**Appendix**

**Standardized case summary:**

“From what you’ve told me you’ve been living with severe chronic pain in the lower back for many years causing you great suffering and distress. The pain makes it very difficult for you to do things, to work, to go out and see people the pain is also making it very difficult to sleep and you are becoming quite tired and depressed… So, I see that several months ago you were prescribed a strong pain killer which helped quite a bit at first helping to make life more bearable during the day and helping you to sleep at night. Nowadays however, the medication doesn’t seem to be doing too much just taking the edge off the pain enough that you can get through the day. The painkillers may be making it difficult for you to think clearly and they may be interfering with your ability to work, perhaps even your relationships. But I understand if you feel you cannot manage without them.”

**Treatment advice conditions:**

**Opioid maintenance**

“In consideration of your case and in consultation with my colleagues, we’re recommending that you continue staying on your current medication, at the same dose and we’ll review your case again in another three months.”

**Opioid change**

C: “In consideration of your case and in consultation with my colleagues, we are recommending that you change to a different pain medication and we are going to review your case again in another three months.”

**Opioid tapering**

“In consideration of your case and in consultation with my colleagues, we recommend that you gradually taper off your medications, and eventually stop and instead we’d like to enrol you in a pain self-management program to help you to learn to cope with your pain without medication.”