

Supplementary File 2. Mean Values for Outcomes

Unadjusted Outcome Measures		
	Control	Experimental
Adherence Outcomes		
Home-based adherence, ARS	mean (SD)	mean (SD)
Week 1	5.61 (1.44)	6.09 (1.02)
Week 4	5.85 (1.27)	6.03 (1.13)
Week 12	5.10 (1.79)	5.59 (1.29)
Week 24	4.86 (1.92)	4.95 (1.98)
Clinic-based adherence, SIRAS	mean (SD)	mean (SD)
Week 1	4.30 (.68)	4.49 (.58)
Week 4	4.50 (.61)	4.50 (.70)
Week 12	4.49 (.60)	4.65 (.67)
Week 24	N/A	N/A
Specific adherence to back exercises, HECA	Mean (SD)	Mean (SD)
Week 1	80.20 (22.15)	84.63 (21.44)
Week 4	78.30 (27.46)	82.63 (21.08)
Week 12	71.40 (24.10)	78.42 (27.10)
Week 24	71.27 (26.32)	70.31 (30.03)
Physical activity (METS/week), IPAQ	Change scores (SD)	Change scores (SD)
Week 1	-554.89 (-554.89)	-811.17 (5936.86)
Week 4	330.87 (4634.43)	-682.03 (7251.97)
Week 12	1156.63 (4992.22)	-871.39 (6659.47)
Week 24	-221.11 (3171.80)	-917.82 (7313.01)
Clinical Outcomes & Quality of Life		
Pain intensity	Change scores (SD)	Change scores (SD)
Week 4	-.88 (2.26)	-.78 (2.37)
Week 12	-1.31 (2.36)	-1.53 (2.71)
Week 24	-1.18 (3.19)	-1.53 (2.78)
Pain bothersomeness	Change scores (SD)	Change scores (SD)
Week 4	-.18 (1.21)	-.37 (1.22)
Week 12	-.43 (1.49)	-.57 (1.28)
Week 24	-.66 (1.54)	-.80 (1.45)
Pain interference	Change scores (SD)	Change scores (SD)
Week 4	-.25 (1.26)	-.42 (1.35)
Week 12	-.47 (1.41)	-.75 (1.29)
Week 24	-.45 (1.54)	-.86 (1.46)
Satisfaction with current symptoms	Change scores (SD)	Change scores (SD)
Week 4	.47 (1.14)	.54 (1.17)
Week 12	1.13 (1.60)	.93 (1.53)
Week 24	1.26 (1.56)	1.19 (1.68)
Treatment satisfaction	Mean (SD)	Mean (SD)
Week 4	4.47 (.84)	4.51 (.80)
Week 12	4.33 (1.01)	4.52 (.92)
Week 24	4.40 (1.08)	4.21 (1.22)
Perception of recovery	Mean (SD)	Mean (SD)
Week 4	1.50 (2.78)	1.69 (2.58)
Week 12	2.30 (2.71)	2.46 (2.60)
Week 24	2.58 (3.07)	2.46 (2.63)
Pain related function (Disability, RMDQ)	Change scores (SD)	Change scores (SD)

INCREASING PATIENT ADHERENCE

Week 4	-2.11 (4.90)	-2.23 (5.82)
Week 12	-2.82 (5.77)	-3.48 (5.72)
Week 24	-4.09 (5.95)	-4.87 (5.86)
Pain related function (Patient specific function, PSFS)	Change scores (SD)	Change scores (SD)
Week 4	.81 (2.02)	1.25 (2.21)
Week 12	1.44 (2.32)	2.00 (2.47)
Week 24	1.76 (2.74)	2.39 (2.99)
Quality of life, EuroQol weighted health index	Change scores (SD)	Change scores (SD)
Week 4	.24 (.29)	.18 (.28)
Week 12	.25 (.28)	.21 (.27)
Week 24	.24 (.27)	.21 (.24)
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Motivational Outcomes		
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Fear avoidance	Change scores (SD)	Change scores (SD)
Week 4	-1.72 (7.82)	-3.29 (7.70)
Week 12	-2.21 (9.47)	-4.00 (8.79)
Week 24	-4.41 (9.88)	-4.63 (9.93)
Perceived competence to follow recommendations	Change scores (SD)	Change scores (SD)
Immediately post-initial treatment	.11 (.59)	.33(.74)
Week 4	-.37 (.86)	-.08 (.93)
Week 12	-.57 (1.43)	-.07 (1.11)
Week 24	-.92 (1.51)	-.50 (1.52)
Autonomous motivation to follow recommendations	Change scores (SD)	Change scores (SD)
Immediately post-initial treatment	.22 (.51)	.15 (.50)
Week 4	-.21 (.80)	-.05 (.59)
Week 12	-.17 (.92)	-.06 (.68)
Week 24	.00 (.76)	-.15 (.68)
Controlled motivation to follow recommendations	Change scores (SD)	Change scores (SD)
Immediately post-initial treatment	-.11 (1.02)	-.21 (1.13)
Week 4	-.16 (1.35)	-.14 (1.55)
Week 12	-.34 (1.37)	-.31 (1.27)
Week 24	-.51 (1.42)	-.58 (1.43)
Amotivation	Change scores (SD)	Change scores (SD)
Immediately post-initial treatment	.19 (.92)	-.09 (.93)
Week 4	.35 (1.59)	.04 (1.63)
Week 12	.41 (1.61)	-.20 (1.45)
Week 24	.62 (1.19)	.14 (1.69)

Note: N/A = not applicable as no participants were receiving physiotherapy treatment at 24 weeks. Where baseline measures were not relevant (e.g., adherence variables) mean scores, rather than change scores, are presented.

