ from the side-splitting approach contributed to inconsistency within the network.

We examined the impact on global inconsistency tests after excluding Christiansen et al. (2010)[13] and Friedrich et al. (1998 and 2005).[18, 19] These studies contributed to sides 02 05, 02 07, 01 02 and 01 05, and utilised the Hannover ADL Questionnaire and Low Back Outcome Scale, respectively. For these measurement tools, higher scores corresponded with higher physical function/less disability. Therefore, to include them in the primary analysis, we had previously reversed the signal of the scores, since most studies utilised the Roland Morris Disability Questionnaire and Oswestry Disability questionnaire (where higher scores corresponded with worse disability/lower physical function). Removal of these studies resulted in a reduction in global inconsistency ($\chi^2 = 10.86$, $p = 0.05$); although, local inconsistency persisted in the side 02 07 (i.e., physiotherapy care compared with pain education).

We subsequently visually inspected possible causes of intransitivity of studies contributing to the side 02 07. We examined the impact of further excluding Gardner et al. (2019)[23] from the analysis, as the study authors assessed physical function using the Quebec Back Pain Disability Scale, whilst study authors of the other studies contributing directly to side 02 07 utilised the Roland Morris Disability Questionnaire. After further removing Gardner et al. (2019),[23] global inconsistency ($\chi^2 = 1.92$, $p = 0.75$) and local inconsistency were removed entirely.

As seen, statistically significant findings for comparisons with physiotherapy care remain similar to our primary analysis. Notably, the effect estimates for pain education delivered with physiotherapy care, compared with physiotherapy care, increased to a large and clinically important effect. On the other hand, effect estimates for cognitive behavioural therapy delivered with physiotherapy care, compared with physiotherapy care, reduced to a small and non-clinically important effect.

Supplementary Table 14.9. Physical function at mid-term treatment sustainability, removing portions of the evidence in the network to address inconsistency

PC (reference)	0.23 (0.06,0.41)	0.11 (- 0.30,0.52)				0.39 (0.10,0.68)								
0.25 (0.09,0.41)	CBT+PC	0.23 (- 0.13,0.59)			-0.37 (- 0.73,0.00)									
0.13 (- 0.11,0.37)	-0.12 (- 0.36,0.13)	CBT	-0.01 (- 0.32,0.30)	-0.30 (- 0.62,0.01)	0.03 (- 0.27,0.34)				-0.26 (- 0.57,0.05)		-0.25 (- 0.46,-0.04)	-0.37 (- 0.82,0.08)		
0.15 (- 0.15,0.44)	-0.10 (- 0.39,0.19)	0.02 (- 0.21,0.24)	Mindfulness	-0.29 (- 0.61,0.02)	-0.14 (- 0.43,0.16)									
-0.15 (- 0.43,0.12)	-0.40 (- 0.68,-0.12)	-0.29 (- 0.50,-0.07)	-0.30 (- 0.55,-0.05)	Usual care				0.30 (0.12,0.49)						
0.03 (- 0.24,0.31)	-0.21 (- 0.47,0.04)	-0.10 (- 0.31,0.12)	-0.11 (- 0.33,0.10)	0.19 (- 0.08,0.46)	Advice									
0.41 (0.18,0.64)	0.17 (- 0.10,0.43)	0.28 (0.02,0.54)	0.27 (- 0.04,0.57)	0.57 (0.32,0.82)	0.38 (0.08,0.68)	CP+PC			-0.29 (- 0.53,-0.04)				-0.33 (- 0.59,-0.07)	
0.02 (- 0.25,0.28)	-0.23 (- 0.54,0.07)	-0.11 (- 0.47,0.25)	-0.13 (- 0.52,0.26)	0.17 (- 0.21,0.55)	-0.02 (- 0.39,0.36)	-0.40 (- 0.75,-0.05)	Mind+PC							
0.15 (- 0.11,0.40)	-0.10 (- 0.37,0.17)	0.02 (- 0.20,0.23)	-0.00 (- 0.27,0.26)	0.30 (0.14,0.46)	0.11 (- 0.16,0.39)	-0.27 (- 0.47,-0.06)	0.13 (- 0.24,0.50)	CP	-0.33 (- 0.56,-0.11)					
-0.17 (- 0.45,0.12)	-0.41 (- 0.71,-0.12)	-0.30 (- 0.52,-0.07)	-0.31 (- 0.60,-0.03)	-0.01 (- 0.24,0.22)	-0.20 (- 0.49,0.09)	-0.58 (- 0.85,-0.31)	-0.18 (- 0.57,0.21)	-0.31 (- 0.50,-0.12)	GP care					
0.10 (- 0.34,0.53)	-0.15 (- 0.59,0.28)	-0.03 (- 0.39,0.33)	-0.05 (- 0.48,0.37)	0.25 (- 0.17,0.67)	0.06 (- 0.36,0.48)	-0.32 (- 0.76,0.13)	0.08 (- 0.43,0.59)	-0.05 (- 0.47,0.37)	0.26 (- 0.16,0.68)	Csl		-0.22 (- 0.51,0.08)		
-0.12 (- 0.44,0.20)	-0.37 (- 0.69,-0.05)	-0.25 (- 0.46,-0.04)	-0.27 (- 0.57,0.04)	0.03 (- 0.27,0.34)	-0.15 (- 0.45,0.15)	-0.53 (- 0.87,-0.20)	-0.14 (- 0.55,0.28)	-0.27 (- 0.57,0.03)	0.05 (- 0.26,0.35)	-0.22 (- 0.51,0.08)	No intervention			
-0.24 (- 0.75,0.27)	-0.49 (- 1.00,0.03)	-0.37 (- 0.82,0.08)	-0.39 (- 0.89,0.12)	-0.08 (- 0.58,0.42)	-0.27 (- 0.77,0.23)	-0.65 (- 1.17,-0.13)	-0.26 (- 0.83,0.32)	-0.39 (- 0.89,0.11)	-0.07 (- 0.57,0.43)	-0.33 (- 0.91,0.24)	-0.12 (- 0.61,0.38)	BT		
0.08 (- 0.27,0.43)	-0.17 (- 0.54,0.20)	-0.05 (- 0.42,0.32)	-0.07 (- 0.47,0.33)	0.24 (- 0.12,0.60)	0.05 (- 0.35,0.45)	-0.33 (- 0.59,-0.07)	0.06 (- 0.37,0.50)	-0.07 (- 0.40,0.27)	0.25 (- 0.12,0.62)	-0.01 (- 0.53,0.50)	0.20 (- 0.22,0.63)	0.32 (- 0.26,0.90)	PE	0.31 (- 0.13,0.75)
0.39 (- 0.17,0.95)	0.14 (- 0.43,0.72)	0.26 (- 0.32,0.83)	0.24 (- 0.35,0.84)	0.54 (- 0.03,1.11)	0.36 (- 0.24,0.95)	-0.02 (- 0.54,0.49)	0.37 (- 0.25,0.99)	0.24 (- 0.31,0.79)	0.55 (- 0.02,1.13)	0.29 (- 0.38,0.97)	0.51 (- 0.10,1.12)	0.63 (- 0.10,1.36)	0.31 (- 0.13,0.75)	PE+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Final results of global test for inconsistency: $\chi^2 = 6.88$, $p = 0.22$. No local inconsistency was detected in the side-splitting approach.

Justification:

To maintain consistency with the sensitivity analysis performed to remove inconsistency for physical function at short-term treatment sustainability, we also removed Christiansen et al. (2010),[13] Friedrich et al. (1998 and 2005),[18, 19] and Gardner et al. (2019)[23] in the sensitivity analysis of physical function at mid-term treatment sustainability. However, global inconsistency persisted within the network ($\chi^2 = 26.79$, $p < 0.001$).

We then explored the sides which continued to demonstrate $p < 0.05$ from the side-splitting approach, which were 02 08 (physiotherapy care compared with pain education), 01 02 (cognitive behavioural therapy delivered with physiotherapy care compared with physiotherapy care), 01 05 (cognitive behavioural therapy delivered with physiotherapy care compared with physiotherapy care), 01 07 (cognitive behavioural therapy delivered with physiotherapy care compared with combined psychological approaches), and 07 08 (combined psychological approaches delivered with physiotherapy care compared with pain education). We visually inspected possible sources of intransitivity and performed numerous sensitivity analysis by (i) removing studies with inpatient study settings, (ii) removing individual and multiple studies with intervention durations outside the range of 6 to 12 weeks, (iii) removing individual and multiple studies utilising different outcome scales, (iv) removing individual studies and multiple studies based on baseline levels of physical function. None of these sensitivity analyses resolved concerns regarding global inconsistency.

After removing the study conducted by O’Keeffe et al. (2020),[60] the single study directly comparing the side 01 07, this removed global ($\chi^2 = 6.88$, $p = 0.22$) and local inconsistency from the network.

As seen, the effect estimates for our main findings, cognitive behavioural therapy compared with physiotherapy care, and combined psychological approaches delivered with physiotherapy care compared with physiotherapy care, remained very similar in magnitude and statistical significance to the primary analysis.

Supplementary Table 14.10 Pain intensity at post-intervention, excluding studies with high risk of bias

PC (reference)		0.52 (- 0.66,1.70)	0.42 (- 0.58,1.42)	-0.46 (- 1.41,0.49)			0.42 (- 0.80,1.64)	0.28 (- 0.56,1.13)		-0.65 (- 2.30,1.00)		0.22 (- 1.46,1.90)	0.92 (0.31,1.53)	-1.95 (- 3.18,0.71)		1.14 (0.51,1.77)
0.14 (- 1.53,1.80)	Csl+PC															
1.14 (0.04,2.24)	1.01 (- 0.99,3.00)	BT+PC		-1.10 (- 2.34,0.14)										-2.46 (- 3.74,-1.18)		
0.42 (- 0.46,1.30)	0.29 (- 1.60,2.17)	-0.72 (- 2.12,0.68)	Mind+PC				-0.21 (- 1.87,1.45)									
0.10 (- 0.65,0.85)	-0.03 (- 1.86,1.79)	-1.04 (- 2.13,0.06)	-0.32 (- 1.46,0.83)	BT					-0.19 (- 2.03,1.65)	-0.41 (- 2.07,1.26)		0.01 (- 0.86,0.88)		-0.98 (- 1.77,-0.19)		
-1.68 (- 3.54,0.18)	-1.82 (- 4.31,0.68)	-2.82 (- 4.91,-0.73)	-2.10 (- 4.15,-0.06)	-1.78 (- 3.67,0.10)	Csl					1.55 (- 0.08,3.18)						
-0.46 (- 1.64,0.72)	-0.60 (- 2.64,1.44)	-1.60 (- 3.10,-0.11)	-0.88 (- 2.34,0.57)	-0.57 (- 1.74,0.61)	1.22 (- 0.83,3.27)	GP care						0.79 (- 0.44,2.03)			0.30 (- 1.40,2.00)	
0.21 (- 0.69,1.11)	0.07 (- 1.82,1.96)	-0.93 (- 2.33,0.46)	-0.21 (- 1.28,0.86)	0.11 (- 1.02,1.23)	1.89 (- 0.12,3.90)	0.67 (- 0.74,2.09)	PE								0.31 (- 1.37,1.98)	
0.13 (- 0.54,0.79)	-0.01 (- 1.80,1.78)	-1.01 (- 2.26,0.23)	-0.29 (- 1.38,0.79)	0.02 (- 0.90,0.95)	1.81 (- 0.09,3.70)	0.59 (- 0.66,1.84)	-0.08 (- 1.14,0.97)	CP+PC							0.14 (- 0.83,1.12)	0.93 (- 0.73,2.59)
0.04 (- 1.21,1.28)	-0.10 (- 2.18,1.98)	-1.10 (- 2.62,0.41)	-0.38 (- 1.90,1.13)	-0.07 (- 1.20,1.07)	1.72 (- 0.37,3.81)	0.50 (- 0.98,1.98)	-0.17 (- 1.67,1.32)	-0.09 (- 1.43,1.25)	Advice		0.14 (- 1.51,1.79)	0.10 (- 1.55,1.76)				
-0.13 (- 1.03,0.76)	-0.27 (- 2.16,1.62)	-1.28 (- 2.58,0.03)	-0.56 (- 1.79,0.67)	-0.24 (- 1.17,0.70)	1.55 (- 0.08,3.18)	0.33 (- 0.92,1.57)	-0.34 (- 1.52,0.83)	-0.26 (- 1.22,0.70)	-0.17 (- 1.47,1.13)	Usual care	0.44 (- 1.22,2.09)	0.34 (- 1.32,2.00)			0.08 (- 0.87,1.03)	
0.24 (- 1.09,1.58)	0.11 (- 2.03,2.24)	-0.90 (- 2.50,0.71)	-0.18 (- 1.76,1.41)	0.14 (- 1.15,1.42)	1.92 (- 0.16,4.01)	0.71 (- 0.84,2.25)	0.03 (- 1.53,1.59)	0.12 (- 1.30,1.53)	0.21 (- 1.04,1.45)	0.38 (- 0.92,1.67)	Mindfulness	-0.10 (- 1.75,1.56)				
0.18 (- 0.58,0.95)	0.05 (- 1.79,1.88)	-0.96 (- 2.13,0.21)	-0.24 (- 1.39,0.91)	0.08 (- 0.59,0.75)	1.86 (- 0.00,3.73)	0.64 (- 0.39,1.67)	-0.03 (- 1.15,1.10)	0.05 (- 0.86,0.97)	0.14 (- 0.95,1.24)	0.32 (- 0.59,1.22)	-0.06 (- 1.27,1.15)	CBT		-0.66 (- 1.53,0.21)		-0.21 (- 1.85,1.42)
0.91 (0.35,1.48)	0.78 (- 0.98,2.53)	-0.23 (- 1.46,1.00)	0.49 (- 0.56,1.53)	0.81 (- 0.12,1.74)	2.59 (0.65,4.53)	1.37 (0.07,2.68)	0.70 (- 0.36,1.76)	0.78 (- 0.08,1.65)	0.87 (- 0.49,2.24)	1.05 (- 0.01,2.10)	0.67 (- 0.78,2.11)	0.73 (- 0.21,1.67)	PE+PC			0.06 (- 1.64,1.75)
-0.66 (- 1.42,0.10)	-0.79 (- 2.62,1.04)	-1.80 (- 2.91,-0.68)	-1.08 (- 2.23,0.07)	-0.76 (- 1.45,-0.07)	1.02 (- 0.87,2.92)	-0.20 (- 1.37,0.98)	-0.87 (- 1.99,0.26)	-0.79 (- 1.70,0.13)	-0.70 (- 1.91,0.52)	-0.52 (- 1.49,0.44)	-0.90 (- 2.23,0.42)	-0.84 (- 1.53,-0.15)	-1.57 (- 2.51,-0.63)	No intervention	0.71 (- 1.10,2.52)	0.11 (- 1.53,1.76)
0.12 (- 0.66,0.89)	-0.02 (- 1.85,1.82)	-1.02 (- 2.28,0.23)	-0.30 (- 1.44,0.83)	0.01 (- 0.88,0.91)	1.80 (- 0.01,3.61)	0.58 (- 0.56,1.72)	-0.09 (- 1.13,0.94)	-0.01 (- 0.77,0.75)	0.08 (- 1.23,1.38)	0.25 (- 0.52,1.03)	-0.13 (- 1.48,1.23)	-0.06 (- 0.93,0.80)	-0.79 (- 1.75,0.16)	0.78 (- 0.11,1.66)	CP	
0.91 (0.37,1.46)	0.78 (- 0.97,2.53)	-0.23 (- 1.41,0.96)	0.49 (- 0.54,1.52)	0.81 (- 0.05,1.67)	2.59 (0.69,4.50)	1.38 (0.13,2.62)	0.70 (- 0.33,1.74)	0.79 (0.00,1.57)	0.88 (- 0.43,2.18)	1.05 (0.06,2.04)	0.67 (- 0.72,2.06)	0.73 (- 0.12,1.58)	0.00 (- 0.74,0.74)	1.57 (0.74,2.41)	0.80 (- 0.09,1.68)	CBT+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined physiotherapy approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.11 Pain intensity at post-intervention, only including studies using intention-to-treatment analysis

PC (reference)			0.86 (0.21,1.51)	0.22 (- 1.20,1.64)		-0.65 (- 2.01,0.70)		1.28 (0.69,1.87)	0.21 (- 0.62,1.04)	1.41 (- 0.02,2.83)			-0.25 (- 1.63,1.14)	0.38 (- 0.68,1.44)	
0.53 (- 0.19,1.25)	CP	-0.71 (- 2.29,0.87)				-0.08 (- 0.88,0.72)			-0.14 (- 0.98,0.69)	-0.31 (- 1.73,1.12)	-0.30 (- 1.75,1.15)				
0.25 (- 0.64,1.13)	-0.28 (- 1.18,0.61)	No intervention		0.69 (- 0.31,1.70)				0.11 (- 1.32,1.55)					0.22 (- 1.27,1.72)		
0.90 (0.30,1.49)	0.37 (- 0.55,1.28)	0.65 (- 0.39,1.69)	PE+PC					0.06 (- 1.40,1.51)							
0.68 (- 0.10,1.46)	0.15 (- 0.65,0.95)	0.43 (- 0.36,1.22)	-0.22 (- 1.18,0.74)	CBT	0.10 (- 1.31,1.51)	-0.34 (- 1.75,1.07)	-0.10 (- 1.52,1.31)	-0.21 (- 1.61,1.18)			0.02 (- 1.38,1.42)		-0.42 (- 1.45,0.62)		
0.72 (- 0.51,1.95)	0.19 (- 1.02,1.40)	0.47 (- 0.80,1.74)	-0.18 (- 1.53,1.17)	0.04 (- 1.02,1.10)	Mindfulness	-0.44 (- 1.85,0.97)	-0.14 (- 1.55,1.26)								
0.22 (- 0.58,1.03)	-0.31 (- 0.97,0.36)	-0.02 (- 0.98,0.93)	-0.67 (- 1.66,0.32)	-0.45 (- 1.26,0.35)	-0.49 (- 1.64,0.65)	Usual care							-1.55 (- 2.93,-0.17)	0.41 (- 1.00,1.81)	
0.57 (- 0.74,1.89)	0.04 (- 1.27,1.36)	0.33 (- 1.01,1.67)	-0.32 (- 1.75,1.11)	-0.10 (- 1.22,1.01)	-0.14 (- 1.25,0.97)	0.35 (- 0.93,1.64)	Advice								
1.13 (0.63,1.63)	0.60 (- 0.19,1.39)	0.88 (- 0.00,1.77)	0.23 (- 0.49,0.95)	0.41 (- 0.36,1.26)	0.45 (- 0.85,1.67)	0.90 (0.03,1.78)	0.55 (- 0.78,1.89)	CBT+PC	-0.93 (- 2.34,0.48)						
0.28 (- 0.34,0.91)	-0.25 (- 0.92,0.42)	0.04 (- 0.92,1.00)	-0.61 (- 1.46,0.24)	-0.39 (- 1.27,0.48)	-0.43 (- 1.71,0.85)	0.06 (- 0.79,0.91)	-0.29 (- 1.66,1.08)	-0.84 (- 1.56,-0.13)	CP+PC						
0.64 (- 0.28,1.56)	0.11 (- 0.87,1.09)	0.40 (- 0.80,1.59)	-0.25 (- 1.34,0.83)	-0.04 (- 1.16,1.09)	-0.08 (- 1.54,1.38)	0.42 (- 0.69,1.52)	0.07 (- 1.47,1.61)	-0.49 (- 1.51,0.53)	0.36 (- 0.67,1.38)	PE				0.21 (- 1.20,1.62)	
0.47 (- 0.70,1.65)	-0.06 (- 1.13,1.02)	0.23 (- 1.01,1.47)	-0.42 (- 1.73,0.88)	-0.21 (- 1.27,0.86)	-0.24 (- 1.70,1.21)	0.25 (- 0.93,1.42)	-0.10 (- 1.62,1.41)	-0.66 (- 1.87,0.56)	0.19 (- 1.01,1.39)	-0.17 (- 1.56,1.23)	GP care				
-1.32 (- 2.92,0.28)	-1.85 (- 3.39,-0.32)	-1.57 (- 3.25,0.11)	-2.22 (- 3.92,-0.52)	-2.00 (- 3.60,-0.40)	-2.04 (-3.83,- 0.25)	-1.55 (- 2.93,-0.17)	-1.90 (- 3.78,-0.01)	-2.45 (- 4.09,-0.82)	-1.61 (- 3.23,0.01)	-1.96 (- 3.73,-0.20)	-1.80 (- 3.61,0.02)	Csl			
0.32 (- 0.60,1.24)	-0.21 (- 1.18,0.75)	0.07 (- 0.89,1.03)	-0.58 (- 1.66,0.50)	-0.36 (- 1.18,0.45)	-0.40 (- 1.68,0.88)	0.09 (- 0.85,1.04)	-0.26 (- 1.61,1.09)	-0.81 (- 1.78,0.16)	0.03 (- 0.98,1.05)	-0.32 (- 1.56,0.91)	-0.16 (- 1.43,1.12)	1.64 (- 0.03,3.31)	BT		
0.55 (- 0.35,1.45)	0.02 (- 1.07,1.11)	0.30 (- 0.93,1.54)	-0.34 (- 1.42,0.73)	-0.13 (- 1.29,1.03)	-0.17 (- 1.66,1.33)	0.33 (- 0.84,1.49)	-0.02 (- 1.60,1.55)	-0.58 (- 1.60,0.44)	0.27 (- 0.80,1.33)	-0.09 (- 1.11,0.93)	0.08 (- 1.37,1.53)	1.87 (0.07,3.68)	0.23 (- 1.03,1.50)	Mind+PC	
0.14 (- 1.28,1.56)	-0.39 (- 1.98,1.20)	-0.11 (- 1.78,1.56)	-0.76 (- 2.30,0.78)	-0.54 (- 2.16,1.08)	-0.58 (- 2.46,1.30)	-0.09 (- 1.72,1.54)	-0.44 (- 2.37,1.50)	-0.99 (- 2.50,0.51)	-0.15 (- 1.70,1.40)	-0.51 (- 2.19,1.18)	-0.34 (- 2.18,1.51)	1.46 (- 0.68,3.60)	-0.18 (- 1.87,1.51)	-0.41 (- 2.10,1.27)	Csl+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.12 Pain intensity at post-intervention, excluding studies published prior to year 1995

PC (reference)																			
0.90 (0.32,1.47)	CBT+PC																		
0.07 (- 0.76,0.90)	-0.82 (- 1.75,0.11)	CP																	
-0.86 (- 1.78,0.07)	-1.75 (- 2.72,-0.79)	-0.93 (- 1.91,0.05)	No intervention																
0.91 (0.32,1.51)	0.01 (- 0.77,0.80)	0.84 (- 0.18,1.85)	1.77 (0.68,2.85)	PE+PC															
0.21 (- 0.68,1.10)	-0.68 (- 1.63,0.27)	0.14 (- 0.81,1.09)	1.07 (0.21,1.93)	-0.70 (- 1.76,0.36)	CBT														
0.08 (- 1.20,1.35)	-0.82 (- 2.14,0.50)	0.00 (- 1.29,1.29)	0.93 (- 0.25,2.11)	-0.83 (- 2.24,0.57)	-0.14 (- 1.27,0.99)	Mindfulne ss													
-0.18 (- 1.14,0.77)	-1.08 (- 2.12,-0.03)	-0.26 (- 1.07,0.56)	0.67 (- 0.39,1.74)	-1.09 (- 2.21,0.02)	-0.40 (- 1.38,0.59)	-0.26 (- 1.51,1.00)	Usual care												
0.02 (- 1.52,1.56)	-0.87 (- 2.45,0.70)	-0.05 (- 1.62,1.51)	0.88 (- 0.62,2.37)	-0.89 (- 2.53,0.75)	-0.19 (- 1.53,1.15)	-0.05 (- 1.39,1.28)	0.20 (- 1.36,1.76)	Advice											
0.11 (- 0.59,0.81)	-0.79 (- 1.61,0.04)	0.03 (- 0.77,0.84)	0.97 (- 0.08,2.01)	-0.80 (- 1.71,0.11)	-0.10 (- 1.13,0.92)	0.03 (- 1.33,1.39)	0.29 (- 0.73,1.31)	0.09 (- 1.53,1.70)	CP+PC										
0.20 (- 0.74,1.14)	-0.70 (- 1.78,0.39)	0.12 (- 0.97,1.22)	1.05 (- 0.20,2.31)	-0.71 (- 1.82,0.40)	-0.02 (- 1.25,1.22)	0.12 (- 1.41,1.65)	0.38 (- 0.86,1.62)	0.18 (- 1.58,1.93)	0.09 (- 1.02,1.20)	PE									
-0.46 (- 1.74,0.81)	-1.36 (- 2.69,-0.03)	-0.54 (- 1.74,0.67)	0.39 (- 0.90,1.69)	-1.37 (- 2.77,0.03)	-0.68 (- 1.76,0.41)	-0.54 (- 2.04,0.97)	-0.28 (- 1.60,1.04)	-0.48 (- 2.18,1.22)	-0.57 (- 1.90,0.76)	-0.66 (- 2.17,0.85)	GP care								
-1.73 (- 3.69,0.24)	-2.62 (- 4.64,-0.61)	-1.80 (- 3.71,0.10)	-0.87 (- 2.89,1.15)	-2.64 (- 4.69,-0.59)	-1.94 (- 3.93,0.04)	-1.80 (- 3.93,0.32)	-1.55 (- 3.27,0.17)	-1.75 (- 4.07,0.57)	-1.84 (- 3.84,0.16)	-1.93 (- 4.05,0.19)	-1.27 (- 3.43,0.90)	Csl							
0.03 (- 0.93,0.99)	-0.87 (- 1.91,0.18)	-0.05 (- 1.12,1.02)	0.88 (- 0.10,1.87)	-0.88 (- 2.00,0.24)	-0.19 (- 1.11,0.74)	-0.05 (- 1.37,1.28)	0.21 (- 0.87,1.29)	0.01 (- 1.56,1.58)	-0.08 (- 1.18,1.02)	-0.17 (- 1.47,1.13)	0.49 (- 0.86,1.84)	1.76 (- 0.27,3.79)	BT						
0.42 (- 0.50,1.34)	-0.48 (- 1.56,0.60)	0.34 (- 0.86,1.54)	1.27 (- 0.01,2.56)	-0.49 (- 1.59,0.61)	0.20 (- 1.06,1.47)	0.34 (- 1.22,1.90)	0.60 (- 0.70,1.90)	0.40 (- 1.38,2.18)	0.31 (- 0.83,1.45)	0.22 (- 0.90,1.35)	0.88 (- 0.67,2.43)	2.15 (- 0.01,4.30)	0.39 (- 0.93,1.71)	Mind+PC					
1.95 (0.33,3.56)	1.05 (- 0.63,2.73)	1.87 (0.14,3.60)	2.80 (1.13,4.48)	1.04 (- 0.68,2.75)	1.73 (0.03,3.43)	1.87 (- 0.06,3.80)	2.13 (0.36,3.90)	1.92 (- 0.19,4.04)	1.84 (0.11,3.56)	1.75 (- 0.10,3.60)	2.41 (0.46,4.36)	3.67 (1.21,6.14)	1.92 (0.28,3.55)	1.53 (- 0.33,3.38)	BT+PC				
0.14 (- 1.61,1.89)	-0.76 (- 2.60,1.08)	0.06 (- 1.88,2.00)	0.99 (- 0.99,2.97)	-0.77 (- 2.62,1.07)	-0.08 (- 2.04,1.89)	0.06 (- 2.11,2.23)	0.32 (- 1.68,2.31)	0.11 (- 2.22,2.45)	0.03 (- 1.86,1.91)	-0.06 (- 2.05,1.93)	0.60 (- 1.57,2.76)	1.86 (- 0.77,4.50)	0.11 (- 1.89,2.10)	-0.28 (- 2.26,1.70)	-1.81 (- 4.19,0.57)	Csl+PC			

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.13 Pain intensity at post-intervention, excluding studies published prior to year 2000

PC (reference)	1.14 (0.47,1.82)		-4.73 (- 6.42,3.04)	0.92 (0.27,1.57)	0.22 (- 1.58,2.02)		-0.65 (- 2.43,1.12)		0.33 (- 0.72,1.37)	0.42 (- 0.89,1.72)			-0.63 (- 1.88,0.63)	0.42 (- 0.64,1.49)	0.55 (- 1.12,2.21)	
0.89 (0.31,1.48)	CBT+PC		-0.11 (- 1.84,1.61)	-0.06 (- 1.87,1.76)	0.21 (- 1.54,1.97)				-0.93 (- 2.71,0.85)							
0.07 (- 0.79,0.93)	-0.83 (- 1.78,0.53)	CP	-0.71 (- 2.63,1.21)				-0.08 (- 1.10,0.94)		-0.14 (- 1.19,0.90)	-0.31 (- 2.10,1.49)	-0.30 (- 2.12,1.51)					
-0.86 (- 1.80,0.08)	-1.76 (- 2.74,-0.78)	-0.93 (- 1.93,0.07)	No intervention		0.71 (- 0.56,1.98)	0.52 (- 1.36,2.40)							1.67 (0.36,2.98)		5.32 (3.56,7.08)	
0.91 (0.31,1.51)	0.02 (- 0.78,0.81)	0.84 (- 0.20,1.88)	1.77 (0.67,2.88)	PE+PC												
0.21 (- 0.70,1.12)	-0.68 (- 1.65,0.28)	0.14 (- 0.83,1.11)	1.07 (0.20,1.95)	-0.70 (- 1.78,0.38)	CBT	0.10 (- 1.68,1.87)	-0.34 (- 2.12,1.44)	-0.10 (- 1.88,1.67)			-0.81 (- 2.12,0.51)		-0.42 (- 1.71,0.86)			
0.07 (- 1.23,1.37)	-0.82 (- 2.17,0.52)	0.00 (- 1.31,1.31)	0.93 (- 0.26,2.13)	-0.84 (- 2.27,0.58)	-0.14 (- 1.29,1.01)	Mindfulness	-0.44 (- 2.21,1.34)	-0.14 (- 1.92,1.63)								
-0.19 (- 1.16,0.79)	-1.08 (- 2.15,-0.02)	-0.26 (- 1.09,0.58)	0.68 (- 0.40,1.76)	-1.10 (- 2.24,0.04)	-0.40 (- 1.40,0.61)	-0.26 (- 1.53,1.02)	Usual care					-1.55 (- 3.29,0.20)	0.41 (- 1.37,2.19)			
0.02 (- 1.55,1.58)	-0.88 (- 2.48,0.73)	-0.05 (- 1.64,1.54)	0.88 (- 0.64,2.40)	-0.89 (- 2.57,0.78)	-0.19 (- 1.56,1.17)	-0.05 (- 1.41,1.31)	0.20 (- 1.38,1.79)	Advice								
0.10 (- 0.68,0.88)	-0.79 (- 1.68,0.09)	0.03 (- 0.80,0.86)	0.96 (- 0.13,2.05)	-0.81 (- 1.79,0.16)	-0.11 (- 1.17,0.95)	0.03 (- 1.37,1.43)	0.29 (- 0.76,1.34)	0.08 (- 1.57,1.74)	CP+PC							
0.20 (- 0.76,1.15)	-0.70 (- 1.80,0.40)	0.13 (- 0.99,1.25)	1.06 (- 0.22,2.34)	-0.71 (- 1.84,0.42)	-0.01 (- 1.27,1.24)	0.13 (- 1.43,1.68)	0.38 (- 0.88,1.65)	0.18 (- 1.61,1.97)	0.10 (- 1.06,1.25)	PE				0.21 (- 1.57,1.99)		
-0.47 (- 1.77,0.83)	-1.36 (- 2.71,-0.01)	-0.54 (- 1.77,0.69)	0.39 (- 0.92,1.71)	-1.38 (- 2.80,0.05)	-0.68 (- 1.78,0.42)	-0.54 (- 2.07,0.99)	-0.28 (- 1.62,1.06)	-0.48 (- 2.21,1.24)	-0.57 (- 1.94,0.80)	-0.66 (- 2.20,0.87)	GP care					
-1.73 (- 3.74,0.27)	-2.63 (- 4.67,-0.58)	-1.80 (- 3.74,0.13)	-0.87 (- 2.92,1.18)	-2.64 (- 4.73,-0.56)	-1.94 (- 3.96,0.07)	-1.80 (- 3.97,0.36)	-1.55 (- 3.29,0.20)	-1.75 (- 4.11,0.61)	-1.83 (- 3.87,0.21)	-1.93 (- 4.09,0.23)	-1.27 (- 3.47,0.94)	Csl				
0.03 (- 0.95,1.00)	-0.87 (- 1.93,0.19)	-0.04 (- 1.13,1.05)	0.89 (- 0.11,1.89)	-0.88 (- 2.02,0.26)	-0.18 (- 1.12,0.75)	-0.04 (- 1.39,1.30)	0.21 (- 0.89,1.31)	0.01 (- 1.59,1.61)	-0.07 (- 1.22,1.07)	-0.17 (- 1.49,1.15)	0.49 (- 0.88,1.87)	1.76 (- 0.31,3.83)	BT		1.56 (- 0.32,3.45)	
0.42 (- 0.52,1.35)	-0.48 (- 1.58,0.62)	0.35 (- 0.88,1.58)	1.28 (- 0.03,2.59)	-0.49 (- 1.61,0.62)	0.21 (- 1.08,1.49)	0.35 (- 1.24,1.94)	0.61 (- 0.72,1.93)	0.40 (- 1.41,2.21)	0.32 (- 0.88,1.52)	0.22 (- 0.92,1.37)	0.89 (- 0.69,2.47)	2.15 (- 0.04,4.35)	0.39 (- 0.95,1.73)	Mind+PC		
1.95 (0.31,3.59)	1.06 (- 0.65,2.76)	1.88 (0.12,3.65)	2.82 (1.12,4.51)	1.04 (- 0.70,2.78)	1.74 (0.02,3.47)	1.88 (- 0.07,3.84)	2.14 (0.34,3.94)	1.94 (- 0.21,4.08)	1.85 (0.08,3.62)	1.76 (- 0.12,3.63)	2.42 (0.44,4.40)	3.69 (1.18,6.19)	1.93 (0.27,3.59)	1.53 (- 0.35,3.41)	BT+PC	
0.14 (- 1.64,1.91)	-0.76 (- 2.63,1.11)	0.07 (- 1.91,2.04)	1.00 (- 1.01,3.01)	-0.77 (- 2.65,1.10)	-0.07 (- 2.07,1.92)	0.07 (- 2.14,2.27)	0.32 (- 1.71,2.35)	0.12 (- 2.25,2.49)	0.04 (- 1.91,1.98)	-0.06 (- 2.08,1.96)	0.60 (- 1.60,2.81)	1.87 (- 0.81,4.55)	0.11 (- 1.92,2.14)	-0.28 (- 2.29,1.73)	-1.82 (- 4.23,0.60)	Csl+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.14 Pain intensity at post-intervention, excluding studies published prior to year 2005

PC (reference)																	
0.89 (0.31,1.48)	CBT+PC																
0.07 (- 0.79,0.93)	-0.83 (- 1.78,0.13)	CP															
-0.86 (- 1.80,0.08)	-1.76 (- 2.74,-0.78)	-0.93 (- 1.93,0.07)	No intervention														
0.91 (0.31,1.51)	0.02 (- 0.78,0.81)	0.84 (- 0.20,1.88)	1.77 (0.67,2.88)	PE+PC													
0.21 (- 0.70,1.12)	-0.68 (- 1.65,0.28)	0.14 (- 0.83,1.11)	1.07 (0.20,1.95)	-0.70 (- 1.78,0.38)	CBT												
0.07 (- 1.23,1.37)	-0.82 (- 2.17,0.52)	0.00 (- 1.31,1.31)	0.93 (- 0.26,2.13)	-0.84 (- 2.27,0.58)	-0.14 (- 1.29,1.01)	Mindfulness											
-0.19 (- 1.16,0.79)	-1.08 (- 2.15,-0.02)	-0.26 (- 1.09,0.58)	0.68 (- 0.40,1.76)	-1.10 (- 2.24,0.04)	-0.40 (- 1.40,0.61)	-0.26 (- 1.53,1.02)	Usual care										
0.02 (- 1.55,1.58)	-0.88 (- 2.48,0.73)	-0.05 (- 1.64,1.54)	0.88 (- 0.64,2.40)	-0.89 (- 2.57,0.78)	-0.19 (- 1.56,1.17)	-0.05 (- 1.41,1.31)	0.20 (- 1.38,1.79)	Advice									
0.10 (- 0.68,0.88)	-0.79 (- 1.68,0.09)	0.03 (- 0.80,0.86)	0.96 (- 0.13,2.05)	-0.81 (- 1.79,0.16)	-0.11 (- 1.17,0.95)	0.03 (- 1.37,1.43)	0.29 (- 0.76,1.34)	0.08 (- 1.57,1.74)	CP+PC								
0.20 (- 0.76,1.15)	-0.70 (- 1.80,0.40)	0.13 (- 0.99,1.25)	1.06 (- 0.22,2.34)	-0.71 (- 1.84,0.42)	-0.01 (- 1.27,1.24)	0.13 (- 1.43,1.68)	0.38 (- 0.88,1.65)	0.18 (- 1.61,1.97)	0.10 (- 1.06,1.25)	PE							
-0.47 (- 1.77,0.83)	-1.36 (- 2.71,-0.01)	-0.54 (- 1.77,0.69)	0.39 (- 0.92,1.71)	-1.38 (- 2.80,0.05)	-0.68 (- 1.78,0.42)	-0.54 (- 2.07,0.99)	-0.28 (- 1.62,1.06)	-0.48 (- 2.21,1.24)	-0.57 (- 1.94,0.80)	-0.66 (- 2.20,0.87)	GP care						
-1.73 (- 3.74,0.27)	-2.63 (- 4.67,-0.58)	-1.80 (- 3.74,0.13)	-0.87 (- 2.92,1.18)	-2.64 (- 4.73,-0.56)	-1.94 (- 3.96,0.07)	-1.80 (- 3.97,0.36)	-1.55 (- 3.29,0.20)	-1.75 (- 4.11,0.61)	-1.83 (- 3.87,0.21)	-1.93 (- 4.09,0.23)	-1.27 (- 3.47,0.94)	Csl					
0.03 (- 0.95,1.00)	-0.87 (- 1.93,0.19)	-0.04 (- 1.13,1.05)	0.89 (- 0.11,1.89)	-0.88 (- 2.02,0.26)	-0.18 (- 1.12,0.75)	-0.04 (- 1.39,1.30)	0.21 (- 0.89,1.31)	0.01 (- 1.59,1.61)	-0.07 (- 1.22,1.07)	-0.17 (- 1.49,1.15)	0.49 (- 0.88,1.87)	1.76 (- 0.31,3.83)	BT				
0.42 (- 0.52,1.35)	-0.48 (- 1.58,0.62)	0.35 (- 0.88,1.58)	1.28 (- 0.03,2.59)	-0.49 (- 1.61,0.62)	0.21 (- 1.08,1.49)	0.35 (- 1.24,1.94)	0.61 (- 0.72,1.93)	0.40 (- 1.41,2.21)	0.32 (- 0.88,1.52)	0.22 (- 0.92,1.37)	0.89 (- 0.69,2.47)	2.15 (- 0.04,4.35)	0.39 (- 0.95,1.73)	Mind+PC			
1.95 (0.31,3.59)	1.06 (- 0.65,2.76)	1.88 (0.12,3.65)	2.82 (1.12,4.51)	1.04 (- 0.70,2.78)	1.74 (0.02,3.47)	1.88 (- 0.07,3.84)	2.14 (0.34,3.94)	1.94 (- 0.21,4.08)	1.85 (0.08,3.62)	1.76 (- 0.12,3.63)	2.42 (0.44,4.40)	3.69 (1.18,6.19)	1.93 (0.27,3.59)	1.53 (- 0.35,3.41)	BT+PC		
0.14 (- 1.64,1.91)	-0.76 (- 2.63,1.11)	0.07 (- 1.91,2.04)	1.00 (- 1.01,3.01)	-0.77 (- 2.65,1.10)	-0.07 (- 2.07,1.92)	0.07 (- 2.14,2.27)	0.32 (- 1.71,2.35)	0.12 (- 2.25,2.49)	0.04 (- 1.91,1.98)	-0.06 (- 2.08,1.96)	0.60 (- 1.60,2.81)	1.87 (- 0.81,4.55)	0.11 (- 1.92,2.14)	-0.28 (- 2.29,1.73)	-1.82 (- 4.23,0.60)	Csl+PC	

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.15 Pain intensity at post-intervention, excluding studies of patients with leg pain

PC (reference)	0.71 (0.05,1.38)		-1.82 (-2.92,-0.73)				-0.65 (-2.05,0.74)		0.30 (-0.53,1.14)	0.43 (-0.62,1.48)			0.63 (-0.25,1.51)	0.56 (-0.48,1.61)	-0.44 (-1.27,0.39)	
0.56 (-0.01,1.12)	CBT+PC		-0.11 (-1.51,1.28)						-0.93 (-2.33,0.47)				0.08 (-1.43,1.59)			
0.08 (-0.65,0.80)	-0.48 (-1.33,0.37)	CP	-0.71 (-2.29,0.88)				-0.08 (-0.88,0.71)		-0.22 (-1.25,0.81)	-0.31 (-1.72,1.11)	-0.30 (-1.76,1.15)					
-0.81 (-1.49,-0.13)	-1.36 (-2.14,-0.59)	-0.88 (-1.65,-0.12)	No intervention			0.75 (0.08,1.42)	0.52 (-1.02,2.05)						2.33 (1.19,3.48)		0.81 (0.19,1.44)	
1.17 (0.57,1.76)	0.61 (-0.21,1.43)	1.09 (0.15,2.03)	1.98 (1.07,2.88)	PE+PC												
-0.05 (-0.81,0.72)	-0.60 (-1.46,0.26)	-0.12 (-0.93,0.68)	0.76 (0.19,1.33)	-1.21 (-2.18,-0.25)	CBT	0.10 (-1.31,1.50)	-0.34 (-1.75,1.07)	-0.10 (-1.51,1.30)			0.02 (-1.38,1.42)					-0.28 (-1.03,0.47)
-0.05 (-1.08,0.97)	-0.61 (-1.71,0.49)	-0.13 (-1.17,0.91)	0.76 (-0.14,1.65)	-1.22 (-2.40,-0.04)	-0.01 (-0.89,0.88)	Mindfulness	-0.44 (-1.84,0.96)	-0.14 (-1.54,1.26)								
-0.25 (-1.04,0.54)	-0.81 (-1.71,0.10)	-0.33 (-0.99,0.34)	0.56 (-0.24,1.35)	-1.42 (-2.41,-0.43)	-0.20 (-1.01,0.60)	-0.20 (-1.19,0.80)	Usual care						-1.55 (-2.92,-0.17)			0.41 (-1.00,1.81)
-0.22 (-1.31,0.86)	-0.78 (-1.94,0.38)	-0.30 (-1.42,0.82)	0.58 (-0.40,1.56)	-1.39 (-2.63,-0.15)	-0.18 (-1.10,0.74)	-0.17 (-1.16,0.82)	0.03 (-1.08,1.14)	Advice								0.19 (-1.42,1.81)
0.03 (-0.61,0.68)	-0.52 (-1.28,0.24)	-0.04 (-0.80,0.71)	0.84 (-0.00,1.69)	-1.13 (-2.01,-0.26)	0.08 (-0.82,0.98)	0.09 (-1.04,1.22)	0.29 (-0.60,1.17)	0.26 (-0.93,1.45)	CP+PC							
0.23 (-0.55,1.01)	-0.33 (-1.27,0.62)	0.15 (-0.76,1.06)	1.04 (0.06,2.01)	-0.94 (-1.92,0.04)	0.27 (-0.76,1.30)	0.28 (-0.95,1.51)	0.48 (-0.54,1.49)	0.45 (-0.84,1.74)	0.19 (-0.77,1.15)	PE				0.21 (-1.20,1.62)		
-0.12 (-1.29,1.05)	-0.68 (-1.92,0.57)	-0.20 (-1.27,0.88)	0.69 (-0.44,1.81)	-1.29 (-2.60,0.03)	-0.08 (-1.14,0.99)	-0.07 (-1.39,1.25)	0.13 (-1.04,1.30)	0.10 (-1.26,1.47)	-0.16 (-1.39,1.08)	-0.35 (-1.68,0.98)	GP care					
-1.80 (-3.38,-0.21)	-2.35 (-4.00,-0.70)	-1.87 (-3.40,-0.35)	-0.99 (-2.58,0.60)	-2.97 (-4.66,-1.27)	-1.75 (-3.34,-0.16)	-1.75 (-3.44,-0.05)	-1.55 (-2.92,-0.17)	-1.57 (-3.34,0.19)	-1.83 (-3.47,-0.20)	-2.02 (-3.73,-0.32)	-1.68 (-3.48,0.13)	Csl				
0.90 (0.10,1.69)	0.34 (-0.54,1.22)	0.82 (-0.17,1.81)	1.70 (0.83,2.57)	-0.27 (-1.26,0.72)	0.94 (-0.00,1.89)	0.95 (-0.23,2.12)	1.15 (0.12,2.17)	1.12 (-0.10,2.34)	0.86 (-0.11,1.84)	0.67 (-0.42,1.76)	1.02 (-0.31,2.34)	2.69 (0.98,4.41)	BT+PC			-1.06 (-2.14,0.02)
0.52 (-0.35,1.39)	-0.04 (-1.07,0.99)	0.44 (-0.64,1.53)	1.33 (0.24,2.41)	-0.65 (-1.70,0.40)	0.56 (-0.57,1.70)	0.57 (-0.75,1.90)	0.77 (-0.37,1.91)	0.74 (-0.63,2.12)	0.48 (-0.58,1.55)	0.29 (-0.67,1.26)	0.64 (-0.79,2.07)	2.32 (0.53,4.11)	-0.38 (-1.55,0.79)	Mind+PC		
-0.17 (-0.85,0.50)	-0.73 (-1.52,0.07)	-0.25 (-1.04,0.55)	0.64 (0.08,1.20)	-1.34 (-2.24,-0.44)	-0.12 (-0.72,0.47)	-0.12 (-1.06,0.82)	0.08 (-0.71,0.88)	0.05 (-0.90,1.01)	-0.21 (-1.06,0.65)	-0.40 (-1.38,0.58)	-0.05 (-1.19,1.09)	1.63 (0.04,3.22)	-1.07 (-1.92,-0.21)	-0.69 (-1.77,0.39)	BT	
0.14 (-1.28,1.55)	-0.42 (-1.94,1.10)	0.06 (-1.53,1.65)	0.94 (-0.63,2.51)	-1.03 (-2.57,0.50)	0.18 (-1.43,1.79)	0.19 (-1.56,1.93)	0.39 (-1.23,2.01)	0.36 (-1.42,2.14)	0.10 (-1.45,1.66)	-0.09 (-1.71,1.52)	0.26 (-1.58,2.09)	1.93 (-0.19,4.06)	-0.76 (-2.38,0.86)	-0.38 (-2.04,1.28)	0.31 (-1.26,1.87)	Csl+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.16 Pain intensity at post-intervention, excluding studies involving data imputed from median and interquartile ranges

PC (reference)																		
0.14 (-1.47,1.74)	Csl+PC																	
1.08 (0.21,1.95)	0.94 (-0.88,2.77)	BT+PC																
0.35 (-0.63,1.34)	0.22 (-1.66,2.10)	-0.73 (-2.04,0.58)	Mind+PC															
0.04 (-0.66,0.74)	-0.10 (-1.85,1.65)	-1.04 (-1.98,-0.11)	-0.32 (-1.51,0.88)	BT														
-1.69 (-3.48,0.09)	-1.83 (-4.23,0.57)	-2.77 (-4.71,-0.84)	-2.05 (-4.07,-0.03)	-1.73 (-3.53,0.07)	Csl													
-0.42 (-1.55,0.71)	-0.56 (-2.52,1.40)	-1.51 (-2.84,-0.17)	-0.78 (-2.26,0.70)	-0.46 (-1.57,0.65)	1.27 (-0.70,3.24)	GP care												
0.19 (-0.68,1.07)	0.06 (-1.77,1.88)	-0.89 (-2.10,0.33)	-0.16 (-1.26,0.93)	0.16 (-0.92,1.23)	1.89 (-0.05,3.82)	0.62 (-0.75,1.98)	PE											
0.13 (-0.51,0.77)	-0.01 (-1.73,1.72)	-0.95 (-1.99,0.09)	-0.22 (-1.38,0.93)	0.09 (-0.78,0.96)	1.82 (0.01,3.64)	0.55 (-0.64,1.75)	-0.06 (-1.09,0.96)	CP+PC										
0.00 (-1.17,1.17)	-0.13 (-2.12,1.85)	-1.08 (-2.42,0.26)	-0.35 (-1.87,1.17)	-0.04 (-1.10,1.03)	1.70 (-0.30,3.70)	0.43 (-0.98,1.83)	-0.19 (-1.61,1.23)	-0.13 (-1.40,1.14)	Advice									
-0.15 (-1.00,0.70)	-0.28 (-2.10,1.53)	-1.23 (-2.36,-0.10)	-0.50 (-1.78,0.77)	-0.18 (-1.07,0.70)	1.55 (-0.02,3.11)	0.28 (-0.92,1.47)	-0.34 (-1.47,0.79)	-0.28 (-1.20,0.64)	-0.15 (-1.39,1.09)	Usual care								
0.14 (-0.96,1.25)	0.01 (-1.94,1.95)	-0.94 (-2.23,0.36)	-0.21 (-1.67,1.26)	0.11 (-0.94,1.15)	1.84 (-0.09,3.76)	0.57 (-0.79,1.93)	-0.05 (-1.41,1.31)	0.02 (-1.18,1.21)	0.14 (-0.98,1.27)	0.29 (-0.83,1.41)	Mindfulness							
0.23 (-0.49,0.94)	0.09 (-1.66,1.85)	-0.85 (-1.84,0.13)	-0.12 (-1.33,1.08)	0.19 (-0.41,0.79)	1.92 (0.13,3.71)	0.65 (-0.34,1.65)	0.04 (-1.04,1.12)	0.10 (-0.77,0.97)	0.23 (-0.80,1.26)	0.38 (-0.49,1.24)	0.08 (-0.91,1.08)	CBT						
0.91 (0.37,1.46)	0.78 (-0.92,2.47)	-0.17 (-1.19,0.85)	0.56 (-0.57,1.69)	0.88 (-0.00,1.75)	2.61 (0.75,4.47)	1.34 (0.09,2.59)	0.72 (-0.31,1.75)	0.78 (-0.05,1.62)	0.91 (-0.37,2.19)	1.06 (0.06,2.06)	0.77 (-0.46,1.99)	0.68 (-0.21,1.57)	PE+PC					
-0.62 (-1.32,0.08)	-0.76 (-2.51,0.99)	-1.70 (-2.65,-0.76)	-0.98 (-2.17,0.22)	-0.66 (-1.27,-0.05)	1.07 (-0.73,2.87)	-0.20 (-1.30,0.90)	-0.82 (-1.89,0.26)	-0.75 (-1.61,0.11)	-0.63 (-1.72,0.47)	-0.48 (-1.37,0.41)	-0.77 (-1.78,0.24)	-0.85 (-1.45,-0.25)	-1.54 (-2.41,-0.66)	No intervention				
0.12 (-0.63,0.86)	-0.02 (-1.78,1.75)	-0.96 (-2.03,0.11)	-0.23 (-1.43,0.96)	0.08 (-0.77,0.93)	1.81 (0.08,3.55)	0.54 (-0.55,1.64)	-0.07 (-1.08,0.93)	-0.01 (-0.74,0.72)	0.12 (-1.12,1.35)	0.27 (-0.48,1.01)	-0.03 (-1.17,1.12)	-0.11 (-0.93,0.71)	-0.79 (-1.71,0.12)	0.74 (-0.08,1.57)	CP			
0.92 (0.42,1.42)	0.79 (-0.89,2.47)	-0.16 (-1.09,0.77)	0.57 (-0.53,1.67)	0.89 (0.10,1.67)	2.62 (0.79,4.44)	1.35 (0.17,2.53)	0.73 (-0.26,1.72)	0.79 (0.05,1.54)	0.92 (-0.29,2.14)	1.07 (0.14,2.00)	0.78 (-0.37,1.93)	0.69 (-0.09,1.48)	0.01 (-0.69,0.71)	1.55 (0.79,2.31)	0.80 (-0.03,1.64)	CBT+PC		

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: Mindfulness delivered with physiotherapy care, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.17 Pain intensity at short-term treatment sustainability, excluding studies involving data imputed from median and interquartile ranges

PC (reference)													
1.04 (0.17,1.91)	PE+PC												
-0.22 (- 1.63,1.18)	-1.26 (- 2.88,0.35)	CBT											
-0.36 (- 1.85,1.14)	-1.39 (- 3.06,0.27)	-0.13 (- 1.59,1.32)	Advice										
0.47 (- 0.69,1.64)	-0.57 (- 1.85,0.72)	0.70 (- 0.93,2.33)	0.83 (- 0.67,2.33)	CBT+PC									
-0.04 (- 1.02,0.95)	-1.08 (- 2.35,0.20)	0.19 (- 1.39,1.76)	0.32 (- 1.29,1.93)	-0.51 (- 1.80,0.78)	CP+PC								
0.29 (- 1.28,1.87)	-0.74 (- 2.53,1.04)	0.52 (- 1.39,2.42)	0.65 (- 1.32,2.62)	-0.18 (- 2.06,1.70)	0.33 (- 1.43,2.10)	PE							
0.23 (- 1.80,2.26)	-0.81 (- 3.02,1.40)	0.45 (- 2.02,2.92)	0.59 (- 1.94,3.11)	-0.24 (- 2.59,2.10)	0.27 (- 1.99,2.53)	-0.07 (- 2.64,2.51)	Mind+PC						
-0.65 (- 1.83,0.53)	-1.69 (- 3.12,-0.26)	-0.43 (- 1.74,0.89)	-0.29 (- 1.68,1.10)	-1.12 (- 2.58,0.34)	-0.61 (- 1.91,0.68)	-0.94 (- 2.52,0.63)	-0.88 (- 3.23,1.47)	CP					
-2.08 (- 3.57,-0.59)	-3.12 (- 4.82,-1.41)	-1.85 (- 3.24,-0.46)	-1.72 (- 3.44,0.00)	-2.55 (- 4.30,-0.80)	-2.04 (- 3.70,-0.38)	-2.37 (- 4.33,-0.41)	-2.31 (- 4.83,0.21)	-1.43 (- 2.81,-0.04)	No intervention				
-0.47 (- 1.81,0.87)	-1.51 (- 3.08,0.06)	-0.25 (- 1.77,1.27)	-0.12 (- 1.75,1.51)	-0.95 (- 2.58,0.68)	-0.44 (- 1.93,1.06)	-0.77 (- 2.56,1.02)	-0.70 (- 3.14,1.73)	0.18 (- 0.86,1.21)	1.60 (- 0.00,3.21)	Usual care			
-1.00 (- 2.63,0.63)	-2.03 (- 3.85,-0.22)	-0.77 (- 2.29,0.75)	-0.64 (- 2.40,1.12)	-1.47 (- 3.31,0.37)	-0.96 (- 2.70,0.78)	-1.29 (- 3.27,0.69)	-1.23 (- 3.83,1.38)	-0.35 (- 1.61,0.92)	1.08 (- 0.65,2.81)	-0.52 (- 2.11,1.07)	GP care		
0.04 (- 1.23,1.31)	-1.00 (- 2.51,0.52)	0.26 (- 0.92,1.45)	0.40 (- 1.20,2.00)	-0.43 (- 2.03,1.16)	0.08 (- 1.42,1.58)	-0.25 (- 2.12,1.61)	-0.19 (- 2.58,2.21)	0.69 (- 0.64,2.03)	2.12 (0.66,3.58)	0.51 (- 0.92,1.95)	1.04 (- 0.63,2.70)	BT	
2.16 (0.23,4.09)	1.12 (- 0.98,3.23)	2.38 (0.29,4.48)	2.52 (0.25,4.79)	1.69 (- 0.50,3.88)	2.20 (0.08,4.31)	1.87 (- 0.54,4.27)	1.93 (- 0.87,4.73)	2.81 (0.74,4.88)	4.24 (2.14,6.34)	2.63 (0.46,4.80)	3.16 (0.83,5.49)	2.12 (0.19,4.05)	BT+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.18 Pain intensity at mid-term treatment sustainability, excluding studies involving data imputed from median and interquartile ranges

PC (reference)															
0.35 (0.04,0.67)	CBT+PC														
0.25 (-0.32,0.83)	-0.10 (-0.66,0.46)	Mindfulness													
-0.06 (-0.59,0.48)	-0.41 (-0.95,0.13)	-0.31 (-0.84,0.22)	Usual care												
0.25 (-0.17,0.66)	-0.11 (-0.52,0.31)	-0.01 (-0.48,0.47)	0.30 (-0.15,0.75)	CBT											
-0.05 (-0.56,0.46)	-0.40 (-0.87,0.07)	-0.30 (-0.78,0.17)	0.01 (-0.55,0.56)	-0.30 (-0.73,0.14)	Advice										
0.17 (-0.20,0.53)	-0.19 (-0.58,0.21)	-0.08 (-0.69,0.52)	0.22 (-0.31,0.76)	-0.08 (-0.55,0.39)	0.22 (-0.33,0.77)	CP+PC									
0.75 (0.16,1.34)	0.40 (-0.27,1.07)	0.50 (-0.32,1.32)	0.81 (0.01,1.61)	0.51 (-0.21,1.23)	0.80 (0.02,1.58)	0.59 (-0.11,1.28)	PE								
-0.10 (-0.61,0.40)	-0.46 (-1.05,0.14)	-0.36 (-1.12,0.41)	-0.05 (-0.78,0.69)	-0.35 (-1.00,0.30)	-0.05 (-0.77,0.66)	-0.27 (-0.89,0.35)	-0.86 (-1.63,-0.08)	Mind+PC							
0.28 (-0.29,0.84)	-0.08 (-0.64,0.49)	0.02 (-0.58,0.63)	0.33 (-0.14,0.81)	0.03 (-0.44,0.49)	0.32 (-0.27,0.92)	0.11 (-0.46,0.67)	-0.48 (-1.29,0.34)	0.38 (-0.38,1.13)	GP care						
0.20 (-0.75,1.15)	-0.16 (-1.11,0.79)	-0.06 (-1.03,0.92)	0.25 (-0.71,1.22)	-0.05 (-0.90,0.80)	0.24 (-0.71,1.20)	0.03 (-0.95,1.00)	-0.56 (-1.68,0.56)	0.30 (-0.77,1.37)	-0.08 (-1.05,0.89)	Csl					
-0.01 (-0.73,0.71)	-0.36 (-1.08,0.35)	-0.26 (-1.01,0.49)	0.05 (-0.69,0.79)	-0.25 (-0.84,0.33)	0.04 (-0.69,0.77)	-0.18 (-0.93,0.57)	-0.76 (-1.69,0.17)	0.10 (-0.78,0.97)	-0.28 (-1.03,0.46)	-0.20 (-0.83,0.42)	No intervention				
0.07 (-0.44,0.58)	-0.28 (-0.80,0.23)	-0.18 (-0.74,0.37)	0.13 (-0.21,0.46)	-0.18 (-0.62,0.27)	0.12 (-0.44,0.68)	-0.10 (-0.58,0.39)	-0.68 (-1.46,0.10)	0.17 (-0.54,0.89)	-0.21 (-0.60,0.18)	-0.13 (-1.09,0.84)	0.08 (-0.66,0.81)	CP			
0.32 (-0.18,0.81)	-0.04 (-0.55,0.47)	0.06 (-0.54,0.67)	0.37 (-0.21,0.95)	0.07 (-0.33,0.47)	0.36 (-0.20,0.93)	0.15 (-0.41,0.70)	-0.44 (-1.21,0.33)	0.42 (-0.29,1.13)	0.04 (-0.56,0.64)	0.12 (-0.82,1.06)	0.32 (-0.38,1.03)	0.25 (-0.32,0.82)	BT		
0.41 (-0.13,0.95)	0.06 (-0.57,0.68)	0.16 (-0.63,0.94)	0.47 (-0.29,1.23)	0.16 (-0.52,0.84)	0.46 (-0.28,1.20)	0.24 (-0.41,0.89)	-0.34 (-0.91,0.23)	0.51 (-0.22,1.25)	0.13 (-0.64,0.91)	0.21 (-0.88,1.31)	0.42 (-0.48,1.32)	0.34 (-0.40,1.08)	0.09 (-0.64,0.82)	PE+PC	
1.03 (0.44,1.63)	0.68 (0.07,1.29)	0.78 (0.02,1.55)	1.09 (0.35,1.83)	0.79 (0.14,1.43)	1.08 (0.36,1.80)	0.87 (0.20,1.53)	0.28 (-0.56,1.12)	1.14 (0.36,1.92)	0.76 (-0.00,1.52)	0.84 (-0.23,1.91)	1.04 (0.17,1.91)	0.96 (0.24,1.69)	0.72 (0.07,1.37)	0.62 (-0.18,1.43)	BT+PC

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 14.19 Pain intensity at short-term treatment sustainability, removing portions of the evidence in the network to address inconsistency

PC (reference)	1.20 (0.68,1.71)			0.10 (-1.04,1.24)	0.16 (-0.53,0.85)	1.30 (0.15,2.46)				-0.24 (-1.38,0.90)		-0.19 (-1.30,0.92)
1.06 (0.56,1.55)	PE+PC			0.32 (-0.83,1.46)								
0.53 (-0.37,1.44)	-0.52 (-1.53,0.49)	CBT	-0.20 (-1.35,0.96)						-0.30 (-1.44,0.84)		-1.97 (-3.34,-0.59)	0.00 (-0.87,0.87)
0.24 (-0.63,1.11)	-0.81 (-1.78,0.15)	-0.29 (-1.12,0.54)	Advice	0.37 (-0.80,1.55)				0.09 (-1.05,1.23)				
0.67 (0.01,1.33)	-0.38 (-1.11,0.35)	0.14 (-0.84,1.12)	0.43 (-0.42,1.29)	CBT+PC	-0.48 (-1.64,0.68)							
0.17 (-0.39,0.73)	-0.88 (-1.61,-0.16)	-0.36 (-1.32,0.60)	-0.07 (-0.98,0.84)	-0.50 (-1.22,0.22)	CP+PC			0.00 (-1.17,1.17)				
0.70 (-0.21,1.61)	-0.35 (-1.38,0.67)	0.17 (-0.96,1.30)	0.46 (-0.65,1.57)	0.03 (-1.04,1.09)	0.53 (-0.47,1.53)	PE		0.04 (-1.07,1.15)				
0.41 (-0.42,1.23)	-0.65 (-1.61,0.31)	-0.13 (-1.35,1.09)	0.16 (-1.03,1.36)	-0.27 (-1.32,0.79)	0.24 (-0.76,1.23)	-0.30 (-1.52,0.93)	Mind+PC					
0.18 (-0.53,0.90)	-0.87 (-1.72,-0.03)	-0.35 (-1.14,0.43)	-0.06 (-0.83,0.71)	-0.49 (-1.33,0.34)	0.01 (-0.74,0.76)	-0.52 (-1.42,0.38)	-0.22 (-1.31,0.87)	CP	0.00 (-1.18,1.18)	0.02 (-0.65,0.69)		-0.28 (-1.35,0.79)
0.21 (-0.86,1.28)	-0.85 (-2.01,0.31)	-0.33 (-1.20,0.55)	-0.03 (-1.09,1.03)	-0.46 (-1.61,0.68)	0.04 (-1.07,1.15)	-0.49 (-1.73,0.74)	-0.20 (-1.55,1.15)	0.03 (-0.86,0.92)	No intervention			
0.14 (-0.65,0.93)	-0.91 (-1.83,-0.00)	-0.39 (-1.27,0.49)	-0.10 (-1.00,0.80)	-0.53 (-1.45,0.39)	-0.03 (-0.88,0.82)	-0.56 (-1.58,0.46)	-0.26 (-1.40,0.87)	-0.04 (-0.62,0.54)	-0.07 (-1.09,0.95)	Usual care		0.05 (-1.11,1.22)
-0.61 (-1.73,0.51)	-1.67 (-2.88,-0.46)	-1.15 (-2.15,-0.14)	-0.85 (-1.98,0.27)	-1.29 (-2.48,-0.09)	-0.78 (-1.94,0.37)	-1.32 (-2.59,-0.04)	-1.02 (-2.41,0.37)	-0.80 (-1.73,0.13)	-0.82 (-2.01,0.37)	-0.76 (-1.82,0.31)	GP care	
0.30 (-0.59,1.19)	-0.75 (-1.75,0.25)	-0.23 (-0.97,0.51)	0.06 (-0.90,1.02)	-0.37 (-1.38,0.64)	0.13 (-0.84,1.10)	-0.40 (-1.55,0.75)	-0.10 (-1.31,1.11)	0.12 (-0.73,0.97)	0.09 (-0.96,1.15)	0.16 (-0.71,1.04)	0.92 (-0.22,2.05)	BT

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, Mind+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Final results of global test for inconsistency: $\chi^2 = 7.25$, $p = 0.51$. No local inconsistency was detected in the side-splitting approach.

Justification:

To examine the possible cause(s) of inconsistency for pain intensity at short-term treatment sustainability, we first examined the studies contributing to the sides demonstrating $p < 0.05$ from the side-splitting approach. The affected sides were 02 10 (physiotherapy care compared with no intervention), 02 14 (physiotherapy care compared with behavioural therapy delivered with physiotherapy care), 03 10 (cognitive behavioural therapy compared with no intervention), 10 13 (no intervention compared with behavioural therapy), 10 14 (no intervention compared with behavioural therapy delivered with physiotherapy care). We identified that Shariat et al. (2019),[77] was a common article contributing to all affected comparisons. We performed sensitivity analysis excluding this study to examine the impact on the degree of inconsistency. The global inconsistency test returned a result of $\chi^2 = 9.38$, $p = 0.31$; however, local inconsistency was still detected in the sides 03 12 (cognitive behavioural therapy compared with general practitioner care) and 09 12 (combined psychological approaches compared with general practitioner care) from the side-splitting approach.

We subsequently visually inspected possible causes of intransitivity across the three studies directly contributing to these comparisons. We identified that Tavafian et al. (2017)[85] was potentially contributing to inconsistency due to intransience related to intervention duration. Intervention duration for the other studies were 2 to 3 weeks[53] and 12 to 24 weeks,[81] whilst Tavafian et al. (2017)[85] involved a one-week intervention post-randomisation with monthly booster counselling sessions between 24 to 30 months post-intervention.[85] We examined the impact of further excluding Tavafian et al. (2017)[85], and found that that global inconsistency ($\chi^2 = 7.25$, $p = 0.51$) and local inconsistency were removed entirely.

As seen, the exclusion of Shariat et al. (2019)[77] resulted in behavioural therapy delivered with physiotherapy care (treatment node) becoming disconnected from the network. We recognise that this comparison resulted in statistically important findings from our primary analyses of pain intensity at both post-intervention and short-term treatment sustainability, from which our main conclusions were previously drawn in our initial manuscript submission. However, given that the current sensitivity analysis does not indicate important global or local inconsistency affecting the results, we have revised our discussion accordingly. Further studies should examine the robustness of effect estimates comparing behavioural therapy delivered with physiotherapy care, with physiotherapy care, at short-term treatment sustainability for pain intensity.

Nonetheless, effect estimates for pain education delivered with physiotherapy care compared with physiotherapy care remained very similar to those obtained in the primary analysis in terms of the magnitude of the effect and clinical significance. Also, effect estimates for cognitive behavioural therapy delivered with physiotherapy care remained similar in magnitude to the primary analysis; however, results became statistically significant in the sensitivity analyses, potentially suggesting that the effect of cognitive behavioural therapy delivered with physiotherapy care is sustained at least until short-term follow-up, and findings are not due to chance.

Supplementary O. Assessment of global inconsistency

Results of global inconsistency tests for the primary analysis are presented below in Supplementary Table 15.

Supplementary Table 15. Results of global inconsistency tests for the primary analyses

Time-point	Physical Function	Pain Intensity
Post-intervention	$\text{chi}^2 = 6.51, p = 0.99$	$\text{chi}^2 = 10.07, p = 0.97$
Short-term treatment sustainability	$\text{chi}^2 = 21.33, p < \mathbf{0.001}$	$\text{chi}^2 = 43.46, p < \mathbf{0.001}$
Mid-term treatment sustainability	$\text{chi}^2 = 28.75, p < \mathbf{0.001}$	$\text{chi}^2 = 11.98, p = 0.29$
Long-term treatment sustainability	$\text{chi}^2 = 1.18, p = 0.28$	$\text{chi}^2 = 1.12, p = 0.77$

Estimates in bold denote significance at $p < 0.05$.

Results of global inconsistency tests for sensitivity analyses conducted to address inconsistency are presented below in Supplementary Table 16.

Supplementary Table 16. Results of global inconsistency tests for the sensitivity analyses conducted to address inconsistency

Time-point	Physical Function	Pain Intensity
Short-term treatment sustainability	$\text{chi}^2 = 1.92, p = 0.75$	$\text{chi}^2 = 7.25, p = 0.51$
Mid-term treatment sustainability	$\text{chi}^2 = 1.92, p = 0.78$	N/A

Estimates in bold denote significance at $p < 0.05$.

Supplementary P. Results of side-splitting method for physical function and pain intensity

Supplementary Table 17.1 Physical function at post-intervention

Side	Direct Coef.	SE	Indirect Coef.	SE	p
02 03	0.03	0.35	-0.56	0.42	0.28
02 06	-0.78	0.31	-0.07	0.59	0.29
02 08	0.17	0.69	-0.17	0.47	0.68
02 09	-0.13	0.70	-0.49	0.42	0.66
02 12	-0.20	0.51	-0.12	0.45	0.91
02 15	0.18	0.69	-0.16	0.54	0.70
02 16	-0.26	0.75	-0.18	0.78	0.95
02 17	-0.16	0.67	-1.81	0.74	0.10
01 02	1.14	0.25	0.58	0.46	0.28
01 03	0.68	0.69	0.84	0.36	0.85
01 05	0.04	0.70	1.15	0.50	0.20
01 06	0.39	0.71	0.39	0.38	1.00
01 09	-0.12	0.68	0.92	0.44	0.20
03 04	0.03	0.41	-0.40	0.51	0.52
03 11	0.14	0.73	0.42	632.26	1.00
03 12	0.38	0.68	-0.07	0.43	0.57
04 05	0.74	0.77	-0.14	0.49	0.34
04 08	0.21	0.40	0.45	0.58	0.73
04 12	0.36	0.70	0.12	0.47	0.78
04 13	0.14	0.71	0.00	0.80	0.89
05 09	-0.21	0.40	-0.04	0.62	0.82
05 15	0.02	0.73	0.30	0.55	0.77
06 17	-1.06	0.68	0.60	0.73	0.10
07 08	0.37	0.68	0.23	0.85	0.90
07 09	0.01	0.68	-0.05	0.75	0.96
07 10	0.30	0.68	0.41	0.76	0.91
08 09	-0.36	0.68	-0.31	0.48	0.96
08 14	0.20	0.67	0.12	631.65	1.00
08 15	0.01	0.69	0.05	0.59	0.96
09 10	0.04	0.68	0.56	0.54	0.55
09 13	0.06	0.68	0.21	0.82	0.89
09 15	0.35	0.50	0.37	0.55	0.97
10 12	-0.55	0.72	0.20	0.63	0.44
10 15	0.00	0.80	-0.01	0.58	1.00
12 16	-0.04	0.69	-0.11	0.83	0.95

01: cognitive behavioural therapy delivered with physiotherapy care, 02: physiotherapy care, 03: combined psychological approaches delivered with physiotherapy care, 04: combined psychological approaches, 05: no intervention, 06: pain education delivered with physiotherapy care, 07: mindfulness, 08: usual care, 09: cognitive behavioural therapy, 10: advice, 11: behavioural therapy delivered with physiotherapy care, 12: pain education, 13: general practitioner care, 14: counselling, 15: behavioural therapy, 16: mindfulness delivered with physiotherapy care, 17: counselling delivered with physiotherapy care. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Table 17.2 Physical function at short-term treatment sustainability

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
02 05	-0.14	0.23	-1.07	0.24	0.01
02 06	-0.21	0.23	-0.47	0.30	0.50
02 07	-1.01	0.38	0.06	0.28	0.02
02 08
02 11	0.02	0.39	-0.16	0.39	0.75
02 13	0.11	0.39	-0.24	1.04	0.75
01 02	0.83	0.18	-0.35	0.40	0.01
01 05	-0.73	0.36	0.45	0.26	0.01
03 04	-0.01	0.39	0.03	0.76	0.97
03 10	0.27	0.37	0.23	0.76	0.97
04 05	-0.33	0.40	-0.29	0.75	0.97
05 06	0.46	0.38	0.19	0.30	0.57
06 07	0.26	0.36	-0.32	0.34	0.24
06 09	0.13	0.39	-0.06	0.34	0.72
07 09	-0.16	0.40	0.27	0.39	0.45
09 10	0.26	0.40	0.30	0.75	0.97
09 11	0.18	0.22	0.36	0.51	0.75
09 12	0.12	0.26	0.56	443.23	1.00
11 13	0.10	0.39	0.45	1.04	0.75

01: pain education delivered with physiotherapy care, 02: physiotherapy care, 03: cognitive behavioural therapy, 04: advice, 05: cognitive behavioural therapy delivered with physiotherapy care, 06: combined psychological approaches delivered with physiotherapy care, 07: pain education, 08: mindfulness delivered with physiotherapy care, 09: combined psychological approaches, 10: no intervention, 11: usual care, 12: general practitioner care, 13: behavioural therapy. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Table 17.3 Physical function at mid-term treatment sustainability

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
02 05	-0.11	0.28	-0.22	0.24	0.76
02 07	-0.45	0.19	-0.36	0.20	0.76
02 08	-0.91	0.28	0.04	0.22	0.01
02 09
01 02	0.23	0.10	0.91	0.22	0.01
01 05	-0.23	0.25	0.43	0.20	0.04
01 06	0.37	0.27	0.15	0.28	0.57
01 07	0.42	0.19	-0.30	0.14	<0.001
03 04	0.29	0.25	0.40	0.39	0.82
03 05	-0.01	0.25	0.04	0.30	0.90
03 06	0.14	0.24	0.05	0.30	0.83
04 05	-0.30	0.25	-0.32	0.26	0.96
04 10	-0.31	0.15	-0.26	0.32	0.89
05 06	-0.03	0.25	0.21	0.24	0.48
05 11	0.26	0.25	0.39	0.28	0.72
05 13	0.25	0.21	0.31	279.69	1.00

05 14	0.37	0.30	0.34	620.96	1.00
07 08	0.33	0.19	-0.61	0.31	0.01
07 10	0.29	0.18	0.10	0.31	0.61
08 15	-0.31	0.29	0.71	614.07	1.00
10 11	0.34	0.18	0.21	0.32	0.72
12 13	0.22	0.24	0.16	645.50	1.00

01: cognitive behavioural therapy delivered with physiotherapy care, 02: physiotherapy care, 03: mindfulness, 04: usual care, 05: cognitive behavioural therapy, 06: advice, 07: combined psychological approaches delivered with physiotherapy care, 08: pain education, 09: mindfulness delivered with physiotherapy care, 10: combined psychological approaches, 11: general practitioner care, 12: counselling, 13: no intervention, 14: behavioural therapy, 15: pain education delivered with physiotherapy care. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Table 17.4 Physical function at long-term treatment sustainability

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
02 03	-1.56	0.85	0.96	258.43	0.99
02 04	-0.09	1.84	-4.58	3.69	0.28
01 02
03 04	-0.33	1.84	4.16	3.69	0.28
04 05	0.20	1.88	1.55	138.05	0.99
05 10	-0.65	1.88	0.78	153.43	0.99
06 07	0.19	1.88	-2.88	632.64	1.00
07 10	0.00	1.89	-1.81	282.84	1.00
08 09	0.26	1.87	-2.29	632.44	1.00
09 10	-0.30	1.88	-1.84	282.93	1.00

01: combined psychological approaches delivered with physiotherapy care, 02: physiotherapy care, 03: cognitive behavioural therapy delivered with physiotherapy care, 04: cognitive behavioural therapy, 05: general practitioner care, 06: counselling, 07: no intervention, 08: pain education, 09: usual care, 10: combined psychological approaches. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Table 17.5 Pain intensity at post-intervention

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
02 04	1.90	0.61	0.01	0.41	0.01
02 05	-0.92	0.29	-0.86	0.87	0.95
02 06	-0.22	0.81	-0.23	0.41	0.99
02 08	0.65	0.80	-0.06	0.51	0.45
02 10	-0.28	0.41	0.12	0.53	0.55
02 11	-0.42	0.59	0.04	0.65	0.60
02 14	0.45	0.47	-0.64	0.51	0.12
02 15	-0.42	0.49	-0.42	0.95	1.00
02 16	-0.64	0.49	-2.73	0.97	0.05
02 17

01 02	1.12	0.29	0.37	0.50	0.20
01 04	0.11	0.80	1.93	0.42	0.05
01 05	0.06	0.82	0.00	0.40	0.95
01 06	-0.21	0.80	0.98	0.45	0.19
01 10	0.93	0.80	0.75	0.43	0.85
01 16	-0.08	0.85	-0.19	0.57	0.92
03 04	0.71	0.88	0.76	0.48	0.96
03 08	0.08	0.46	0.65	0.66	0.48
03 10	0.14	0.47	-0.26	0.61	0.60
03 11	0.31	0.81	-0.34	0.65	0.53
03 12	0.30	0.82	0.75	0.76	0.69
04 06	-0.76	0.38	-1.03	0.52	0.67
04 07	-0.52	0.86	-0.91	0.64	0.72
04 14	-0.84	0.35	-0.07	0.64	0.29
04 16	-2.41	0.63	-0.73	0.73	0.09
06 07	-0.10	0.80	0.21	0.65	0.77
06 08	0.34	0.80	0.39	0.53	0.96
06 09	0.10	0.80	0.32	0.70	0.84
06 12	0.78	0.60	0.33	0.94	0.69
06 14	0.20	0.38	0.18	0.52	0.97
07 08	0.44	0.80	0.14	0.82	0.79
07 09	0.14	0.80	0.15	0.83	1.00
08 13	1.55	0.79	-0.29	628.96	1.00
08 14	-0.41	0.80	-0.08	0.54	0.74
09 14	-0.19	0.90	0.05	0.68	0.83
11 15	-0.21	0.80	-0.21	0.70	1.00
14 16	-1.08	0.60	-0.98	0.76	0.92

01: cognitive behavioural therapy delivered with physiotherapy care, 02: physiotherapy care, 03: combined psychological approaches, 04: no intervention, 05: pain education delivered with physiotherapy care, 06: cognitive behavioural therapy, 07: mindfulness, 08: usual care, 09: advice, 10: combined psychological approaches delivered with physiotherapy care, 11: pain education, 12: general practitioner care, 13: counselling, 14: behavioural therapy, 15: mindfulness delivered with physiotherapy care, 16: behavioural therapy delivered with physiotherapy care, 17: counselling delivered with physiotherapy care. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Table 17.6 Pain intensity at short-term treatment sustainability

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
02 05	-0.10	1.04	-0.65	0.72	0.66
02 06	-0.16	0.60	0.48	0.91	0.56
02 07	-1.30	1.00	1.06	1.17	0.12
02 08
02 10	5.15	0.88	-0.10	0.64	<0.001
02 11	0.24	1.04	0.65	0.91	0.77
02 13	0.36	0.73	-1.19	1.23	0.28
02 14	-1.08	0.95	-6.57	1.96	0.01
01 02	1.22	0.46	-0.22	1.22	0.27

01 05	-0.32	1.02	1.12	0.81	0.27
03 04	0.20	1.04	0.07	1.06	0.93
03 10	0.30	0.93	3.14	0.89	0.03
03 12	1.97	1.07	-0.30	1.00	0.12
03 13	0.00	0.75	-0.73	1.00	0.56
04 05	-0.37	1.04	-1.36	1.12	0.52
04 09	-0.09	1.03	0.64	0.97	0.61
05 06	0.48	1.04	0.53	0.85	0.97
06 09	0.00	1.03	1.02	0.85	0.44
07 09	-0.04	0.99	2.32	1.18	0.12
09 10	0.00	0.97	2.56	0.89	0.05
09 11	-0.02	0.60	-0.70	1.11	0.59
09 12	-0.16	0.69	2.10	1.29	0.12
10 13	-4.44	0.99	-0.46	0.77	<0.001
10 14	-6.54	0.89	3.69	1.45	<0.001
11 13	-0.05	1.03	-0.97	1.03	0.53
13 14	-1.61	1.07	-4.14	2.12	0.28

01: pain education delivered with physiotherapy care, 02: physiotherapy care, 03: cognitive behavioural therapy, 04: advice, 05: cognitive behavioural therapy delivered with physiotherapy care, 06: combined psychological approaches delivered with physiotherapy care, 07: pain education, 08: mindfulness delivered with physiotherapy care, 09: combined psychological approaches, 10: no intervention, 11: usual care, 12: general practitioner care, 13: behavioural therapy, 14: behavioural therapy delivered with physiotherapy care. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Table 17.7 Pain intensity at mid-term treatment sustainability

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
02 05	-0.05	0.35	-0.30	0.27	0.58
02 07	-0.35	0.23	0.20	0.29	0.14
02 08	-1.27	0.36	0.06	0.43	0.02
02 09
02 14	-0.02	0.41	-0.45	0.32	0.40
02 15	-0.05	0.28	-1.38	0.48	0.02
02 16	-1.01	0.35	-1.00	0.70	0.99
01 02	0.21	0.17	0.57	0.33	0.33
01 05	-0.25	0.34	0.26	0.26	0.24
01 06	0.48	0.35	0.28	0.35	0.68
01 07	0.43	0.32	-0.04	0.25	0.25
01 16	-0.73	0.50	-0.72	0.39	0.98
03 04	0.27	0.33	0.39	0.53	0.85
03 05	-0.03	0.33	0.04	0.39	0.89
03 06	0.35	0.33	0.25	0.40	0.84
04 05	-0.30	0.33	-0.30	0.34	0.99
04 13	-0.13	0.19	-0.09	0.43	0.92
05 06	0.17	0.33	0.43	0.31	0.58
05 10	0.09	0.33	-0.19	0.37	0.57
05 12	0.25	0.30	0.35	280.63	1.00

05 14	-0.13	0.23	0.13	0.45	0.60
07 13	0.00	0.34	0.25	0.39	0.63
08 15	-0.11	0.33	1.22	0.45	0.02
10 13	0.27	0.23	-0.01	0.43	0.57
11 12	0.20	0.32	0.10	636.37	1.00
14 16	-0.71	0.42	-0.74	0.56	0.97

01: cognitive behavioural therapy delivered with physiotherapy care, 02: physiotherapy care, 03: mindfulness, 04: usual care, 05: cognitive behavioural therapy, 06: advice, 07: combined psychological approaches delivered with physiotherapy care, 08: pain education, 09: mindfulness delivered with physiotherapy care, 10: general practitioner care, 11: counselling, 12: no intervention, 13: combined psychological approaches, 14: behavioural therapy, 15: pain education delivered with physiotherapy care, 16: behavioural therapy delivered with physiotherapy care. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

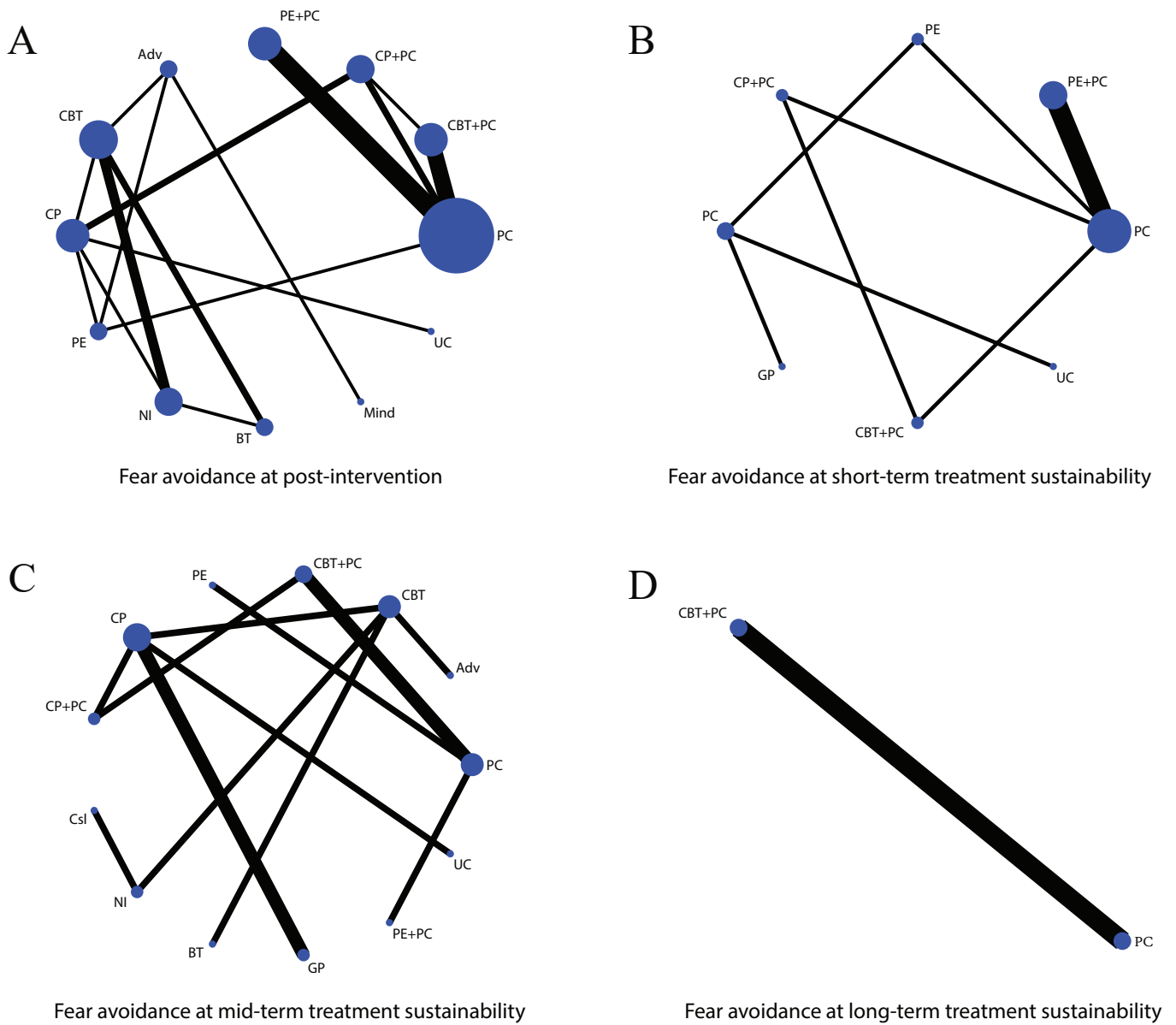
Supplementary Table 17.8 Pain intensity at long-term treatment sustainability

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
02 03	-0.03	1.43	-3.78	2.86	0.24
02 07	-1.21	0.73	-0.45	4.35	0.86
02 08	-0.77	1.17	-1.56	3.28	0.82
02 10	-0.40	1.63	-1.17	4.10	0.86
01 02
03 04	0.07	1.47	0.13	175.52	1.00
03 07	0.35	1.43	-3.40	2.86	0.24
04 09	0.92	1.47	0.77	210.87	1.00
05 06	0.18	1.46	0.60	632.28	1.00
06 09	-0.09	1.47	0.17	282.83	1.00
07 08	0.05	1.64	0.64	1.72	0.81
08 10	0.25	1.63	1.02	4.10	0.86

01: combined psychological approaches delivered with physiotherapy care, 02: physiotherapy care, 03: cognitive behavioural therapy, 04: general practitioner care, 05: pain education, 06: usual care, 07: cognitive behavioural therapy delivered with physiotherapy care, 08: behavioural therapy delivered with physiotherapy care, 09: combined psychological approaches, 10: behavioural therapy. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Q. Results from direct and network evidence for fear avoidance and intervention compliance

Supplementary Figure 15. Network plots of fear avoidance at post-intervention, and short, mid, and long-term follow-up



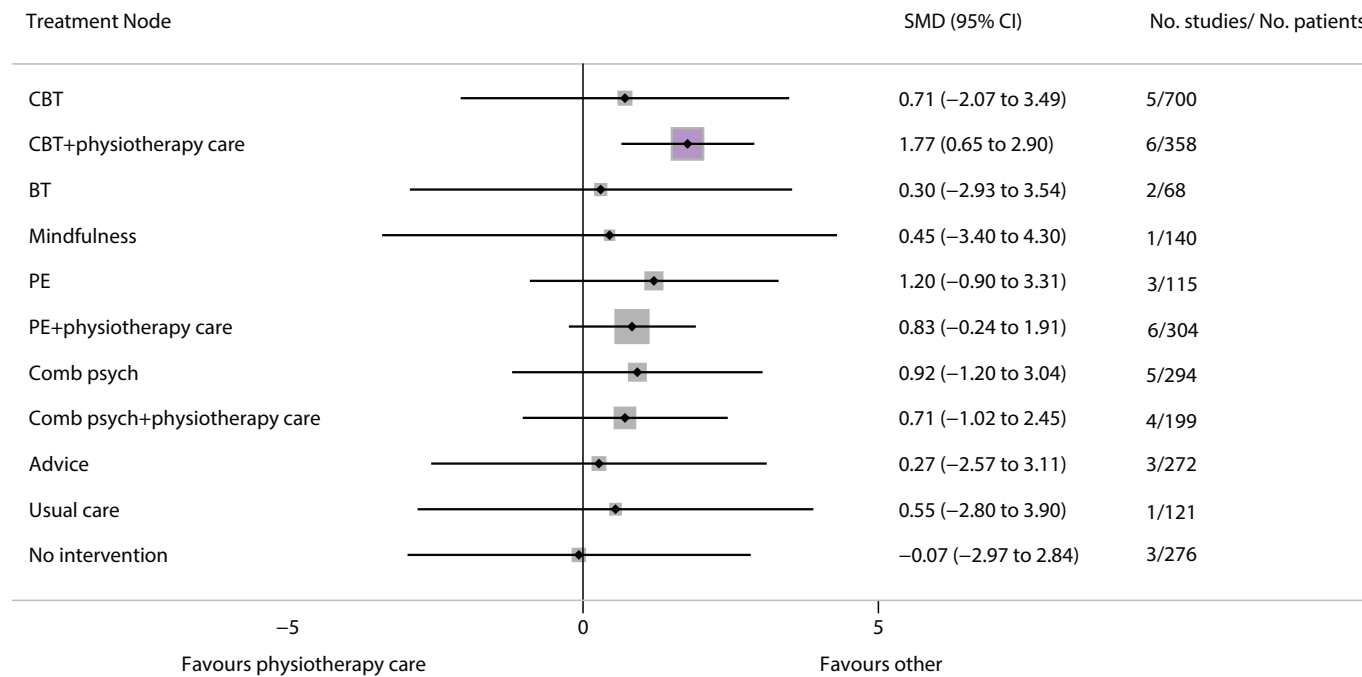
Adv: advice, BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP: general practitioner care, Mind: Mindfulness, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Supplementary Table 18.1 Fear avoidance at post-intervention

PC (reference)	1.93 (0.71,3.14)						-0.14 (- 2.81,2.53)	1.31 (- 1.43,4.04)			
1.77 (0.65,2.90)	CBT+PC						-0.33 (- 2.98,2.33)				
0.83 (- 0.24,1.91)	-0.94 (- 2.49,0.62)	PE+PC									
0.27 (- 2.57,3.11)	-1.50 (- 4.46,1.46)	-0.56 (- 3.60,2.47)	Advice	0.13 (- 2.55,2.82)				1.25 (- 1.48,3.99)		0.18 (- 2.41,2.78)	
0.71 (- 2.07,3.49)	-1.06 (- 3.94,1.82)	-0.12 (- 3.10,2.85)	0.44 (- 1.76,2.65)	CBT	-0.06 (- 2.77,2.64)			-0.84 (- 2.41,0.72)	-0.51 (- 2.43,1.42)		
0.92 (- 1.20,3.04)	-0.85 (- 3.08,1.37)	0.08 (- 2.29,2.46)	0.65 (- 1.80,3.10)	0.21 (- 1.87,2.29)	CP	-0.15 (- 2.08,1.78)	-0.13 (- 2.83,2.56)	-0.79 (- 3.51,1.93)			-0.37 (- 2.96,2.23)
0.71 (- 1.02,2.45)	-1.06 (- 2.86,0.74)	-0.12 (- 2.16,1.92)	0.44 (- 2.33,3.21)	0.00 (- 2.57,2.58)	-0.21 (- 1.89,1.48)		CP+PC				
1.20 (- 0.90,3.31)	-0.57 (- 2.85,1.72)	0.37 (- 1.99,2.73)	0.93 (- 1.30,3.16)	0.49 (- 1.93,2.92)	0.28 (- 1.65,2.21)	0.49 (- 1.69,2.67)	PE				
-0.07 (- 2.97,2.84)	-1.84 (- 4.83,1.15)	-0.90 (- 3.99,2.19)	-0.34 (- 2.86,2.19)	-0.78 (- 2.24,0.68)	-0.98 (- 3.18,1.21)	-0.78 (- 3.46,1.91)	-1.27 (- 3.87,1.34)	No intervention	0.53 (- 2.22,3.27)		
0.30 (- 2.93,3.54)	-1.47 (- 4.79,1.85)	-0.53 (- 3.94,2.87)	0.03 (- 2.77,2.83)	-0.41 (- 2.18,1.36)	-0.62 (- 3.26,2.03)	-0.41 (- 3.47,2.64)	-0.90 (- 3.85,2.04)	0.37 (- 1.65,2.39)	BT		
0.45 (- 3.40,4.30)	-1.32 (- 5.25,2.62)	-0.38 (- 4.38,3.61)	0.18 (- 2.41,2.78)	-0.26 (- 3.66,3.14)	-0.47 (- 4.04,3.10)	-0.26 (- 4.06,3.53)	-0.75 (- 4.17,2.67)	0.52 (- 3.10,4.14)	0.15 (- 3.67,3.96)	Mindfulness	
0.55 (- 2.80,3.90)	-1.22 (- 4.64,2.20)	-0.28 (- 3.80,3.24)	0.28 (- 3.29,3.85)	-0.16 (- 3.49,3.17)	-0.37 (- 2.96,2.23)	-0.16 (- 3.26,2.93)	-0.65 (- 3.89,2.58)	0.62 (- 2.78,4.02)	0.25 (- 3.46,3.96)	0.10 (- 4.31,4.51)	Usual care

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle). Note: Three studies [5, 17, 92] were excluded from the NMA due to using ambiguous methods to score the Fear Avoidance Beliefs Questionnaire which were inconsistent with validated recommendations. The results of these studies have been summarised descriptively in Supplementary E.[17, 92]

Supplementary Figure 16. Forest plots of network results for fear avoidance at post-intervention



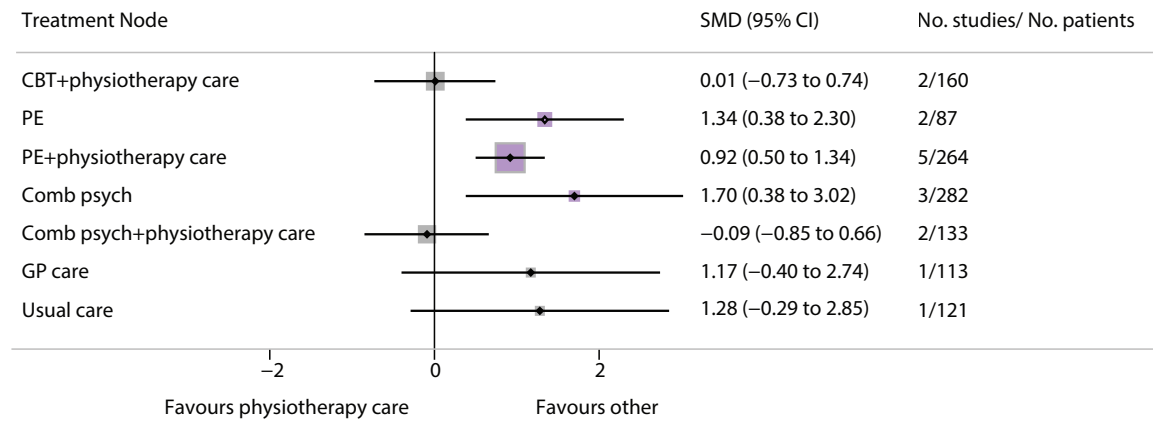
BT: behavioural therapy, CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Supplementary Table 18.2 Fear avoidance at short-term treatment sustainability

PC (reference)		1.34 (0.38,2.30)	0.14 (- 0.85,1.13)			-0.20 (- 1.15,0.74)	
0.92 (0.50,1.34)	PE+PC						
1.34 (0.38,2.30)	0.42 (- 0.62,1.47)	PE		0.36 (- 0.55,1.27)			
-0.09 (- 0.85,0.66)	-1.01 (- 1.87,-0.15)	-1.43 (- 2.65,-0.21)	CP+PC			0.30 (- 0.61,1.20)	
1.70 (0.38,3.02)	0.78 (- 0.60,2.17)	0.36 (- 0.55,1.27)	1.79 (0.28,3.31)	CP	-0.53 (- 1.39,0.33)		-0.42 (- 1.27,0.44)
1.17 (- 0.40,2.74)	0.25 (- 1.37,1.88)	-0.17 (- 1.42,1.08)	1.26 (- 0.48,3.01)	-0.53 (- 1.39,0.33)	GP care		
0.01 (- 0.73,0.74)	-0.91 (- 1.76,-0.06)	-1.33 (- 2.54,-0.12)	0.10 (- 0.62,0.82)	-1.69 (- 3.20,-0.18)	-1.16 (- 2.90,0.57)	CBT+PC	
1.28 (- 0.29,2.85)	0.37 (- 1.26,1.99)	-0.06 (- 1.30,1.19)	1.38 (- 0.37,3.12)	-0.42 (- 1.27,0.44)	0.11 (- 1.10,1.32)	1.27 (- 0.46,3.01)	Usual care

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Figure 17. Forest plots of network results for fear avoidance at short-term treatment sustainability



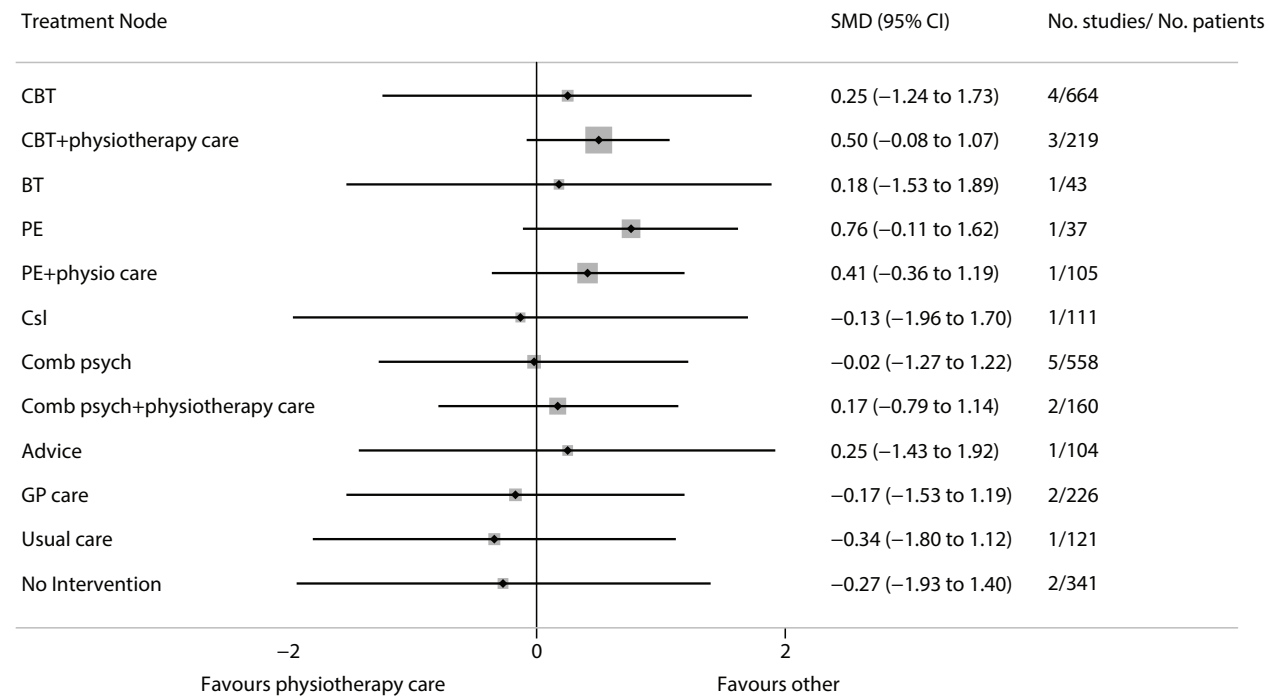
CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Supplementary Table 18.3 Fear avoidance at mid-term treatment sustainability

PC (reference)			0.5 (- 0.08,1.07)									
0.25 (- 1.43,1.92)	Advice	0.00 (- 0.78,0.78)										
0.25 (- 1.24,1.73)	0.00 (- 0.78,0.78)	CBT			-0.27 (- 1.08,0.54)			-0.51 (- 1.26,0.23)	-0.07 (- 0.91,0.77)			
0.50 (- 0.08,1.07)	0.25 (- 1.33,1.83)	0.25 (- 1.12,1.62)	CBT+PC			-0.32 (- 1.10,0.45)						
0.76 (- 0.11,1.62)	0.51 (- 1.38,2.40)	0.51 (- 1.21,2.23)	0.26 (- 0.78,1.30)	PE								
-0.02 (- 1.27,1.22)	-0.27 (- 1.39,0.85)	-0.27 (- 1.08,0.54)	-0.52 (- 1.62,0.58)	-0.78 (- 2.30,0.73)	CP	0.20 (- 0.59,0.98)				-0.14 (- 0.69,0.40)		-0.32 (- 1.09,0.45)
0.17 (- 0.79,1.14)	-0.07 (- 1.44,1.30)	-0.07 (- 1.20,1.06)	-0.32 (- 1.10,0.45)	-0.58 (- 1.88,0.71)	0.20 (- 0.59,0.98)	CP+PC						
-0.13 (- 1.96,1.70)	-0.38 (- 1.70,0.94)	-0.38 (- 1.45,0.69)	-0.63 (- 2.37,1.11)	-0.89 (- 2.92,1.14)	-0.11 (- 1.45,1.23)	-0.31 (- 1.86,1.25)	Csl	-0.13 (- 0.90,0.64)				
-0.27 (- 1.93,1.40)	-0.51 (- 1.59,0.56)	-0.51 (- 1.26,0.23)	-0.76 (- 2.32,0.80)	-1.02 (- 2.90,0.85)	-0.24 (- 1.34,0.86)	-0.44 (- 1.79,0.91)	-0.13 (- 0.90,0.64)	No Intervention				
0.18 (- 1.53,1.89)	-0.07 (- 1.21,1.08)	-0.07 (- 0.91,0.77)	-0.32 (- 1.92,1.29)	-0.58 (- 2.49,1.34)	0.20 (- 0.97,1.37)	0.01 (- 1.40,1.41)	0.31 (- 1.05,1.67)	0.45 (- 0.68,1.57)	BT			
-0.17 (- 1.53,1.19)	-0.41 (- 1.66,0.84)	-0.41 (- 1.39,0.56)	-0.66 (- 1.90,0.57)	-0.93 (- 2.54,0.68)	-0.14 (- 0.69,0.40)	-0.34 (- 1.30,0.61)	-0.04 (- 1.49,1.41)	0.10 (- 1.13,1.33)	-0.35 (- 1.64,0.94)	GP care		
0.41 (- 0.36,1.19)	0.16 (- 1.68,2.01)	0.16 (- 1.51,1.84)	-0.09 (- 1.05,0.88)	-0.35 (- 1.51,0.81)	0.43 (- 1.03,1.90)	0.24 (- 1.00,1.48)	0.54 (- 1.45,2.53)	0.68 (- 1.16,2.51)	0.23 (- 1.65,2.11)	0.58 (- 0.99,2.14)	PE+PC	
-0.34 (- 1.80,1.12)	-0.59 (- 1.95,0.78)	-0.59 (- 1.70,0.53)	-0.84 (- 2.18,0.51)	-1.10 (- 2.80,0.60)	-0.32 (- 1.09,0.45)	-0.51 (- 1.61,0.58)	-0.21 (- 1.76,1.34)	-0.07 (- 1.42,1.27)	-0.52 (- 1.92,0.88)	-0.17 (- 1.11,0.77)	-0.75 (- 2.41,0.91)	Usual care

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP care: general practitioner care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Figure 18. Forest plots of network results for fear avoidance at mid-term treatment sustainability

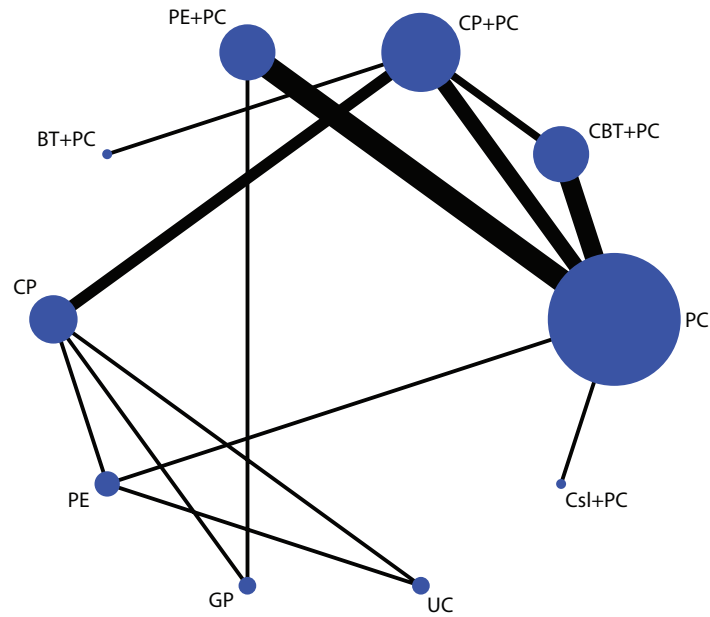


BT: behavioural therapy, CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Comment. Fear avoidance at long-term treatment sustainability

NMA was not performed at long-term treatment sustainability for fear avoidance as the network became disconnected. Results from pairwise meta-analysis for cognitive behavioural therapy delivered with physiotherapy care (CBT+PC) compared with physiotherapy care (PC): standardised mean difference 3.21 (95% confidence interval 0.00 to 6.41).

Supplementary Figure 19. Network plot for intervention compliance at post-intervention



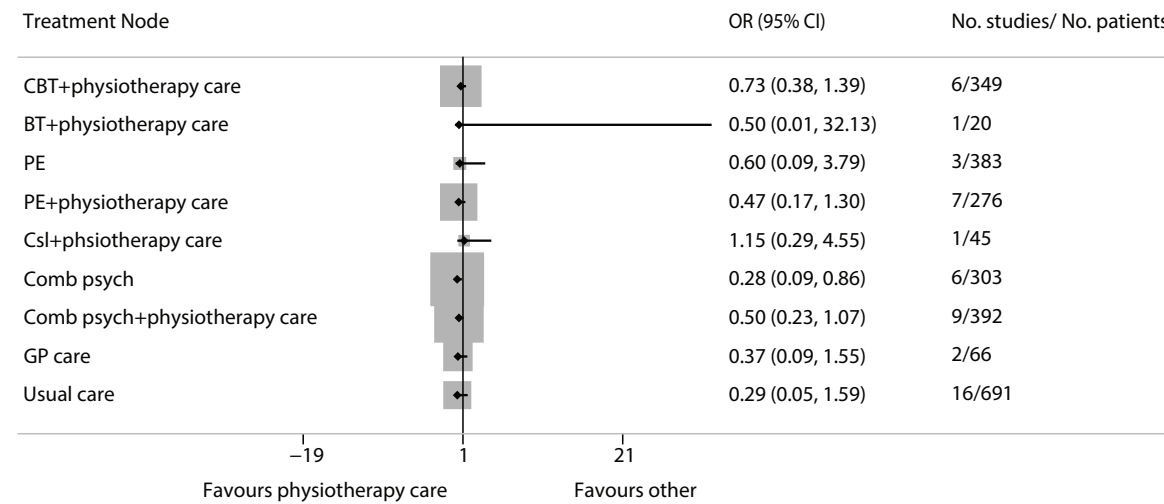
BT+PC: behavioural therapy delivered with physiotherapy care, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl+PC: counselling delivered with physiotherapy care, GP: general practitioner care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Supplementary Table 18.4 Intervention compliance at post-intervention

PC (reference)	0.77 (0.36,1.63)	0.40 (0.15,1.06)	0.43 (0.14,1.32)			0.97 (0.02,58.54)			
0.73 (0.38,1.39)	CBT+PC	0.82 (0.31,2.15)							
0.50 (0.23,1.07)	0.68 (0.31,1.49)	CP+PC		1.00 (0.02,60.40)	0.61 (0.22,1.67)				
0.47 (0.17,1.30)	0.65 (0.20,2.13)	0.95 (0.28,3.21)	PE+PC				0.58 (0.09,3.83)		
0.50 (0.01,32.13)	0.68 (0.01,44.29)	1.00 (0.02,60.40)	1.06 (0.01,76.15)	BT+PC					
0.28 (0.09,0.86)	0.39 (0.12,1.24)	0.57 (0.23,1.44)	0.61 (0.16,2.36)	0.57 (0.01,38.41)	CP	3.06 (0.10,89.97)	1.57 (0.33,7.41)	1.40 (0.28,6.95)	
0.60 (0.09,3.79)	0.82 (0.13,5.37)	1.21 (0.21,7.03)	1.27 (0.16,9.83)	1.21 (0.01,104.68)	2.10 (0.43,10.32)	PE		0.41 (0.13,1.27)	
0.37 (0.09,1.55)	0.50 (0.11,2.28)	0.74 (0.18,3.05)	0.78 (0.19,3.26)	0.74 (0.01,56.68)	1.29 (0.36,4.65)	0.61 (0.08,4.63)	GP care		
0.29 (0.05,1.59)	0.40 (0.07,2.27)	0.58 (0.12,2.93)	0.61 (0.09,4.11)	0.58 (0.01,47.71)	1.01 (0.25,4.07)	0.48 (0.17,1.39)	0.79 (0.12,5.12)	Usual care	
1.15 (0.29,4.55)	1.59 (0.35,7.24)	2.33 (0.48,11.22)	2.46 (0.44,13.61)	2.33 (0.03,188.17)	4.05 (0.69,23.63)	1.93 (0.19,19.33)	3.15 (0.43,23.02)	4.01 (0.45,35.99)	Csl+PC

Results are presented as odds ratios (OR) and 95% confidence intervals. BT+PC: behavioural therapy delivered with physiotherapy care, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, PC: physiotherapy care. Estimates in bold denote significance at $p < 0.05$. OR values less than 1.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Figure 20. Forest plots of network results for intervention compliance at post-intervention



BT: behavioural therapy, CBT: cognitive behavioural therapy, Comb psych: combined psychological approaches, Csl: counselling, GP care: general practitioner care, PE: pain education. Physiotherapy care was considered the reference comparison group.

Supplementary R. CINeMA results for fear avoidance

Judgments of the confidence in cumulative evidence were evaluated using the Confidence in Network Meta-Analysis (CINeMA) framework,[102-104] a web application of the Grading of Recommendations Assessment, Development and Evaluation (GRADE) ratings approach.

In CINeMA, the default confidence rating for each comparison is “high confidence.” Confidence ratings per comparison were assessed according to the following steps. First, we assigned a point scale to the domain-level judgments: “no concerns” was 0 points, “some concerns” was 0.5 points, “major concerns” was 1 point. Then, we downgraded the confidence rating, for each comparison, by: (i) one level (i.e., “moderate confidence”), if there was a reduction of ≥ 1 but < 2 points across all domains; two levels (i.e., “low confidence”), if there was a reduction of ≥ 2 but < 3 points across all domains; (ii) three levels (i.e., “very low confidence”), if there was a reduction of ≥ 3 points across all domains.

Supplementary Table 19.1 Fear avoidance at post-intervention

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
Adv:CBT	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:Mind	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:PE	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:CBT	2	Major concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
BT:NI	1	Major concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:CP	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT:NI	3	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CBT+PC:CP+PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:PC	5	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CP:CP+PC	2	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:NI	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:PE	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:UC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:PC	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
PC:PE	1	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
PC:PE+PC	6	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
Adv:BT	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:CBT+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Adv:CP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

CP+PC:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:NI	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
Mind:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
NI:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

Adv: advice, BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Mind: mindfulness, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Supplementary Table 19.2 Fear avoidance at short-term treatment sustainability

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
CBT+PC:CP+PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:GP	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:PE	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP:UC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:PC	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PC:PE	1	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
PC:PE+PC	5	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CBT+PC:CP	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate

CBT+PC:GP	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CBT+PC:PE	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT+PC:PE+PC	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CBT+PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP:CP+PC	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CP:PC	0	Some concerns	Undetected	No concerns	No concerns	Some concerns	No concerns	Moderate
CP:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
CP+PC:GP	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
CP+PC:PE	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CP+PC:PE+PC	0	Some concerns	Undetected	No concerns	No concerns	Major concerns	No concerns	Moderate
CP+PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
GP:PC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
GP:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
GP:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PC:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	No concerns	Moderate
PE:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate
PE+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	No concerns	Moderate

CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP: general practitioner care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Supplementary Table 19.3 Fear avoidance at mid-term treatment sustainability

Comparison	n studies	Within-study bias	Reporting bias	Indirectness	Imprecision	Heterogeneity	Incoherence	Confidence rating
Adv:CBT	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
BT:CBT	1	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
CBT:CP	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
CBT:NI	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
CBT+PC:CP+PC	1	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
CBT+PC:PC	2	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low

GP:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
GP:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
NI:PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
NI:PE	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
NI:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
NI:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
PE:PE+PC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low
PE:UC	0	Some concerns	Undetected	No concerns	Some concerns	Some concerns	Major concerns	Low
PE+PC:UC	0	Some concerns	Undetected	No concerns	Major concerns	No concerns	Major concerns	Low

Adv: advice, BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP: general practitioner care, NI: no intervention, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, UC: usual care.

Comment. Fear avoidance at long-term treatment sustainability

At long-term follow-up, the network became disconnected. We were unable to use CINeMA to perform the GRADE assessment.

Supplementary S. Rank results for fear avoidance and intervention compliance

Supplementary Table 20.1 Fear avoidance at post-intervention

Rank	Treatment Node	SUCRA	Mean Rank
1 st	CBT+PC	81.8	3
2 nd	PE	67.7	4.5
3 rd	CBT	59.4	5.5
4 th	CP+PC	55.4	5.9
5 th	Advice	53.8	6.1
6 th	CP	51	6.4
7 th	Usual care	47.8	6.7
8 th	Mindfulness	46.2	6.9
9 th	BT	40.9	7.5
10 th	PE+PC	39.1	7.7
11 th	No Intervention	29.1	8.8
12 th	Physiotherapy care	27.8	8.9

BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.

Supplementary Table 20.2 Fear avoidance at short-term treatment sustainability

Rank	Treatment Node	SUCRA	Mean Rank
1 st	CP	90.4	1.7
2 nd	PE	73	2.9
3 rd	Usual care	66.9	3.3
4 th	GP care	61.8	3.7
5 th	PE+PC	57.6	4
6 th	CBT+PC	19.3	6.7
7 th	Physiotherapy care	17.4	6.8
8 th	CP+PC	13.6	7

CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, GP care: general practitioner care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.

Supplementary Table 20.3 Fear avoidance at mid-term treatment sustainability

Rank	Treatment Node	SUCRA	Mean Rank
1 st	PE	80.5	3.3
2 nd	CBT+PC	73.2	4.2
3 rd	PE+PC	64.5	5.3
4 th	CBT	61.3	5.6
5 th	Advice	58.7	6
6 th	BT	54.6	6.4
7 th	CP+PC	54	6.5
8 th	CP	42	8
9 th	Physiotherapy care	40	8.2
10 th	Csl	37.7	8.5
11 th	GP care	32.1	9.2
12 th	No intervention	27.6	9.7
13 th	Usual care	24	10.1

BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, GP care: general practitioner care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.

Comment. Fear avoidance at long-term treatment sustainability

NMA was not performed at long-term treatment sustainability for fear avoidance as the network became disconnected.

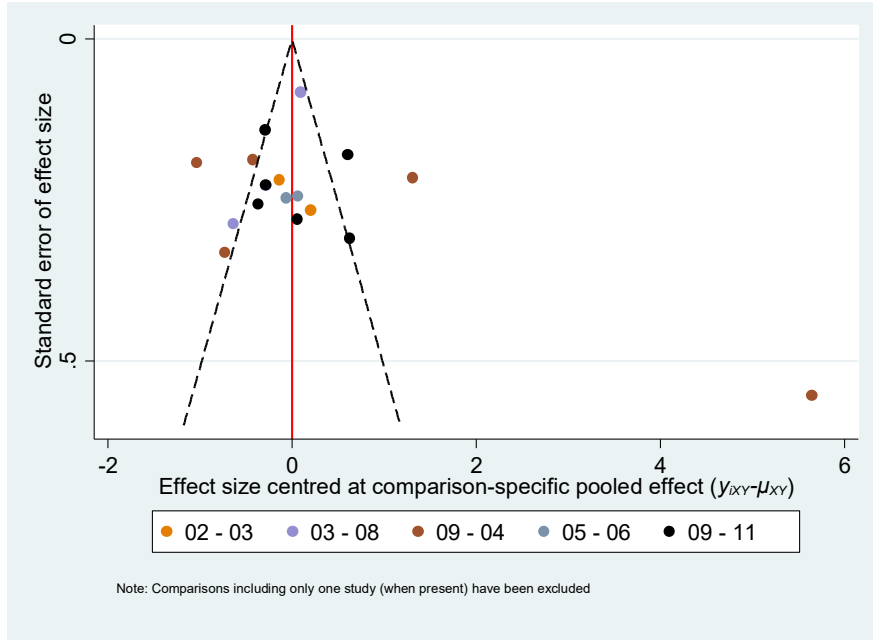
Supplementary Table 20.4 Intervention compliance at post-intervention

Rank	Treatment Node	SUCRA	Mean Rank
1 st	CP	78.7	2.9
2 nd	Usual care	74.6	3.3
3 rd	GP care	64.9	4.2
4 th	PE+PC	56.3	4.9
5 th	CP+PC	54.6	5.1
6 th	BT+PC	51.9	5.3
7 th	PE	43.1	6.1
8 th	CBT+PC	35.4	6.8
9 th	Csl+PC	21.5	8.1
10 th	Physiotherapy care	18.9	8.3

BT+PC: behavioural therapy delivered with physiotherapy care, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, PE: pain education, PE+PC: pain education delivered with physiotherapy care.

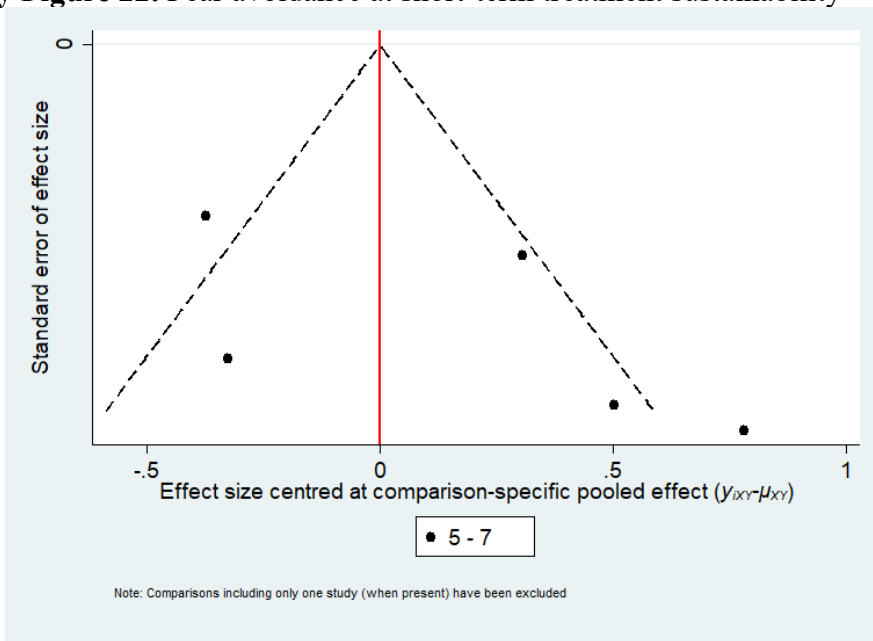
Supplementary T. Comparison-adjusted funnel plots for fear avoidance and intervention compliance

Supplementary Figure 21. Fear avoidance at post-intervention



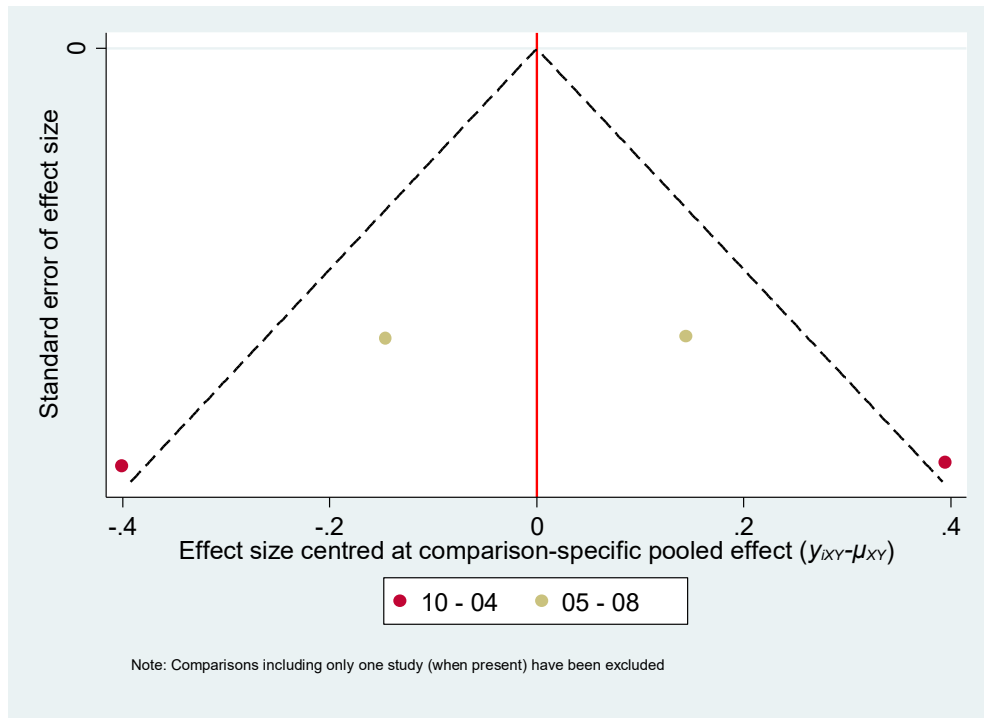
01: advice, 02: behavioural therapy, 03: cognitive behavioural therapy, 04: cognitive behavioural therapy delivered with physiotherapy care, 05: combined psychological approaches, 06: combined psychological approaches delivered with physiotherapy care, 07: mindfulness, 08: no intervention, 09: physiotherapy care, 10: pain education, 11: pain education delivered with physiotherapy care, 12: usual care.

Supplementary Figure 22. Fear avoidance at short-term treatment sustainability



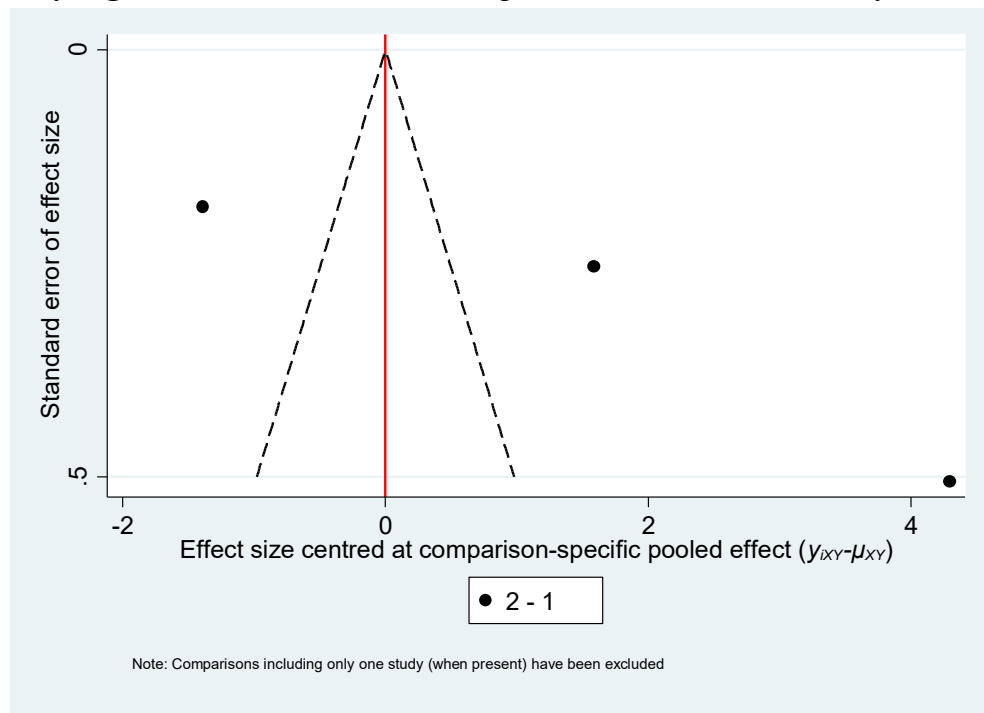
01: cognitive behavioural therapy delivered with physiotherapy care, 02: combined psychological approaches, 03: combined psychological approaches delivered with physiotherapy care, 04: general practitioner care, 05: physiotherapy care, 06: pain education, 07: pain education delivered with physiotherapy care, 08: usual care.

Supplementary Figure 23. Fear avoidance at mid-term treatment sustainability



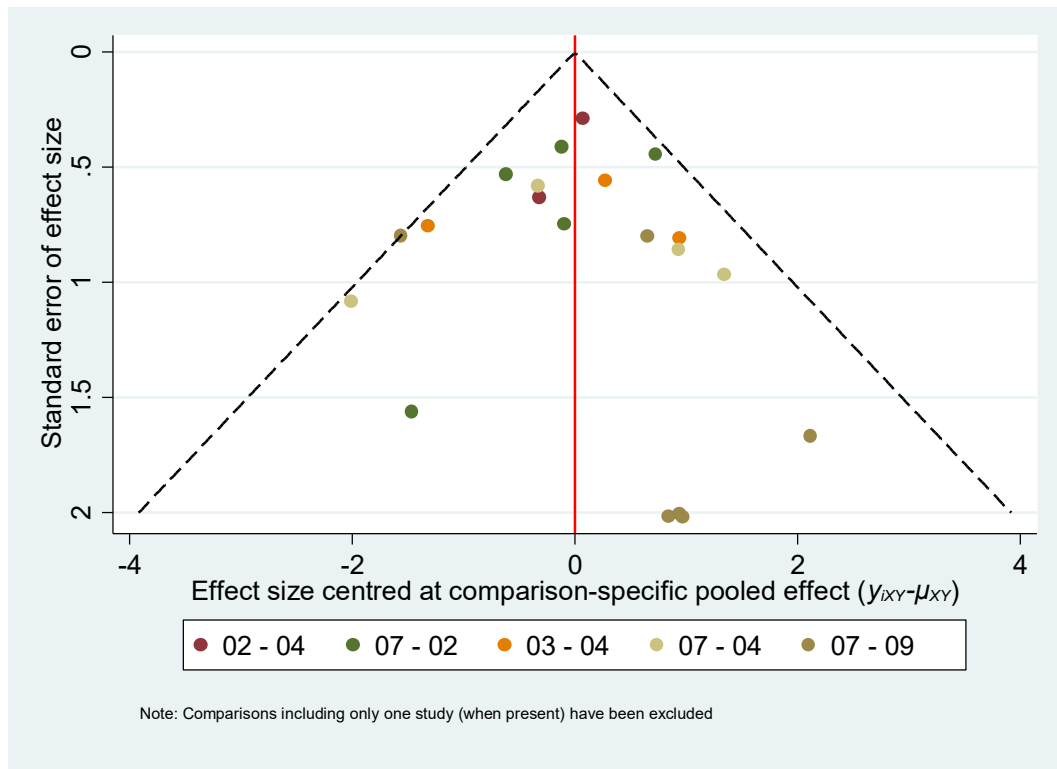
01: advice, 02: behavioural therapy, 03: cognitive behavioural therapy, 04: cognitive behavioural therapy delivered with physiotherapy care, 05: combined psychological approaches, 06: combined psychological approaches delivered with physiotherapy care, 07: counselling, 08: general practitioner care, 09: no intervention, 10: physiotherapy care, 11: pain education, 12: pain education delivered with physiotherapy care, 13: usual care.

Supplementary Figure 24. Fear avoidance at long-term treatment sustainability



01: cognitive behavioural therapy delivered with physiotherapy care, 02: physiotherapy care.

Supplementary Figure 25. Intervention compliance at post-intervention



01: behavioural therapy delivered with physiotherapy care, 02: cognitive behavioural therapy delivered with physiotherapy care, 03: combined psychological approaches, 04: combined psychological approaches delivered with physiotherapy care, 05: counselling delivered with physiotherapy care, 06: general practitioner care, 07: physiotherapy care, 08: pain education, 09: pain education delivered with physiotherapy care, 10: usual care.

Supplementary U. Summary of health-related quality of life

The following table presents the effect sizes for all studies included in the review which report data on health-related quality of life. The results of the studies involving at least one treatment node classified as physiotherapy care (PC) have been summarised in the main paper.

Supplementary Table 21. Effect sizes for health-related quality of life

Author, Year	Treatment nodes	Outcome	Results ^a
SF-36 physical component summary score provided			
Dufour, 2010[15]	CP+PC vs PC	SF-36 (PCS)	Post-intervention: assessed but between-group differences not analysed Short-term follow-up: $p < 0.001$ (favouring CP+PC) Mid-term follow-up: assessed but between-group differences not analysed Long-term follow-up: assessed but between-group differences not analysed
Galan-Martin, 2020[21]	PE+PC vs PC	SF-36 (PCS)	Post-intervention: results of between-group differences were not reported. Short-term follow-up: 12 (9.6 to 14.4), $p < 0.001$ (favouring PE+PC).
Yao, 2020[98]	Mind+PC vs PC	SF-36 (PCS)	Post-intervention: 3.1 (-1.8 to 8.0), $p > 0.05$.
Saper, 2017[73]	Mind+PC vs PE	SF-36 (PCS)	Post-intervention: 0.62 (-1.6 to 2.9), $p > 0.05$
Fairbank, 2005[16]	CBT+PC vs Surgery (Lumbar Fusion)	SF-36 (PCS)	Post-intervention: between-group differences were not assessed. Long-term follow-up: 2.0 (-1.2 to 5.3), $p > 0.05$.
Cuesta-Vargas, 2011[14]	PE+PC vs PE+PC	SF-36 (PCS)	Post-intervention: Mean difference 5.1, standard deviation 11.2. Results were not statistically significant.
SF-12 physical component summary (PCS) score provided			
Godfrey, 2019[28]	Mind+PC vs PC	SF-12 (PCS)	Post-intervention: between-group differences were not assessed. Short-term follow-up: mean difference 1.91, standard error 0.89, $p = 0.032$ (favouring Mind+PC). Mid-term follow-up: Mean difference 0.48, standard error 1.01, $p = 0.637$
Cherkin, 2016[11]	Mind vs UC vs CBT	SF-12 (PCS)	Post-intervention: <ul style="list-style-type: none"> • Mind vs UC: 1.48 (-0.06 to 3.02), $p > 0.05$ • CBT vs Mind: -0.45 (-1.95 to 1.05), $p > 0.05$ • CBT vs UC: 1.03 (-0.48 to 2.54), $p > 0.05$ Mid-term follow-up: <ul style="list-style-type: none"> • Mind vs UC: 0.31 (-1.53 to 2.16), $p > 0.05$ • CBT vs Mind: 0.20 (-1.69 to 2.10), $p > 0.05$ • CBT vs UC: 0.52 (-1.19 to 2.22), $p > 0.05$

Lamb, 2010[39]	CBT vs NI	SF-12 (PCS)	Post-intervention: -2.2 (-3.57 to -0.74), $p = 0.0031$ (favouring CBT). Short-term follow-up: -1.8 (-3.25 to -0.37), $p = 0.0144$ (favouring CBT). Mid-term follow-up: -4.1 (-5.62 to -2.63), $p < 0.0001$ (favouring CBT).
Macedo, 2012[46]	CP+PC vs CP	SF-12 (PCS)	Post-intervention: -0.2 (-3.7 to 3.2), $p = 0.89$ Short-term follow-up: 1.1 (-2.4 to 4.6), $p = 0.54$ Mid-term follow-up: -0.3 (-3.8 to 3.3), $p = 0.33$
Nguyen, 2017[58]	PE+PC vs PE	SF-12 (PCS)	Post-intervention: between-group differences were not assessed. Mid-term follow-up: -0.3 (-4.5 to 3.9), $p = 0.89$
Tilbrook, 2011[87]	CP+PC vs PE	SF-12 (PCS)	Post-intervention: 1.36 (-0.70 to 3.41), $p = 0.20$ Short-term follow-up: 1.24 (-0.83 to 3.33), $p = 0.24$ Mid-term follow-up: 0.80 (-1.28 to 2.87), $p = 0.45$
SF-36: Scores for all SF-36 sub-scales assessed; however, no physical health or mental health component summary scores provided			
Mehling, 2005[49]	Mind+PC vs PC	SF-36 (all sub-scales)	Post-intervention: $p > 0.05$ for all SF-36 sub-scales. Mid-term follow-up: $p > 0.05$ for all SF-36 sub-scales.
Monticone, 2013[51]	CBT+PC vs PC	SF-36 (all sub-scales)	Post-intervention: results of between-group differences were not reported. Interaction (group x time) assessed at long-term follow-up: $p < 0.05$ for all SF-36 sub-scales (favouring CBT+PC).
Monticone, 2016[52]	CBT+PC vs PC	SF-36 (all sub-scales)	Post-intervention: results of between-group differences were not reported. Interaction (group x time) assessed at long-term follow-up: $p < 0.05$ for all SF-36 sub-scales (favouring CBT+PC).
Poole, 2007[65]	BT vs PC vs UC	SF-36 (all sub-scales)	Post-intervention: results of between-group differences were not reported. Interaction (group x time) assessed at short-term follow-up: $p > 0.05$ for all SF-36 sub-scales.
Saracoglu, 2020[75]	PE+PC vs PC	SF-36 (all sub-scales)	Post-intervention: <ul style="list-style-type: none"> Physical function: $r = -0.35, p = 0.04$ (favouring PE+PC). For all other SF-36 sub-scales, $p > 0.05$
Unal, 2020[92]	PE vs PC	SF-36 (all sub-scales)	Post-intervention: <ul style="list-style-type: none"> Physical functioning: $p < 0.001$ (favouring PC) Physical role: $p = 0.003$ (favouring PC) Mental health: $p < 0.001$ (favouring PC) For all other SF-36 sub-scales, $p > 0.05$
Tavafian, 2017[85]	CP vs GP	SF-36 (all sub-scales)	Interaction (group x time) assessed at long-term follow-up: <ul style="list-style-type: none"> Mental health: $p < 0.05$ (favouring CP).

			<ul style="list-style-type: none"> For all other SF-36 sub-scales, $p > 0.05$
Michaelson, 2016[50]	PE+PC vs PE+PC	SF-36 (all sub-scales)	Post-intervention: $p > 0.05$ for all SF-36 sub-scales. Mid-term follow-up: $p > 0.05$ for all SF-36 sub-scales.
Luedtke, 2016[43]	CP+PC vs CP+PC	RAND-36 (all sub-scales)	Post-intervention: $p > 0.05$ for all RAND-36 subscales.
SF-36: Only overall score provided. No sub-scale scores or physical health or mental health component summary scores provided			
Gardner, 2019[23]	PE vs PC	SF-36 (overall score)	Post-treatment: -15.8 (-24.2 to -7.4), $p < 0.05$ (favouring PE). Short-term follow-up: -17.7 (-26.0 to -9.5), $p < 0.05$ (favouring PE). Mid-term follow-up: -19.5 (-27.9 to -11.0), $p < 0.05$ (favouring PE).
SF-36 only some components assessed and/or reported			
Magalhaes, 2018[47]	CP+PC vs PC	SF-36 (some sub-scales)	SF-36 sub-scales assessed: physical role, emotional role. Post-intervention: $p > 0.05$ for the SF-36 sub-scales assessed. Short-term follow-up: $p > 0.05$ for the SF-36 sub-scales assessed.
Paolucci, 2017[61]	Mind+PC vs PC	SF-36 (some sub-scales)	SF-36 sub-scales assessed and reported (i.e., between-group data available): vitality, social functioning. Post-intervention: results of between-group differences were not reported. Short-term follow-up: <ul style="list-style-type: none"> Vitality: $p = 0.033$ (favouring PC). Social functioning: $p = 0.022$ (favouring PC).
Vong, 2011[96]	Csl+PC, PC	SF-36 (some sub-scales)	SF-36 sub-scales assessed: physical functioning, physical role, bodily pain, global health. Post-intervention: <ul style="list-style-type: none"> Global health: $F = 6.21, p = 0.015$ (favouring Csl+PC) For all other SF-36 sub-scales, $p > 0.05$ for group x time interaction.
Haas, 2005[31]	CP vs NI	SF-36 (some sub-scales)	SF-36 sub-scales assessed: general health, emotional well-being (mental health), and energy-fatigue (vitality). Post-intervention: between-group differences were not assessed. Short-term follow-up: <ul style="list-style-type: none"> Mental health: mean 7.6, SE 3.6, $p = 0.037$ (favouring CP). For all other SF-36 sub-scales, $p > 0.05$
Jensen, 2012[33]	Csl vs UC	SF-36 (some sub-scales)	SF-36 sub-scales assessed: physical functioning, bodily pain. Post-intervention: <ul style="list-style-type: none"> Physical functioning: 5.60 (1.39 to 9.81), $p < 0.05$ (favouring Csl).

			<ul style="list-style-type: none"> Bodily pain: 6.27 (0.70 to 11.83), $p < 0.05$ (favouring Csl)
Moore, 2000[53]	CP vs GP	SF-36 (some sub-scales)	<p>SF-36 sub-scales assessed: mental health. Post-intervention: between-group differences were not assessed. Short-term follow-up: $p > 0.05$ Mid-term follow-up: $p > 0.05$</p>
von Korff, 2005[95]	CP vs UC	SF-36 (some sub-scales)	<p>SF-36 sub-scales assessed: social functioning, mental health. Post-intervention: $p > 0.05$ for both SF-36 sub-scales. Short-term follow-up: $p > 0.05$ for both SF-36 sub-scales. Mid-term follow-up: $p > 0.05$ for both SF-36 sub-scales. Long-term follow-up: $p > 0.05$ for both SF-36 sub-scales.</p>
Morone, 2016[54]	Mind vs Adv	RAND-36 (some sub-scales)	<p>RAND-36 composite scores assessed: global health composite, physical health composite. Interaction (group x time) assessed at mid-term follow-up:</p> <ul style="list-style-type: none"> Global health composite: $p = 0.02$ (favouring Mind). Physical health composite: $p = 0.02$ (favouring Mind).
EuroQoL-5D^b			
Johnson, 2007[34]	CBT vs GP	EQ-5D	<p>Post-intervention: 0.05 (-0.01 to 0.11), $p > 0.05$ Mid-term follow-up: 0.03 (-0.05 to 0.10), $p > 0.05$ Long-term follow-up: 0.03 (-0.04 to 0.09), $p > 0.05$</p>
Other: Sickness Impact Profile			
Turner, 1990[90]	BT+PC vs BT vs PC vs NI	SIP	<p>Post-intervention: Results of univariate between-group analyses for health-related quality of life were not reported by authors. Descriptive results report there were no statistically significant between-group differences at post-treatment, or mid-term and long-term follow-ups.</p>
Turner, 1982[88]	BT vs CBT vs NI	SIP	<p>Interaction (group x time) assessed at post-intervention: $F(2, 33) = 8.47, p < 0.001$ (favouring CBT).</p>
Turner, 1988[89]	CBT vs BT vs NI	SIP	<p>Interaction (group x time) assessed at post-intervention (CBT vs BT vs NI): $F(2, 70) = 4.12, p < 0.05$ (favouring BT). Interaction (group x time) assessed at short-term follow-up (CBT vs BT only): $p > 0.05$ Interaction (group x time) assessed at mid-term follow-up (CBT vs BT only): $p > 0.05$</p>
Turner, 1993[91]	CBT (2 arms) vs BT vs	SIP	<p>Interaction (group x time) assessed at post-intervention: $p > 0.05$</p>

	NI		Interaction (group x time) assessed at short-term follow-up: $p > 0.05$ Interaction (group x time) assessed at mid-term follow-up: $p > 0.05$
Other: Miscellaneous			
Bendix, 2000[8]	CBT+PC vs PC	Investigator-initiated question: “How much has the treatment influenced your quality of life? Has the treatment made it 1 (much better), 2 (better), 3 (unchanged), 4 (worse), or 5 (much worse).”	Post-intervention: between-group differences were not assessed. Mid-term follow-up: $p = 0.03$ (favouring CBT+PC).
Shariat, 2019[77]	BT+PC vs BT vs PC vs NI	Quality of Life Scale	Post-intervention: between-group differences were not assessed. Interaction (group x time) assessed at short-term follow-up: results not reported clearly.
Bendix, 1998[6] & 1998[7] (Project B)	CP+PC vs CBT+PC vs PC	Investigator-initiated question (scores ranged from 1-5)	Post-intervention: between-group differences were not assessed. Long-term follow-up: <ul style="list-style-type: none"> • 2-years post-intervention: $p = 0.005$ (favouring CP+PC). • 5-year post-intervention: $p = 0.004$ (favouring CP+PC).
Bendix, 1998[6] & 1998[7] (Project A)	CP+PC vs NI	Investigator-initiated question (scores ranged from 1-5)	Post-intervention: between-group differences were not assessed. Long-term follow-up: <ul style="list-style-type: none"> • 2-years post-intervention: $p > 0.05$ • 5-year post-intervention: $p > 0.05$
Sander, 2020[71]	CP vs UC	AQoL-6D	Post-intervention: -0.25 (-0.42 to -0.08), p values not reported (favouring CP). Short-term follow-up: -0.24 (-0.42 to -0.05), p values not reported (favouring CP). Mid-term follow-up: -0.43 (-0.61 to -0.25), p values not reported (favouring CP).
O'Keeffe, 2020[60]	CBT+PC vs CP+PC	General Health (0-13)	Post-intervention: 2.29 (0.33 to 4.24), $p = 0.022$ (favouring CBT+PC). Mid-term follow-up: 1.91 (0.19 to 4.01), $p = 0.075$
Glombiewski,	CBT vs CBT	Health-Related Life	Post-intervention: results of between-group differences were not reported.

2010[26]		Satisfaction Scale	Descriptive results report no statistically significant difference between groups. Mid-term follow-up: results of between-group differences were not reported. Descriptive results report no statistically significant difference between groups.
Lorig, 2002[44]	PE vs UC	Illness Intrusiveness Scale	Post-intervention: between-group differences were not assessed. Long-term follow-up: $p < 0.001$ (favouring PE) .

^a Values are mean difference between groups (95% confidence interval), unless stated otherwise. Estimates in bold denote significance at $p < 0.05$.

^b Results of Reme et al. 2016[68] have not been summarised, as only two of the four study arms were included in our review and only ANOVA results involving all four arms were reported in the original article.

Adv: advice, AQoL: Assessment of Quality of Life Questionnaire, BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+physio care: counselling delivered with physiotherapy care, EuroQoL: European Quality of Life Scale, GP: general practitioner care, Mind: mindfulness, Mind+PC: mindfulness delivered with physiotherapy care, NI: no intervention, PE: pain education, PE+PC: pain education delivered with physiotherapy care, PC: physiotherapy care, SIP: Sickness Impact Profile, SF-12: 12-Item Short-form Survey, SF-36: 36-Item Short-form Survey, UC: usual care.

Supplementary V. Sensitivity analyses for fear avoidance and intervention compliance

Supplementary Table 22.1 Fear avoidance at post-intervention, excluding studies with high risk of bias

PC (reference)	1.94 (0.63,3.25)						-0.14 (- 3.02,2.74)	1.31 (- 1.65,4.26)				
1.79 (0.58,2.99)	CBT+PC						-0.33 (- 3.20,2.55)					
0.84 (- 0.32,1.99)	-0.95 (- 2.62,0.72)	PE+PC										
0.24 (- 2.83,3.30)	-1.55 (- 4.74,1.64)	-0.60 (- 3.88,2.68)	Advice	0.13 (- 2.78,3.04)				1.25 (- 1.70,4.21)			0.18 (- 2.62,2.98)	
0.65 (- 2.36,3.67)	-1.13 (- 4.25,1.99)	-0.18 (- 3.41,3.05)	0.42 (- 1.96,2.80)	CBT	-0.06 (- 2.98,2.85)				-0.66 (- 2.73,1.40)	-0.34 (- 3.16,2.48)		
0.93 (- 1.35,3.22)	-0.85 (- 3.25,1.54)	0.10 (- 2.46,2.66)	0.70 (- 1.96,3.35)	0.28 (- 2.01,2.56)	CP		-0.15 (- 2.24,1.93)	-0.13 (- 3.05,2.79)	-0.79 (- 3.74,2.16)			-0.37 (- 3.17,2.43)
0.72 (- 1.15,2.59)	-1.06 (- 3.00,0.87)	-0.11 (- 2.31,2.08)	0.49 (- 2.51,3.48)	0.07 (- 2.73,2.87)	-0.21 (- 2.02,1.60)	CP+PC						
1.20 (- 1.07,3.46)	-0.59 (- 3.05,1.87)	0.36 (- 2.18,2.90)	0.96 (- 1.44,3.36)	0.54 (- 2.09,3.18)	0.26 (- 1.82,2.35)	0.47 (- 1.87,2.82)		PE				
0.06 (- 3.16,3.27)	-1.73 (- 5.03,1.58)	-0.78 (- 4.19,2.64)	-0.18 (- 3.07,2.72)	-0.59 (- 2.54,1.36)	-0.87 (- 3.34,1.59)	-0.66 (- 3.65,2.32)	-1.14 (- 4.06,1.78)	No intervention				
0.32 (- 3.81,4.45)	-1.47 (- 5.68,2.74)	-0.52 (- 4.81,3.77)	0.08 (- 3.61,3.77)	-0.34 (- 3.16,2.48)	-0.62 (- 4.25,3.01)	-0.41 (- 4.38,3.57)	-0.88 (- 4.74,2.98)	0.26 (- 3.17,3.69)		BT		
0.42 (- 3.73,4.57)	-1.37 (- 5.61,2.88)	-0.42 (- 4.73,3.89)	0.18 (- 2.62,2.98)	-0.23 (- 3.91,3.44)	-0.51 (- 4.37,3.34)	-0.30 (- 4.40,3.79)	-0.78 (- 4.47,2.91)	0.36 (- 3.67,4.39)	0.10 (- 4.53,4.73)		Mindfulness	
0.56 (- 3.05,4.18)	-1.22 (- 4.91,2.46)	-0.27 (- 4.06,3.52)	0.33 (- 3.53,4.19)	-0.09 (- 3.70,3.53)	-0.37 (- 3.17,2.43)	-0.16 (- 3.49,3.18)	-0.63 (- 4.12,2.86)	0.51 (- 3.22,4.24)	0.25 (- 4.33,4.83)	0.15 (- 4.62,4.91)		Usual care

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle). Note: Three studies [5, 17, 92] were excluded from the sensitivity analysis due to using ambiguous methods to score the Fear Avoidance Beliefs Questionnaire which were inconsistent with validated recommendations.

Supplementary Table 22.2 Fear avoidance at post-intervention, only including studies using intention-to-treatment analysis

PC (reference)	2.38 (0.59,4.16)			-0.14 (- 3.65,3.37)	1.31 (- 2.34,4.96)	
2.14 (0.53,3.75)	CBT+PC			-0.33 (- 3.85,3.19)		
0.78 (- 0.93,2.49)	-1.36 (- 3.70,0.99)	PE+PC				
1.14 (- 1.70,3.98)	-1.00 (- 3.98,1.99)	0.36 (- 2.95,3.68)	CP	-0.15 (- 2.73,2.42)	-0.13 (- 3.77,3.50)	-0.37 (- 3.76,3.03)
0.92 (- 1.39,3.22)	-1.22 (- 3.61,1.17)	0.14 (- 2.73,3.00)	-0.23 (- 2.44,1.98)	CP+PC		
1.16 (- 1.65,3.97)	-0.98 (- 4.08,2.12)	0.38 (- 2.90,3.66)	0.02 (- 2.78,2.81)	0.24 (- 2.74,3.23)	PE	
0.78 (- 3.65,5.20)	-1.36 (- 5.89,3.16)	-0.00 (- 4.75,4.74)	-0.37 (- 3.76,3.03)	-0.14 (- 4.19,3.91)	-0.38 (- 4.78,4.02)	Usual care

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle). Note: One study [17] was excluded from the sensitivity analysis due to using ambiguous methods to score the Fear Avoidance Beliefs Questionnaire which were inconsistent with validated recommendations.

Comment. Fear avoidance at post-intervention, excluding studies published prior to year 2000.

Sensitivity analysis was not performed, as no studies were excluded (i.e., all included studies were published after year 2004).

Supplementary Table 22.3 Fear avoidance at post-intervention, excluding studies of patients with leg pain.

PC (reference)	0.36 (- 0.14,0.86)					-0.14 (- 1.00,0.72)	1.31 (0.50,2.12)				
0.39 (- 0.04,0.82)	CBT+PC					-0.33 (- 1.11,0.46)					
1.03 (0.61,1.45)	0.64 (0.03,1.24)	PE+PC									
-0.02 (- 0.93,0.89)	-0.41 (- 1.37,0.55)	-1.05 (- 2.06,-0.04)	Advice	0.13 (- 0.60,0.87)			1.25 (0.36,2.15)		0.18 (- 0.55,0.91)		
0.32 (- 0.55,1.19)	-0.07 (- 0.98,0.84)	-0.71 (- 1.68,0.26)	0.34 (- 0.31,0.99)	CBT	-0.06 (- 0.84,0.71)			-0.79 (-1.24,- 0.33)			-0.68 (- 1.53,0.18)
0.48 (- 0.19,1.15)	0.09 (- 0.62,0.80)	-0.55 (- 1.34,0.25)	0.50 (- 0.26,1.26)	0.16 (- 0.48,0.79)	CP+PC	-0.15 (- 0.72,0.41)	-0.13 (- 0.77,0.51)	-0.77 (- 1.63,0.08)		-0.37 (- 1.10,0.37)	
0.14 (- 0.41,0.69)	-0.25 (- 0.81,0.31)	-0.89 (- 1.58,-0.20)	0.16 (- 0.72,1.04)	-0.18 (- 0.99,0.62)	-0.34 (- 0.88,0.20)	CP+PC					
0.92 (0.25,1.60)	0.53 (- 0.22,1.28)	-0.11 (- 0.90,0.69)	0.94 (0.21,1.68)	0.60 (- 0.15,1.35)	0.44 (- 0.16,1.04)	0.78 (0.09,1.47)	PE				
-0.43 (- 1.35,0.48)	-0.82 (- 1.77,0.13)	-1.46 (- 2.47,-0.45)	-0.41 (- 1.18,0.36)	-0.75 (- 1.21,-0.29)	-0.91 (- 1.59,-0.23)	-0.57 (- 1.42,0.27)	-1.35 (- 2.17,-0.54)	No intervention			0.53 (- 0.36,1.42)
0.16 (- 1.01,1.33)	-0.23 (- 1.43,0.97)	-0.87 (- 2.11,0.38)	0.18 (- 0.55,0.91)	-0.16 (- 1.14,0.82)	-0.32 (- 1.38,0.74)	0.02 (- 1.12,1.16)	-0.76 (- 1.80,0.27)	0.59 (- 0.47,1.65)	Mindfulness		
0.11 (- 0.89,1.11)	-0.28 (- 1.30,0.75)	-0.92 (- 2.00,0.17)	0.13 (- 0.93,1.19)	-0.21 (- 1.18,0.76)	-0.37 (- 1.10,0.37)	-0.03 (- 0.94,0.89)	-0.81 (- 1.76,0.14)	0.55 (- 0.46,1.55)	-0.05 (- 1.34,1.24)	Usual care	
-0.15 (- 1.30,1.00)	-0.54 (- 1.72,0.64)	-1.18 (- 2.40,0.05)	-0.13 (- 1.14,0.89)	-0.47 (- 1.26,0.32)	-0.63 (- 1.61,0.35)	-0.29 (- 1.38,0.81)	-1.07 (- 2.14,-0.00)	0.28 (- 0.52,1.09)	-0.31 (- 1.56,0.94)	-0.26 (- 1.49,0.97)	BT

Results are presented as standardised mean differences (SMD) and 95% confidence intervals. BT: behavioural therapy, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. SMD values less than 0.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle). Note: Three studies [5, 17, 92] were excluded from sensitivity analysis due to using ambiguous methods to score the Fear Avoidance Beliefs Questionnaire which were inconsistent with validated recommendations.

Supplementary Table 22.4 Intervention compliance at post-intervention, excluding studies with high risk of bias

PC (reference)	0.77 (0.36,1.65)	0.40 (0.15,1.07)	0.43 (0.14,1.34)			0.97 (0.02,58.13)			
0.73 (0.38,1.42)	CBT+PC	0.81 (0.30,2.21)							
0.51 (0.23,1.10)	0.69 (0.31,1.53)	CP+PC		1.00 (0.02,60.74)	0.61 (0.22,1.72)				
0.48 (0.17,1.33)	0.65 (0.20,2.16)	0.94 (0.27,3.20)	PE+PC				0.58 (0.09,3.87)		
0.51 (0.01,33.16)	0.69 (0.01,45.36)	1.00 (0.02,60.74)	1.07 (0.01,77.54)	BT+PC					
0.30 (0.10,0.94)	0.41 (0.13,1.34)	0.60 (0.24,1.52)	0.64 (0.16,2.52)	0.60 (0.01,40.39)	CP	0.33 (0.01,9.78)	1.57 (0.33,7.52)		1.40 (0.28,6.95)
0.26 (0.02,3.82)	0.35 (0.02,5.44)	0.51 (0.03,7.54)	0.54 (0.03,9.25)	0.51 (0.00,69.12)	0.85 (0.06,12.01)	PE			
0.38 (0.09,1.64)	0.52 (0.11,2.40)	0.75 (0.18,3.15)	0.81 (0.19,3.41)	0.75 (0.01,58.38)	1.26 (0.34,4.61)	1.49 (0.08,26.82)	GP care		
1.15 (0.29,4.63)	1.57 (0.34,7.32)	2.27 (0.46,11.15)	2.42 (0.43,13.66)	2.27 (0.03,185.82)	3.79 (0.63,22.69)	4.47 (0.22,92.77)	3.01 (0.40,22.52)	Csl+PC	
0.43 (0.06,3.02)	0.58 (0.08,4.22)	0.84 (0.13,5.35)	0.89 (0.11,7.38)	0.84 (0.01,75.90)	1.40 (0.28,6.95)	1.65 (0.07,36.57)	1.11 (0.14,8.74)	0.37 (0.03,4.08)	Usual care

Results are presented as odds ratios (OR) and 95% confidence intervals. BT+PC: behavioural therapy delivered with physiotherapy care, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl+PC: counselling delivered with physiotherapy care, GP: general practitioner care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. OR values less than 1.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 22.5 Intervention compliance at post-intervention, only including studies using intention-to-treatment analysis

PC (reference)	0.80 (0.20,3.15)		1.00 (0.15,6.56)		1.03 (0.02,55.54)			1.32 (0.39,4.45)	
0.98 (0.30,3.17)	PE+PC					0.58 (0.11,3.06)			
1.05 (0.02,65.05)	1.07 (0.02,72.85)	BT+PC	1.00 (0.02,54.49)						
1.05 (0.38,2.92)	1.07 (0.28,4.14)	1.00 (0.02,54.48)	CP+PC	0.60 (0.26,1.38)				1.08 (0.41,2.83)	
0.57 (0.18,1.82)	0.59 (0.15,2.28)	0.55 (0.01,32.20)	0.55 (0.25,1.20)	CP	3.06 (0.12,78.24)	1.57 (0.44,5.60)	1.40 (0.41,4.83)		
1.30 (0.20,8.42)	1.33 (0.18,9.53)	1.24 (0.02,89.56)	1.24 (0.27,5.72)	2.26 (0.56,9.21)	PE		0.41 (0.25,0.67)		
0.77 (0.19,3.03)	0.78 (0.21,2.90)	0.73 (0.01,47.83)	0.73 (0.21,2.50)	1.33 (0.46,3.89)	0.59 (0.10,3.36)	GP care			
0.58 (0.11,2.96)	0.59 (0.10,3.52)	0.55 (0.01,37.71)	0.55 (0.14,2.17)	1.00 (0.31,3.28)	0.44 (0.21,0.93)	0.75 (0.16,3.66)	Usual care		
1.23 (0.51,2.96)	1.25 (0.33,4.74)	1.17 (0.02,67.74)	1.17 (0.58,2.35)	2.14 (0.79,5.77)	0.94 (0.18,5.05)	1.61 (0.43,6.05)	2.13 (0.47,9.59)	CBT+PC	
1.15 (0.41,3.22)	1.18 (0.25,5.58)	1.10 (0.02,77.18)	1.10 (0.26,4.67)	2.01 (0.43,9.38)	0.89 (0.11,7.47)	1.51 (0.27,8.39)	2.00 (0.29,13.76)	0.94 (0.24,3.62)	Csl+PC

Results are presented as odds ratios (OR) and 95% confidence intervals. BT+PC: behavioural therapy delivered with physiotherapy care, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, PE: pain education, PE+PC: pain education delivered with physiotherapy care, PC: physiotherapy care. Estimates in bold denote significance at $p < 0.05$. OR values less than 1.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 22.6 Intervention compliance at post-intervention, excluding studies published prior to year 2000

PC (reference)	0.89 (0.35,2.30)	0.50 (0.13,1.91)	0.44 (0.13,1.44)			0.97 (0.02,61.83)			
0.81 (0.37,1.78)	CBT+PC	0.93 (0.22,3.94)							
0.58 (0.22,1.49)	0.71 (0.27,1.90)	CP+PC		1.00 (0.02,63.15)	0.61 (0.21,1.79)				
0.49 (0.17,1.42)	0.61 (0.16,2.25)	0.85 (0.22,3.29)	PE+PC				0.58 (0.08,4.24)		
0.58 (0.01,40.53)	0.71 (0.01,50.47)	1.00 (0.02,63.14)	1.18 (0.02,92.33)	BT+PC					
0.33 (0.09,1.13)	0.40 (0.11,1.49)	0.57 (0.21,1.51)	0.67 (0.15,2.92)	0.57 (0.01,40.07)	CP	3.06 (0.10,94.70)	1.57 (0.29,8.40)	1.40 (0.25,7.82)	
0.64 (0.09,4.71)	0.79 (0.10,6.07)	1.11 (0.17,7.25)	1.31 (0.15,11.72)	1.11 (0.01,105.06)	1.96 (0.36,10.76)	PE		0.41 (0.11,1.49)	
0.40 (0.09,1.89)	0.50 (0.10,2.59)	0.70 (0.15,3.20)	0.82 (0.18,3.78)	0.70 (0.01,57.76)	1.23 (0.31,4.90)	0.63 (0.07,5.45)	GP care		
0.32 (0.05,2.04)	0.40 (0.06,2.65)	0.56 (0.10,3.10)	0.65 (0.09,5.02)	0.56 (0.01,49.37)	0.98 (0.22,4.31)	0.50 (0.15,1.66)	0.80 (0.11,5.89)	Usual care	
1.15 (0.26,5.17)	1.43 (0.26,7.77)	2.00 (0.34,11.79)	2.36 (0.37,14.86)	2.00 (0.02,181.69)	3.53 (0.50,24.69)	1.80 (0.15,21.88)	2.87 (0.33,24.80)	3.60 (0.33,38.97)	Csl+PC

Results are presented as odds ratios (OR) and 95% confidence intervals. BT+PC: behavioural therapy delivered with physiotherapy care, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl+PC: counselling delivered with physiotherapy care, GP: general practitioner care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. OR values less than 1.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary Table 22.7 Intervention compliance at post-intervention, excluding studies of patients with leg pain

PC (reference)	0.76 (0.28,2.07)	0.40 (0.14,1.18)	0.42 (0.12,1.45)			0.97 (0.02,63.19)			
0.70 (0.30,1.63)	CBT+PC	0.80 (0.26,2.47)							
0.47 (0.20,1.11)	0.66 (0.27,1.66)	CP+PC		1.00 (0.02,64.78)	0.90 (0.24,3.33)				
0.48 (0.16,1.49)	0.68 (0.17,2.74)	1.03 (0.26,4.01)	PE+PC				0.58 (0.07,4.45)		
0.47 (0.01,32.99)	0.66 (0.01,47.49)	1.00 (0.02,64.77)	0.97 (0.01,77.96)	BT+PC					
0.36 (0.10,1.36)	0.52 (0.13,2.12)	0.78 (0.24,2.49)	0.76 (0.16,3.55)	0.78 (0.01,59.20)	CP	3.06 (0.10,97.62)	1.57 (0.28,8.87)	0.71 (0.12,4.26)	
0.68 (0.09,5.27)	0.97 (0.12,8.02)	1.46 (0.20,10.58)	1.42 (0.15,13.38)	1.46 (0.01,148.06)	1.88 (0.32,10.85)	PE		0.41 (0.10,1.63)	
0.42 (0.08,2.14)	0.60 (0.11,3.44)	0.91 (0.18,4.58)	0.88 (0.18,4.27)	0.91 (0.01,79.63)	1.16 (0.28,4.91)	0.62 (0.07,5.71)	GP care		
0.35 (0.05,2.38)	0.50 (0.07,3.65)	0.75 (0.12,4.73)	0.73 (0.09,5.97)	0.75 (0.01,71.60)	0.96 (0.21,4.43)	0.51 (0.14,1.81)	0.83 (0.10,6.52)	Usual care	
1.15 (0.24,5.54)	1.64 (0.28,9.74)	2.47 (0.41,14.85)	2.40 (0.35,16.61)	2.47 (0.03,231.73)	3.17 (0.41,24.67)	1.69 (0.13,22.24)	2.73 (0.29,26.01)	3.30 (0.28,39.42)	Csl+PC

Results are presented as odds ratios (OR) and 95% confidence intervals. BT+PC: behavioural therapy delivered with physiotherapy care, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, CBT+PC: combined psychological approaches delivered with physiotherapy care, CP: combined psychological approaches, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. Estimates in bold denote significance at $p < 0.05$. OR values less than 1.00 favour the column-defining treatment node for the NMA results (lower left triangle) and the row-defining treatment nodes for the pairwise meta-analysis results (upper right triangle).

Supplementary W. Assessment of global inconsistency for fear avoidance and intervention compliance

Supplementary Table 23. Results of global inconsistency tests for fear avoidance and intervention compliance

Time-point	Fear avoidance	Intervention compliance
Post-intervention	$\chi^2 = 0.77, p = 0.99$	$\chi^2 = 1.97, p = 0.92$
Short-term Treatment Sustainability	$\chi^2 = 0.59, p = 0.44$	NMA not performed
Mid-term Treatment Sustainability	No inconsistency detected due to absence of closed loops in the network.	NMA not performed
Long-term Treatment Sustainability	NMA not performed	NMA not performed

NMA: network meta-analysis. Estimates in bold denote significance at $p < 0.05$.

Supplementary X. Results of side-splitting method for fear avoidance and intervention compliance

Supplementary Table 24.1 Fear avoidance at post-intervention

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
02 03
02 07	0.14	1.36	-1.37	1.20	0.40
02 08	-1.31	1.39	-1.02	1.85	0.90
01 02	1.93	0.62	0.52	1.77	0.45
01 07	0.33	1.35	1.73	1.30	0.45
04 05	-0.13	1.37	-1.23	2.19	0.67
04 08	-1.25	1.39	-0.16	2.17	0.67
04 11	-0.18	1.32	0.54	632.08	1.00
05 06	0.06	1.38	-0.68	1.82	0.74
05 09	0.84	0.80	-0.12	2.99	0.76
05 10	0.51	0.98	-0.55	3.09	0.75
06 07	0.15	0.98	0.44	2.10	0.90
06 08	0.13	1.38	-0.78	1.50	0.66
06 09	0.79	1.39	1.44	2.12	0.80
06 12	0.37	1.32	1.84	632.20	1.00
09 10	-0.53	1.40	-0.15	1.65	0.86

01: cognitive behavioural therapy delivered with physiotherapy care, 02: physiotherapy care, 03: combined psychological approaches delivered with physiotherapy care, 04: pain education delivered with physiotherapy care, 05: advice, 06: cognitive behavioural therapy, 07: combined psychological approaches, 08: pain education, 09: no intervention, 10: behavioural therapy, 11: mindfulness, 12: usual care. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Table 24.2 Fear avoidance at short-term treatment sustainability

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
2 3	-1.34	0.49	0.14	182.35	0.99
2 4	-0.14	0.51	0.50	0.67	0.44
2 7	0.20	0.48	-0.44	0.69	0.44
1 2
3 5	-0.36	0.46	1.28	210.37	0.99
4 7	-0.30	0.46	0.35	0.70	0.44
5 6	0.53	0.44	3.40	637.31	1.00
5 8	0.42	0.44	3.40	620.87	1.00

01: pain education delivered with physiotherapy care, 02: physiotherapy care, 03: pain education, 04: combined psychological approaches delivered with physiotherapy care, 05: combined psychological approaches, 06: general practitioner care, 07: cognitive behavioural therapy delivered with physiotherapy care, 08: usual care. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Table 24.3 Fear avoidance at mid-term treatment sustainability

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
04 05
04 12
01 02	0.00	0.40	-0.49	632.44	1.00
02 06	0.27	0.41	0.18	153.77	1.00
02 09	0.51	0.38	0.38	282.34	1.00
02 10	0.07	0.43	0.49	632.38	1.00
03 04	0.50	0.29	0.45	99.76	1.00
03 07	0.32	0.40	0.35	103.60	1.00
06 07	-0.20	0.40	-0.21	110.21	1.00
06 11	0.14	0.28	-0.04	432.16	1.00
06 13	0.32	0.39	-0.05	615.50	1.00
08 09	0.13	0.39	0.54	630.64	1.00

01: advice, 02: cognitive behavioural therapy, 03: cognitive behavioural therapy delivered with physiotherapy care, 04: physiotherapy care, 05: pain education, 06: combined psychological approaches, 07: combined psychological approaches delivered with physiotherapy care, 08: counselling, 09: no intervention, 10: behavioural therapy, 11: general practitioner care, 12: pain education delivered with physiotherapy care, 13: usual care. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Comment. Fear avoidance at long-term treatment sustainability

NMA was not performed at long-term treatment sustainability for fear avoidance as the network became disconnected.

Supplementary Table 24.4 Intervention compliance at post-intervention

Side	Direct Coef.	SE	Indirect Coef.	SE	<i>p</i>
02 03	0.92	0.5	0.35	0.64	0.49
02 04	0.85	0.58	0.12	1.4	0.63
02 07	-0.03	2.09	0.68	1.1	0.77
02 10
01 02	-0.26	0.38	-0.65	0.87	0.69
01 03	0.2	0.49	0.75	0.71	0.53
03 05	0	2.09	-1.43	4177.09	1.00
03 06	0.5	0.52	0.84	1.28	0.80
04 08	0.55	0.97	-0.18	1.17	0.63
06 07	1.12	1.72	-1.24	0.89	0.22
06 08	-0.45	0.79	0.28	1.3	0.63
06 09	-0.34	0.82	1.05	1.47	0.41
07 09	0.89	0.57	-0.5	1.58	0.41

01: cognitive behavioural therapy delivered with physiotherapy care, 02: physiotherapy care, 03: combined psychological approaches delivered with physiotherapy care, 04: pain education delivered with physiotherapy care, 05: behavioural therapy delivered with physiotherapy care, 06: combined psychological approaches, 07: pain education, 08: general practitioner care, 09: usual care, 10: counselling delivered with physiotherapy care. Direct Coef.: direct coefficient, SE: standard error, Indirect Coef.: indirect coefficient. Estimates in bold denote significance at $p < 0.05$.

Supplementary Y. Results of meta-regression for primary and secondary outcomes

Supplementary Table 25. Results of meta-regression for physical function

Pairwise comparisons for physical function	Post-intervention		Short-term follow-up		Mid-term follow-up		Long-term follow-up	
	Coef. (SE)	<i>p</i>	Coef. (SE)	<i>p</i>	Coef. (SE)	<i>p</i>	Coef. (SE)	<i>p</i>
PC vs. CBT								
- Mean age	0.00 (0.14)	0.99	-0.01 (5.69)	1.00	0.08 (0.06)	0.16	0.08 (5.26)	1.00
- Percentage of males	0.00 (0.06)	0.97	-0.01 (5.74)	1.00	0.00 (0.02)	0.94	0.02 (2.28)	1.00
- Sample size	0.00 (0.01)	0.79	0.00 (0.09)	1.00	0.01 (0.01)	0.33	0.01 (0.51)	1.00
- Baseline level of physical function	-0.02 (0.04)	0.72	0.01 (5.27)	1.00	-0.03 (0.03)	0.32	-0.09 (2.51)	0.97
PC vs CBT+PC								
- Mean age	-0.10 (0.06)	0.08	0.00 (0.05)	0.96	-0.01 (0.03)	0.65	-0.26 (0.08)	0.01
- Percentage of males	0.02 (0.04)	0.63	0.03 (0.02)	0.23	0.01 (0.01)	0.54	0.27 (0.10)	0.01
- Sample size	0.00 (0.00)	0.43	0.00 (0.00)	0.97	0.00 (0.00)	0.58	0.01 (0.03)	0.71
- Baseline level of physical function	-0.03 (0.02)	0.23	0.01 (0.05)	0.75	0.02 (0.01)	0.02	-0.03 (0.05)	0.56
PC vs. BT								
- Mean age	-0.20 (0.37)	0.59	N/A	N/A	N/A	N/A	N/A	N/A
- Percentage of males	0.00 (0.08)	0.99	N/A	N/A	N/A	N/A	N/A	N/A
- Sample size	0.00 (0.01)	0.86	N/A	N/A	N/A	N/A	N/A	N/A
- Baseline level of physical function	-0.01 (0.05)	0.78	N/A	N/A	N/A	N/A	N/A	N/A
PC vs. BT+PC								
- Mean age	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Baseline level of physical function	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
PC vs. Mindfulness								
- Mean age	-0.32 (0.50)	0.52	N/A	N/A	-0.01 (1.26)	1.00	N/A	N/A
- Percentage of males	0.00 (0.07)	0.96	N/A	N/A	0.01 (0.03)	0.72	N/A	N/A
- Sample size	0.01 (0.03)	0.71	N/A	N/A	0.02 (0.02)	0.20	N/A	N/A
- Baseline level of physical function	0.03 (0.09)	0.71	N/A	N/A	0.01 (0.04)	0.72	N/A	N/A
PC vs. Mindfulness+PC								
- Mean age	0.00 (0.34)	1.00	N/A	N/A	0.22 (0.29)	0.44	N/A	N/A
- Percentage of males	0.00 (0.28)	0.99	N/A	N/A	-0.06 (0.07)	0.40	N/A	N/A
- Sample size	0.00 (0.01)	0.98	N/A	N/A	0.00 (0.00)	0.52	N/A	N/A
- Baseline level of physical function	0.01 (0.07)	0.83	N/A	N/A	-0.09 (0.10)	0.41	N/A	N/A
PC vs. PE								
- Mean age	-0.06 (0.16)	0.70	0.27 (0.19)	0.17	0.61 (0.19)	<0.01	N/A	N/A
- Percentage of males	0.01 (0.05)	0.80	-0.08 (0.04)	0.03	-0.09 (0.03)	<0.01	N/A	N/A
- Sample size	0.00 (0.00)	0.97	0.00 (0.00)	0.31	0.00 (0.00)	0.03	N/A	N/A
- Baseline level of physical function	0.01 (0.03)	0.79	-0.01 (0.05)	0.85	-0.10 (0.03)	<0.01	N/A	N/A
PC vs. PE+PC								
- Mean age	0.02 (0.10)	0.81	0.05 (0.07)	0.48	N/A	N/A	N/A	N/A
- Percentage of males	0.01 (0.04)	0.79	-0.02 (0.02)	0.26	N/A	N/A	N/A	N/A
- Sample size	-0.01 (0.01)	0.58	-0.01 (0.01)	0.19	N/A	N/A	N/A	N/A
- Baseline level of physical function	0.00 (0.03)	0.91	0.02 (0.04)	0.61	N/A	N/A	N/A	N/A
PC vs. Csl								
- Mean age	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Baseline level of physical function	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
PC vs. Csl+PC								
- Mean age	-0.42 (0.33)	0.20	N/A	N/A	N/A	N/A	N/A	N/A
- Percentage of males	-0.08 (0.07)	0.27	N/A	N/A	N/A	N/A	N/A	N/A
- Sample size	0.21 (0.16)	0.18	N/A	N/A	N/A	N/A	N/A	N/A
- Baseline level of physical function	0.39 (0.29)	0.19	N/A	N/A	N/A	N/A	N/A	N/A
PC vs. CP								
- Mean age	-0.11 (0.12)	0.36	0.17 (0.32)	0.57	0.00 (0.07)	0.99	0.07 (11.22)	1.00

- Percentage of males	0.06 (0.04)	0.14	-0.04 (0.04)	0.23	-0.01 (0.02)	0.81	0.01 (2.14)	1.00
- Sample size	0.00 (0.01)	0.72	0.01 (0.01)	0.34	0.01 (0.01)	0.37	0.00 (0.29)	1.00
- Baseline level of physical function	0.00 (0.05)	0.96	-0.03 (0.06)	0.60	-0.03 (0.02)	0.10	0.01 (2.20)	1.00
PC vs. CP+PC								
- Mean age	-0.09 (0.08)	0.26	0.06 (0.08)	0.45	0.07 (0.04)	0.09		N/A
- Percentage of males	0.02 (0.04)	0.56	-0.01 (0.02)	0.57	-0.03 (0.02)	0.09	N/A	N/A
- Sample size	0.00 (0.00)	0.65	0.00 (0.00)	0.80	0.00 (0.00)	0.74	N/A	N/A
- Baseline level of physical function	0.01 (0.04)	0.90	0.02 (0.03)	0.56	-0.01 (0.01)	0.21	N/A	N/A
PC vs. Advice								
- Mean age	-0.28 (0.42)	0.51	N/A	N/A	0.00 (1.12)	1.00	N/A	N/A
- Percentage of males	0.03 (0.12)	0.78	N/A	N/A	-0.05 (0.09)	0.60	N/A	N/A
- Sample size	0.00 (0.01)	0.82	0.00 (0.43)	1.00	0.00 (0.01)	0.75	N/A	N/A
- Baseline level of physical function	0.01 (0.04)	0.70	0.02 (1.79)	0.99	0.01 (0.02)	0.56	N/A	N/A
PC vs. Usual care								
- Mean age	-0.08 (0.18)	0.65	0.21 (0.31)	0.48	-0.03 (0.08)	0.71	0.02 (9.45)	1.00
- Percentage of males	0.00 (0.05)	0.98	-0.06 (0.04)	0.15	0.00 (0.02)	0.92	N/A	N/A
- Sample size	0.00 (0.01)	0.72	0.01 (0.01)	0.28	0.01 (0.01)	0.47	0.00 (0.12)	1.00
- Baseline level of physical function	0.00 (0.05)	0.92	-0.03 (0.06)	0.54	-0.02 (0.02)	0.23	0.02 (2.21)	0.99
PC vs. GP care								
- Mean age	-0.09 (0.17)	0.59	0.24 (0.37)	0.50	-0.10 (0.11)	0.32	-0.13 (23.45)	1.00
- Percentage of males	0.02 (0.05)	0.70	-0.03 (0.04)	0.38	-0.02 (0.02)	0.41	-0.01 (2.13)	1.00
- Sample size	0.00 (0.01)	0.96	0.01 (0.02)	0.54	0.00 (0.01)	0.76	-0.01 (1.00)	1.00
- Baseline level of physical function	0.08 (0.34)	0.80	-0.07 (0.13)	0.60	0.01 (0.04)	0.85	-0.10 (12.00)	0.99
PC vs. No intervention								
- Mean age	0.04 (0.17)	0.83	0.23 (1.42)	0.99	0.33 (13.71)	0.99	0.08 (14.99)	1.00
- Percentage of males	-0.01 (0.07)	0.88	-0.04 (1.29)	0.98	0.00 (0.67)	1.00	0.00 (0.77)	1.00
- Sample size	0.00 (0.01)	0.78	0.00 (0.06)	1.00	0.01 (0.07)	0.99	0.00 (0.32)	1.00
- Baseline level of physical function	-0.05 (0.06)	0.37	-0.04 (6.89)	1.00	-0.28 (18.04)	0.99	-0.01 (2.22)	1.00

BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, Coef.: coefficient, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mindfulness+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. SE: standard error, vs.: versus (i.e., compared with). Estimates in bold denote significance at $p < 0.05$.

Interpretation:

A small number of meta-regression results for comparisons between PC and psychological interventions, delivered with or without PC as a co-intervention (e.g., CBT+PC vs PC and PE vs PC, respectively), demonstrated significance at $p < 0.05$. However, for these comparisons, results were only significant at $p < 0.05$ at one (majority) to two time points, per potential effect modifier (i.e., results were not consistent across follow-up time points for a given comparison). From a clinical perspective, it is unlikely that a covariate only modifies the effect of treatment at one or two time points, out of four time points in total. Thus, these findings are likely due to type I error.

Conclusion:

We did not find any evidence suggesting that mean age, proportion of males, study sample size, or mean baseline levels of physical function, were effect modifiers.

Supplementary Table 26. Results of meta-regression for pain intensity

Pairwise comparisons for pain intensity	Post-intervention		Short-term follow-up		Mid-term follow-up		Long-term follow-up	
	Coef. (SE)	<i>p</i>	Coef. (SE)	<i>p</i>	Coef. (SE)	<i>p</i>	Coef. (SE)	<i>p</i>
PC vs CBT								
- Mean age	-0.21 (0.09)	0.02	-0.13 (0.10)	0.20	-0.02 (0.06)	0.75	0.07 (5.32)	1.00
- Percentage of males	0.08 (0.03)	0.01	0.07 (0.05)	0.18	0.00 (0.04)	0.97	0.00 (2.28)	1.00
- Sample size	0.00 (0.01)	0.99	-0.02 (0.01)	0.15	0.00 (0.01)	0.55	0.01 (0.50)	1.00
- Baseline level of pain intensity	-0.06 (0.02)	0.01	0.03 (0.07)	0.68	0.01 (0.06)	0.87	0.08 (252.91)	1.00
PC vs CBT+PC								
- Mean age	-0.10 (0.05)	0.04	0.47 (0.13)	<0.01	-0.07 (0.03)	0.02	-0.19 (0.16)	0.24
- Percentage of males	0.09 (0.04)	0.02	0.03 (0.06)	0.59	-0.01 (0.02)	0.76	0.19 (0.14)	0.16
- Sample size	0.00 (0.01)	0.92	0.01 (0.01)	0.46	0.00 (0.00)	0.97	0.01 (0.02)	0.47
- Baseline level of pain intensity	-0.11 (0.03)	<0.01	-0.07 (0.10)	0.49	-0.03 (0.04)	0.41	-0.17 (0.04)	<0.01
PC vs. BT								
- Mean age	-0.09 (0.08)	0.23	-0.04 (0.03)	0.26	0.00 (0.12)	0.97	N/A	N/A
- Percentage of males	0.07 (0.03)	0.03	0.03 (0.04)	0.50	0.01 (0.05)	0.87	N/A	N/A
- Sample size	0.00 (0.01)	0.86	0.00 (0.01)	0.67	0.00 (0.02)	0.82	N/A	N/A
- Baseline level of pain intensity	-0.05 (0.02)	0.01	-0.02 (0.03)	0.38	0.01 (0.06)	0.91	N/A	N/A
PC vs. BT+PC								
- Mean age	0.07 (0.11)	0.50	N/A	N/A	0.06 (0.18)	0.74	-0.03 (0.84)	0.98
- Percentage of males	-0.02 (0.05)	0.63	N/A	N/A	0.09 (0.15)	0.55	0.05 (0.58)	0.94
- Sample size	0.02 (0.03)	0.54	N/A	N/A	0.01 (0.02)	0.41	0.02 (0.07)	0.73
- Baseline level of pain intensity	-0.01 (0.02)	0.76	N/A	N/A	-0.07 (0.08)	0.37	-0.18 (0.06)	<0.01
PC vs. Mindfulness								
- Mean age	-0.32 (0.14)	0.02	N/A	N/A	0.00 (8.76)	1.00	N/A	N/A
- Percentage of males	0.07 (0.04)	0.10	N/A	N/A	0.01 (0.05)	0.80	N/A	N/A
- Sample size	0.00 (0.01)	0.79	N/A	N/A	0.00 (0.02)	0.93	N/A	N/A
- Baseline level of pain intensity	-0.07 (0.09)	0.41	N/A	N/A	0.03 (0.10)	0.75	N/A	N/A
PC vs. Mindfulness+PC								
- Mean age	0.00 (0.07)	0.98	-0.03 (0.03)	0.25	0.22 (0.28)	0.43	N/A	N/A
- Percentage of males	0.00 (0.05)	0.97	0.02 (0.06)	0.75	-0.06 (0.09)	0.49	N/A	N/A
- Sample size	-0.01 (0.02)	0.63	0.00 (0.01)	0.77	0.00 (0.00)	0.58	N/A	N/A
- Baseline level of pain intensity	0.02 (0.06)	0.71	0.06 (0.15)	0.70	-0.02 (0.04)	0.53	N/A	N/A
PC vs. PE								
- Mean age	-0.15 (0.15)	0.31	0.14 (0.08)	0.08	-1.05 (15.67)	0.95	N/A	N/A
- Percentage of males	0.05 (0.05)	0.31	-0.03 (0.09)	0.75	-0.86 (21.79)	0.97	N/A	N/A
- Sample size	-0.01 (0.02)	0.61	0.20 (0.07)	<0.01	0.10 (2.43)	1.00	N/A	N/A
- Baseline level of pain intensity	0.20 (0.24)	0.39	0.16 (0.33)	0.63	-0.22 (5.39)	0.97	N/A	N/A
PC vs. PE+PC								
- Mean age	0.02 (0.04)	0.62	0.07 (0.04)	0.07	-0.49 (4.91)	0.92	N/A	N/A
- Percentage of males	0.01 (0.03)	0.68	0.01 (0.04)	0.78	0.00 (5.07)	1.00	N/A	N/A
- Sample size	0.00 (0.01)	0.99	0.00 (0.01)	0.68	0.00 (0.27)	1.00	N/A	N/A
- Baseline level of pain intensity	-0.03 (0.02)	0.04	-0.04 (0.03)	0.15	0.00 (9.11)	1.00	N/A	N/A
PC vs. Csl								
- Mean age	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Baseline level of pain intensity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
PC vs. Csl+PC								
- Mean age	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
- Baseline level of pain intensity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
PC vs. CP								
- Mean age	-0.19 (0.13)	0.13	-0.28 (0.08)	<0.01	-0.14 (0.20)	0.49	-0.14 (12.11)	1.00
- Percentage of males	0.06 (0.03)	0.08	0.03 (0.07)	0.66	0.02 (0.04)	0.62	-0.03 (2.44)	1.00
- Sample size	0.00 (0.01)	0.93	-0.03 (0.01)	0.01	0.00 (0.01)	0.64	-0.01 (1.04)	1.00

- Baseline level of pain intensity	-0.02 (0.04)	0.53	-0.05 (0.05)	0.30	-0.03 (0.05)	0.62	-0.05 (3.91)	0.99
PC vs. CP+PC								
- Mean age	-0.16 (0.10)	0.11	-0.03 (0.03)	0.40	0.03 (0.04)	0.47	-0.28 (0.74)	0.70
- Percentage of males	0.06 (0.03)	0.08	0.01 (0.05)	0.77	-0.04 (0.03)	0.15	-0.16 (0.40)	0.69
- Sample size	0.00 (0.00)	0.98	0.00 (0.01)	0.82	0.00 (0.00)	0.65	0.00 (0.01)	0.73
- Baseline level of pain intensity	-0.01 (0.03)	0.66	0.00 (0.04)	0.95	0.06 (0.07)	0.40	0.19 (0.19)	0.32
PC vs. Advice								
- Mean age	-0.30 (0.11)	0.01	-0.19 (0.08)	0.02	0.01 (7.78)	1.00	N/A	N/A
- Percentage of males	0.09 (0.09)	0.31	0.04 (0.08)	0.60	-0.09 (0.15)	0.57	N/A	N/A
- Sample size	0.00 (0.01)	0.92	-0.02 (0.01)	0.09	-0.01 (0.01)	0.58	N/A	N/A
- Baseline level of pain intensity	-0.06 (0.05)	0.19	-0.04 (0.09)	0.66	-0.03 (0.06)	0.58	N/A	N/A
PC vs. Usual care								
- Mean age	-0.24 (0.17)	0.16	-0.24 (0.08)	<0.01	-0.11 (0.21)	0.60	-0.01 (10.59)	1.00
- Percentage of males	0.06 (0.04)	0.15	0.01 (0.09)	0.91	0.00 (0.03)	0.92	N/A	N/A
- Sample size	0.00 (0.01)	0.87	-0.03 (0.01)	0.05	0.00 (0.01)	0.82	0.00 (0.13)	1.00
- Baseline level of pain intensity	-0.03 (0.04)	0.39	-0.05 (0.05)	0.32	-0.03 (0.05)	0.61	N/A	N/A
PC vs. GP care								
- Mean age	-0.13 (0.16)	0.44	-0.02 (0.10)	0.82	0.15 (0.22)	0.48	0.26 (24.11)	1.00
- Percentage of males	0.06 (0.04)	0.14	0.03 (0.08)	0.67	0.06 (0.04)	0.14	0.02 (2.13)	1.00
- Sample size	-0.01 (0.01)	0.44	-0.01 (0.01)	0.18	0.02 (0.02)	0.15	0.01 (1.15)	1.00
- Baseline level of pain intensity	-0.15 (0.07)	0.03	-0.03 (0.11)	0.78	0.11 (0.07)	0.13	0.18 (34.01)	1.00
PC vs. No intervention								
- Mean age	-0.32 (0.08)	<0.01	-0.33 (0.06)	<0.01	-0.51 (9.01)	0.96	N/A	N/A
- Percentage of males	0.08 (0.03)	0.01	0.12 (0.04)	0.01	0.00 (0.67)	1.00	N/A	N/A
- Sample size	0.00 (0.01)	0.85	-0.02 (0.01)	0.04	0.00 (0.07)	1.00	N/A	N/A
- Baseline level of pain intensity	-0.09 (0.02)	<0.01	-0.12 (0.03)	<0.01	-0.08 (44.00)	1.00	N/A	N/A

BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, Coef.: coefficient, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mindfulness+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. SE: standard error, vs.: versus (i.e., compared with). Estimates in bold denote significance at $p < 0.05$.

Interpretation:

Some meta-regression results for comparisons between PC and psychological interventions, delivered with or without PC as a co-intervention, demonstrated significance at $p < 0.05$. However, for most affected comparisons, results were only significant at $p < 0.05$ at one (majority) to two time points, per potential effect modifier (i.e., results were not consistent across follow-up time points for a given comparison). From a clinical perspective, it is unlikely that a covariate only modifies the effect of treatment at one or two time points, out of four time points in total. Thus, these findings are likely due to type I error.

For CBT+PC vs. PC, meta-regression of mean age demonstrated $p < 0.05$ at three time points (post-intervention, and short and mid-term follow-ups). However, the number of studies available for this comparison at each respective time points was eight, one, and five. In accordance with the pre-specified criteria for performing sub-group analyses (i.e., (i) p value of the regression coefficient was < 0.05 , (ii) ≥ 10 studies were available for the relevant comparison), sub-group analyses were not performed. Thus, whilst results suggest that mean age may be a potential effect modifier for pain intensity, insufficient number of studies precludes further investigations to conclude that mean age modifies the effect of CBT+PC compared with PC. Results likely reflect an “absence of evidence.”[105]

Conclusions:

We did not find any evidence suggesting that mean age, proportion of males, study sample size, or mean baseline levels of pain intensity were effect modifiers.

Supplementary Table 27. Results of meta-regression for fear avoidance

Pairwise comparisons for fear avoidance	Post-intervention		Short-term follow-up		Mid-term follow-up		Long-term follow-up	
	Coef. (SE)	p	Coef. (SE)	p	Coef. (SE)	p	Coef. (SE)	p
PC vs. CBT								
- Mean age	0.56 (4.39)	0.90	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	0.01 (1.89)	1.00	N/A	N/A	Np	Np	N/A	N/A
- Sample size	0.00 (0.08)	0.96	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	-0.02 (0.87)	0.98	N/A	N/A	Np	Np	N/A	N/A
PC vs. CBT+PC								
- Mean age	-0.19 (0.18)	0.29	0.20 (17.93)	1.00	Np	Np	-0.33 (0.42)	0.43
- Percentage of males	0.05 (0.12)	0.68	0.01 (1.33)	1.00	Np	Np	0.39 (0.49)	0.43
- Sample size	-0.01 (0.02)	0.58	0.00 (0.32)	1.00	Np	Np	0.05 (0.08)	0.58
- Baseline level of fear avoidance	0.03 (0.07)	0.65	-0.01 (1.35)	0.99	Np	Np	-0.18 (1.26)	0.89
PC vs. BT								
- Mean age	1.21 (4.88)	0.80	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	-0.05 (1.89)	1.00	N/A	N/A	Np	Np	N/A	N/A
- Sample size	-0.43 (1.33)	0.75	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	-0.01 (0.87)	0.99	N/A	N/A	Np	Np	N/A	N/A
PC vs. BT+PC								
- Mean age	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
PC vs. Mindfulness								
- Mean age	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
PC vs. Mindfulness+PC								
- Mean age	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
PC vs. PE								
- Mean age	0.19 (0.70)	0.79	0.27 (3.92)	0.95	Np	Np	N/A	N/A
- Percentage of males	0.03 (0.25)	0.89	-0.07 (1.33)	0.96	Np	Np	N/A	N/A
- Sample size	-0.01 (0.19)	0.97	0.06 (1.26)	0.96	Np	Np	N/A	N/A
- Baseline level of fear avoidance	0.04 (0.73)	0.96	0.12 (2.31)	0.96	Np	Np	N/A	N/A
PC vs. PE+PC								
- Mean age	0.03 (0.10)	0.74	0.02 (0.07)	0.83	Np	Np	N/A	N/A
- Percentage of males	0.00 (0.07)	0.95	0.00 (0.03)	0.94	Np	Np	N/A	N/A
- Sample size	0.00 (0.02)	0.90	0.00 (0.00)	0.30	Np	Np	N/A	N/A
- Baseline level of fear avoidance	-0.01 (0.05)	0.88	-0.02 (0.02)	0.34	Np	Np	N/A	N/A
PC vs. Csl								
- Mean age	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
PC vs. Csl+PC								
- Mean age	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
PC vs. CP								
- Mean age	0.33 (0.35)	0.34	0.05 (39.35)	1.00	Np	Np	N/A	N/A
- Percentage of males	0.12 (0.13)	0.35	0 (1.69)	1.00	Np	Np	N/A	N/A
- Sample size	0.00 (0.06)	1.00	0.00 (0.29)	1.00	Np	Np	N/A	N/A

- Baseline level of fear avoidance	-0.16 (0.47)	0.74	0.01 (3.87)	1.00	Np	Np	N/A	N/A
PC vs. CP+PC								
- Mean age	0.32 (0.21)	0.14	0.16 (16.73)	1.00	Np	Np	N/A	N/A
- Percentage of males	0.12 (0.09)	0.19	0.30 (31.63)	0.99	Np	Np	N/A	N/A
- Sample size	0.02 (0.12)	0.85	0.00 (0.23)	1.00	Np	Np	N/A	N/A
- Baseline level of fear avoidance	-0.13 (0.26)	0.62	0.03 (3.18)	0.99	Np	Np	N/A	N/A
PC vs. Advice								
- Mean age	-0.01 (9.86)	1.00	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	0.01 (0.91)	1.00	N/A	N/A	Np	Np	N/A	N/A
- Sample size	0.00 (0.01)	0.94	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	0.01 (0.53)	0.99	N/A	N/A	Np	Np	N/A	N/A
PC vs. Usual care								
- Mean age	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
PC vs. GP care								
- Mean age	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Sample size	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	N/A	N/A	N/A	N/A	Np	Np	N/A	N/A
PC vs. No intervention								
- Mean age	0.53 (4.39)	0.90	N/A	N/A	Np	Np	N/A	N/A
- Percentage of males	-0.13 (1.93)	0.95	N/A	N/A	Np	Np	N/A	N/A
- Sample size	0.00 (0.06)	1.00	N/A	N/A	Np	Np	N/A	N/A
- Baseline level of fear avoidance	-0.01 (0.87)	1.00	N/A	N/A	Np	Np	N/A	N/A

BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, Coef.: coefficient, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mindfulness+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. SE: standard error, vs.: versus (i.e., compared with). Estimates in bold denote significance at $p < 0.05$. Np: not performed – meta-regression was unable to be performed due to limitations of the network structure (i.e., limited number of studies).

Interpretation:

No meta-regression results demonstrated significance at $p < 0.05$ for any comparisons.

Conclusion:

We did not find any evidence suggesting that mean age, proportion of males, study sample size, or mean baseline levels of fear avoidance, were effect modifiers.

Supplementary Table 28. Results of meta-regression for intervention compliance

Post-intervention					
Pairwise comparisons for intervention compliance	Coef. (SE)	<i>p</i>	Pairwise comparisons for intervention compliance	Coef. (SE)	<i>p</i>
PC vs. CBT			PC vs. Csl		
- Mean age	N/A	N/A	- Mean age	N/A	N/A
- Percentage of males	N/A	N/A	- Percentage of males	N/A	N/A
- Sample size	N/A	N/A	- Sample size	N/A	N/A
PC vs CBT+PC			PC vs. Csl+PC		
- Mean age	0.14 (0.16)	0.36	- Mean age	N/A	N/A
- Percentage of males	-0.04 (0.03)	0.09	- Percentage of males	N/A	N/A
- Sample size	0.00 (0.01)	0.83	- Sample size	N/A	N/A
PC vs. BT			PC vs. CP		
- Mean age	N/A	N/A	- Mean age	0.08 (0.18)	0.65
- Percentage of males	N/A	N/A	- Percentage of males	0.03 (0.02)	0.23
- Sample size	N/A	N/A	- Sample size	0.01 (0.02)	0.44
PC vs. BT+PC			PC vs. CP+PC		
- Mean age	N/A	N/A	- Mean age	0.09 (0.15)	0.56
- Percentage of males	N/A	N/A	- Percentage of males	0.03 (0.01)	0.02
- Sample size	N/A	N/A	- Sample size	0.00 (0.01)	0.98
PC vs. Mindfulness			PC vs. Advice		
- Mean age	N/A	N/A	- Mean age	N/A	N/A
- Percentage of males	N/A	N/A	- Percentage of males	N/A	N/A
- Sample size	N/A	N/A	- Sample size	N/A	N/A
PC vs. Mindfulness+PC			PC vs. Usual care		
- Mean age	N/A	N/A	- Mean age	-0.22 (3.88)	0.95
- Percentage of males	N/A	N/A	- Percentage of males	-0.87 (1.21)	0.47
- Sample size	N/A	N/A	- Sample size	0.07 (0.10)	0.51
PC vs. PE			PC vs. GP care		
- Mean age	0.56 (0.57)	0.33	- Mean age	0.04 (0.17)	0.82
- Percentage of males	-0.10 (0.12)	0.41	- Percentage of males	0.04 (0.03)	0.26
- Sample size	0.06 (0.09)	0.53	- Sample size	-0.06 (0.12)	0.62
PC vs. PE+PC			PC vs. No intervention		
- Mean age	-0.05 (0.11)	0.66	- Mean age	N/A	N/A
- Percentage of males	0.08 (0.07)	0.24	- Percentage of males	N/A	N/A
- Sample size	0.00 (0.02)	0.95	- Sample size	N/A	N/A

BT: behavioural therapy, BT+PC: behavioural therapy delivered with physiotherapy care, CBT: cognitive behavioural therapy, CBT+PC: cognitive behavioural therapy delivered with physiotherapy care, Coef.: coefficient, CP: combined psychological approaches, CP+PC: combined psychological approaches delivered with physiotherapy care, Csl: counselling, Csl+PC: counselling delivered with physiotherapy care, GP care: general practitioner care, Mindfulness+PC: mindfulness delivered with physiotherapy care, PC: physiotherapy care, PE: pain education, PE+PC: pain education delivered with physiotherapy care. SE: standard error, vs.: versus (i.e., compared with). Estimates in bold denote significance at $p < 0.05$.

Interpretation:

Meta-regression results demonstrated significance at $p < 0.05$ for CP+PC compared with PC for percentage of males, at post-intervention. Only three studies directly compared CP+PC with PC, with sample sizes varying from 45,[5] 66,[47] and 132.[6] In accordance with the pre-specified criteria for performing sub-group analyses (i.e., (i) p value of the regression coefficient was < 0.05 , (ii) ≥ 10 studies were available for the relevant comparison), sub-group analyses were not performed.

Conclusion:

We did not find any evidence suggesting that mean age, proportion of males, or study sample size, were effect modifiers.

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