**Supplementary Table 2.** Multidimensional Pain Inventory

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Baseline** | | **Post-intervention (12 weeks)** | | **Follow-up (6 months)** | | **Between group difference**  **12 weeks** | **Between group difference**  **6 months** |
|  | **FBE (n=60)** | **UBE (n=55)** | **FBE (n=55)** | **UBE (n=45)** | **FBE (n=49)** | **UBE (n=38)** |  |  |
| **Pain Impact** |  |  |  |  |  |  |  |  |
| **Scale 1. Pain severity** |  |  |  |  |  |  |  |  |
| mean (SD) | 1.91 (1.58) | 1.68 (1.41) | 1.76 (1.55) | 1.96 (1.56) | 1.79 (1.54) | 1.78 (1.54) | diff: -0.34 | diff: -0.12 |
| median (IQR) | 1.67 (0.33, 3.33) | 1.33 (0.67, 3.00) | 1.67 (0, 3) | 1.67 (1, 3.33) | 2 (0, 3) | 1.67 (0.33, 3) | p=0.068, 95% CI[-0.71, 0.02] | p=0.583, 95% CI [-0.53, 0.30] |
| **Scale 2. Life interference** |  |  |  |  | n=48 |  |  |  |
| mean (SD) | 1.78 (1.63) | 1.49 (1.43) | 1.69 (1.56) | 1.55 (1.4) | 1.59 (1.59) | 1.39 (1.26) | diff: -0.22 | diff: -0.14 |
| median (IQR) | 1.5 (0.19, 2.75) | 1.13 (0, 2.75) | 1.75 (0, 3.13) | 1.38 (0, 2.38) | 1.31 (0, 3.06) | 1.25 (0, 2.63) | p=0.269, 95% CI [-0.61, 0.17] | p=0.509, 95% CI [-0.55, 0.28] |
| **Scale 3. Life control** |  |  |  |  |  |  |  |  |
| mean (SD) | 3.87 (1.33) | 3.85 (1.46) | 4.15 (1.32) | 4.11 (1.03) | 4.11 (1.47) | 3.76 (1.45) | diff: 0.08 | diff: 0.47 |
| median (IQR) | 4 (3.33, 5) | 4 (3, 5.33) | 4.33 (3, 5.33) | 4 (3.67, 4.83) | 4 (3, 5.33) | 4 (3, 4.67) | p=0.705, 95% CI [-0.33, 0.49] | p=0.105, 95% CI [-0.1, 1.03] |
| **Scale 4. Affective Distress** |  |  |  |  |  |  |  |  |
| mean (SD) | 1.84 (1.28) | 1.84 (1.11) | 1.81 (1.2) | 1.74 (1.1) | 1.7 (1.26) | 1.94 (1.32) | diff: 0.04 | diff: -0.27 |
| median (IQR) | 1.67 (0.67, 2.67) | 1.67 (1, 2.67) | 2 (0.67, 2.67) | 1.67 (1, 2.33) | 1.33 (0.67, 2.67) | 2.17 (1, 3) | p=0.832, 95% CI [-0.36, 0.45] | p=0.273, 95% CI [-0.77, 0.22] |
| **Scale 5. Support** | n=58 | n=54 | n=53 | n=43 | n=47 |  |  |  |
| mean (SD) | 2.97 (1.79) | 2.8 (1.9) | 2.9 (1.95) | 2.98 (1.82) | 2.76 (2.13) | 3.13 (1.89) | diff: 0.04 | diff: -0.27 |
| median (IQR) | 2.67 (2, 4.33) | 3 (1.33, 4.33) | 3.33 (1, 4.33) | 3 (2, 4.33) | 3 (0, 4.67) | 3.5 (2, 4.33) | p=0.866, 95% CI [-0.48, 0.57] | p=0.425, 95% CI [-0.93, 0.39] |
| **Pain impact on general activity level** |  |  |  |  |  |  |  |  |
| mean (SD) | 2.47 (0.91) | 2.33 (0.94) | 2.45 (0.81) | 2.45 (0.91) | 2.39 (0.84) | 2.4 (0.82) | diff: -0.09 | diff: -0.06 |
| median (IQR) | 2.44 (1.73, 3.2) | 2.46 (1.53, 3.04) | 2.47 (1.76, 3.12) | 2.38 (1.87, 3.01) | 2.33 (1.87, 3.06) | 2.38 (1.98, 3.03) | p=0.454, 95% CI [-0.31, 0.14] | p=0.656, 95% CI [-0.31, 0.2] |
| **Responses by significant others** |  |  |  |  |  |  |  |  |
| **Scale 6. Negative Responses** | n=58 | n=52 | n=51 | n=43 | n=46 |  |  |  |
| mean (SD) | 1.71 (1.68) | 1.71 (1.59) | 1.86 (1.65) | 1.79 (1.61) | 1.8 (1.74) | 1.34 (1.48) | diff: 0.03 | diff: 0.42 |
| median (IQR) | 1.17 (0, 3) | 1.67 (0, 2.67) | 1.67 (0.33, 3) | 1.67 (0.33, 3) | 1.5 (0, 3) | 0.83 (0, 2.33) | p=0.908, 95% CI [-0.46, 0.52] | p=0.155, 95% CI [-0.16, 0.99] |
|  |  |  |  |  |  |  |  |  |
| **Scale 7. Solicitous Responses** | n=58 | n=52 | n=51 | n=43 | n=46 |  |  |  |
| mean (SD) | 2.57 (1.61) | 2.68 (1.55) | 2.86 (1.57) | 2.68 (1.59) | 2.56 (1.69) | 2.53 (1.53) | diff: 0.26 | diff: -0.02 |
| median (IQR) | 2.6 (1.2, 4) | 3 (1.6, 3.7) | 3 (1.4, 4) | 2.8 (1.6, 3.8) | 2.4 (1.4 , 4.2) | 2.7 (1.2, 3.6) | p=0.305, 95% CI [-0.24, 0.76] | p=0.938, 95% CI [-0.58, 0.53] |
|  |  |  |  |  |  |  |  |  |
| **Scale 8. Distracting Responses** | n=58 |  | n=51 | n=43 | n=46 |  |  |  |
| mean (SD) | 1.7 (1.36) | 1.91 (1.45) | 2.1 (1.5) | 1.62 (1.37) | 1.7 (1.45) | 1.88 (1.73) | diff: 0.55 | diff: -0.09 |
| median (IQR) | 1.5 (0.5, 2.5) | 1.75 (0.65, 3) | 2 (0.75, 3) | 1.5 (0.25, 2.75) | 1.5 (0.5, 2.5) | 1.38 (0.5, 2.75) | p=0.021, 95% CI [0.09, 1.01] | p=0.755, 95% CI [-0.65, 0.47] |
| **Level of participation in common activities** |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Scale 9. Household activities** |  |  |  |  |  |  |  |  |
| mean (SD) | 2.69 (1.81) | 2.55 (1.89) | 2.8 (1.79) | 2.54 (1.74) | 2.65 (1.82) | 2.45 (1.61) | diff: 0.2 | diff: 0.07 |
| median (IQR) | 2.3 (1.2, 4.3) | 2 (1.2, 4.6) | 2.8 (1, 4.4) | 2 (1.2, 4) | 2.4 (0.8, 4) | 1.9 (1.4, 4) | p=0.261, 95% CI [-0.15, 0.56] | p=0.701, 95% CI [-0.28, 0.41] |
|  |  |  |  |  |  |  |  |  |
| **Scale 10. Outdoor activities** |  |  |  |  |  |  |  |  |
| mean (SD) | 1.54 (1.55) | 1.17 (1.42) | 1.61 (1.56) | 1.09 (1.36) | 1.75 (1.62) | 1.54 (1.52) | diff: 0.16 | diff: -0.05 |
| median (IQR) | 1 (0.33, 2.67) | 0.67 (0, 2) | 1 (0, 2.67) | 0.67 (0.33, 1.33) | 1.33 (0.33, 3) | 1.17 (0.33, 2) | p=0.432, 95% CI [-0.25, 0.57] | p=0.843, 95% CI [-0.57, 0.47] |
|  |  |  |  |  |  |  |  |  |
| **Scale 11. Activities away from home** |  |  |  |  |  |  |  |  |
| mean (SD) | 3.14 (1.22) | 2.72 (1.22) | 3.08 (1.13) | 2.86 (1.19) | 2.9 (1.07) | 3.07 (1.28) | diff: 0.02 | diff: -0.29 |
| median (IQR) | 3.3 (2.1, 3.8) | 2.8 (2, 3.6) | 3.2 (2.2, 3.6) | 3 (2.2, 3.6) | 3 (2, 3.6) | 3 (2.2, 4) | p=0.890, 95% CI [-0.29, 0.33] | p=0.092, 95% CI [-0.63, 0.05] |
|  |  |  |  |  |  |  |  |  |
| **Scale 12. Social Activities** |  |  |  |  |  |  |  |  |
| mean (SD) | 2.29 (1.24) | 1.96 (0.98) | 2.28 (1.12) | 1.98 (1.04) | 2.19 (0.99) | 2.23 (1.26) | diff: 0.1 | diff: -0.1 |
| median (IQR) | 2.2 (1.4, 3) | 1.8 (1.4, 2.6) | 2.33 (1.5, 3) | 1.8 (1.4, 2.5) | 2.2 (1.8, 2.6) | 2 (1.4, 2.4) | p=0.441, 95% CI [-0.16, 0.37] | p=0.595, 95% CI [-0.46, 0.26] |
|  |  |  |  |  |  |  |  |  |
| **General Activity Level** |  |  |  |  |  |  |  |  |
| mean (SD) | 2.41 (1.06) | 2.1 (0.99) | 2.44 (0.95) | 2.12 (1.07) | 2.37 (0.87) | 2.32 (1.05) | diff: 0.1 | diff: -0.1 |
| median (IQR) | 2.45 (1.44, 3.06) | 2.13 (1.52, 2.75) | 2.51 (1.75, 3.28) | 2.02 (1.55, 2.53) | 2.21 (1.7, 3.15) | 2.02 (1.57, 2.87) | p=0.384, 95% CI [-0.12, 0.32] | p=0.462, 95% CI [-0.35, 0.16] |