**Supplemental Table 1.** Univariable associations between total PRWHE score at baseline with patient and psychosocial characteristics

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| --- | --- | --- | --- | --- |
| Characteristics | B | 95% CI | β | p |
| Age | 0.06 | -0.09 to 0.21 | 0.05 | 0.43 |
| Gender | -1.16 | -6.91 to 4.59 | -0.07 | 0.69 |
| Duration of symptoms | -0.09 | -0.21 to 0.02 | -0.11 | 0.11 |
| BMI | 0.05 | -0.37 to 0.47 | 0.02 | 0.81 |
| Non-smoking | -5.11 | -9.91 to -0.3 | -0.33 | 0.04 |
| Workload (compared with non-working) |  |  |  |  |
| Light physical work | -8.11 | -13.8 to -2.42 | -0.52 | 0.01 |
| Moderate physical work | -6.15 | -11.26 to1.03 | -0.40 | 0.02 |
| Heavy physical work | -6.82 | -13.52 to -0.13 | -0.44 | 0.05 |
| Pain Catastrophizing Scale (mean ± SD) | 0.50 | 0.34 to 0.67 | 0.37 | < 0.01 |
| Patient Health Questionnaire-4 (mean ± SD) | 1.25 | 0.45 to 2.05 | 0.20 | < 0.01 |
| IPQ-1 Consequences (mean ± SD)  How much does your illness affect your life? | 4.02 | 3.01 to 5.04 | 0.46 | < 0.01 |
| IPQ-2 Timeline (mean ± SD)  How long do you think your illness will continue? | 1.04 | 0.17 to 1.91 | 0.15 | 0.02 |
| IPQ-3 Personal Control (mean ± SD)  How much control do you feel you have over your illness? | -0.20 | -1.02 to 0.62 | -0.03 | 0.63 |
| IPQ-4 Treatment Control (mean ± SD)  How much do you think your treatment can treatment can help your illness? | -0.33 | -1.97 to 1.32 | -0.03 | 0.70 |
| IPQ-5 Identity (mean ± SD)  How much do you experience symptoms from your illness? | 2.13 | 1.34 to 2.91 | 0.33 | < 0.01 |
| IPQ-6 Concern (mean (SD))  How concerned are you about your illness? | 2.32 | 1.59 to 3.04 | 0.38 | < 0.01 |
| IPQ-7 Comprehension (mean (SD))  How well do you feel you understand your illness? | 0.12 | -0.91 to 1.15 | 0.02 | 0.81 |
| IPQ-8 Emotional Representation (mean (SD))  How much does your illness affect you emotionally? | 2.16 | 1.55 to 2.77 | 0.42 | < 0.01 |