Supplementary table S1

Estimated difference (B) and 95% confidence intervals (C.I.) in secondary outcome variables for the comparison PPI versus WLC, iCBT versus WLC, and PPI vs iCBT, at post-treatment based on intention-to-treat analyses. Effect sizes and 95% confidence interval of effect sizes are displayed in the last columns. All models were adjusted for age, sex and educational level.

B (SE) 95% C.I. p effect size 95% C.I.

Anxiety (HADS-A) PPI vs WLC -1.71 (0.58) -2.59 to -0.58 .004 -0.453 -0.686 to -0.154

 iCBT vs WLC -2.16 (0.59) -3.32 to -1.00 <.001 -0.572 -0.879 to -0.265

 PPI vs iCBT 0.45 (0.47) -0.48 to 1.39 .342 0.119 -0.127 to 0.368

Pain intensity PPI vs WLC 0.03 (0.44) -0.87 to 0.87 .993 0.001 -0.418 to 0.418

 iCBT vs WLC -0.11 (0.45) -0.99 to 0.77 .801 -0.053 -0.475 to 0.370

 PPI vs iCBT 0.12 (0.36) -0.59 to 0.82 .747 0.058 -0.283 to 0.394

Self-compassion (SCS-SF) PPI vs WLC 9.05 (2.11) 4.88 to 13.21 <.001 0.758 0.409 to 1.106

 iCBT vs WLC 8.78 (2.14) 4.46 to 13.00 <.001 0.735 0.373 to 1.088

 PPI vs iCBT -0.27 (1.72) -3.66 to 3.11 .877 0.023 -0.306 to 0.260

Positive affect (PANAS) PPI vs WLC 5.77 (1.03) 3.75 to 7.80 <.001 1.154 -0.750 to 1.560

 iCBT vs WLC 6.16 (1.03) 4.11 to 8.19 <.001 1.232 -0.822 to 1.638

 PPI vs iCBT 0.38 (0.83) -1.26 to 2.02 .647 0.076 -0.252 to 0.404

Negative affect (PANAS) PPI vs WLC -5.03 (1.17) -7.32 to -2.73 <.001 -0.896 -1.305 to -0.487

 iCBT vs WLC -5.34 (1.18) -7.66 to -3.03 <.001 -0.951 -1.365 to -0.540

 PPI vs iCBT -0.32 (0.95) -2.18 to 1.54 .737 -0.057 -0.388 to 0.274

Optimism (LOT-R) PPI vs WLC 2.84 (0.62) 1.62 to 4.01 <.001 0.654 0.373 to 0.923

 iCBT vs WLC 2.97 (0.63) 1.71 to 4.21 < .001 0.684 0.394 to 0.969

 PPI vs iCBT -0.13 (0.55) -1.14 to 0.88 .797 -0.030 -0.262 to 0.203

Flexible goal adjustment PPI vs WLC 4.63 (1.16) 2.35 to 6.92 <.001 0.590 0.299 to 0.882

 iCBT vs WLC 3.72 (1.17) 1.41 to 6.03 .002 0.474 0.180 to 0.768

 PPI vs iCBT -0.91 (0.95) -2.778 to 0.950 .335 0.116 -0.354 to 0.121

Pain catastrophizing (PCS) PPI vs WLC 4.63 (1.16) 2.35 to 6.92 <.001 -0.467 -0.782 to -0.153

 iCBT vs WLC 3.72 (1.17) 1.41 to 6.03 .002 -0.554 -0.871 to -0.236

 PPI vs iCBT 0.82 (1.24) -1.61 to 3.26 .507 0.086 -0.169 to 0.342

Perseverative thinking (PTQ) PPI vs WLC -3.89 (2.11) -8.05 to 0.28 .067 -0.318 -0.657 to 0.023

 iCBT vs WLC -4.61 (2.14) -8.82 to -0.40 .032 -0.376 -0.720 to -0.033

 PPI vs iCBT -0.72 (1.72) -4.11 to 2.67 .675 -0.059 -0.335 to 0.218

Helplessness (ICQ-H) PPI vs WLC -2.14 (0.61) -3.35 to -0.93 .001 -0.561 -0.879 to -0.243

 iCBT vs WLC -2.40 (0.62) -3.63 to -1.18 < .001 -0.629 -0.629 to -0.309

 PPI vs iCBT 0.26 (0.50) -0.73 to 1.25 .602 0.068 -0.191 to 0.328

Acceptance (ICQ-A) PPI vs WLC 1.72 (0.64) 0.46 to 2.97 .008 0.452 0.121 to 0.781

 iCBT vs WLC 2.26 (0.64) 0.99 to 3.52 .001 0.594 0.260 to 0.929

 PPI vs iCBT -0.54 (0.52) -1.56 to 0.49 .300 -0.142 -0.410 to 0.129

Disease Benefit (ICQ-B) PPI vs WLC 1.64 (0.70) 0.26 to 3.02 .020 0.366 0.058 to 0.675

 iCBT vs WLC 2.71 (0.71) 1.31 to 4.11 < 0.001 0.605 0.293 to 0.918

 PPI vs iCBT -1.07 (0.64) -2.20 to 0.06 .057 -0.239 -0.491 to 0.013