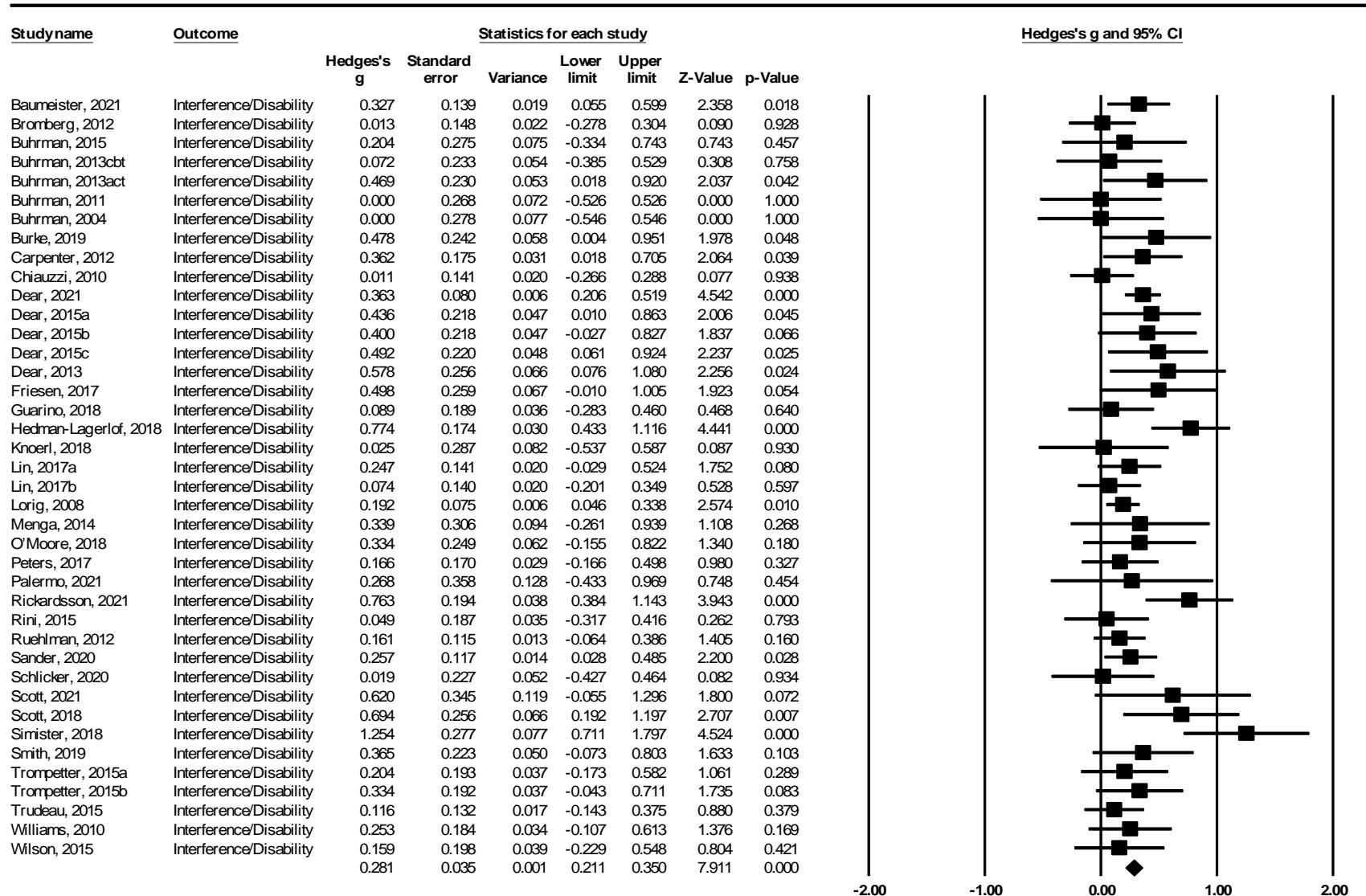
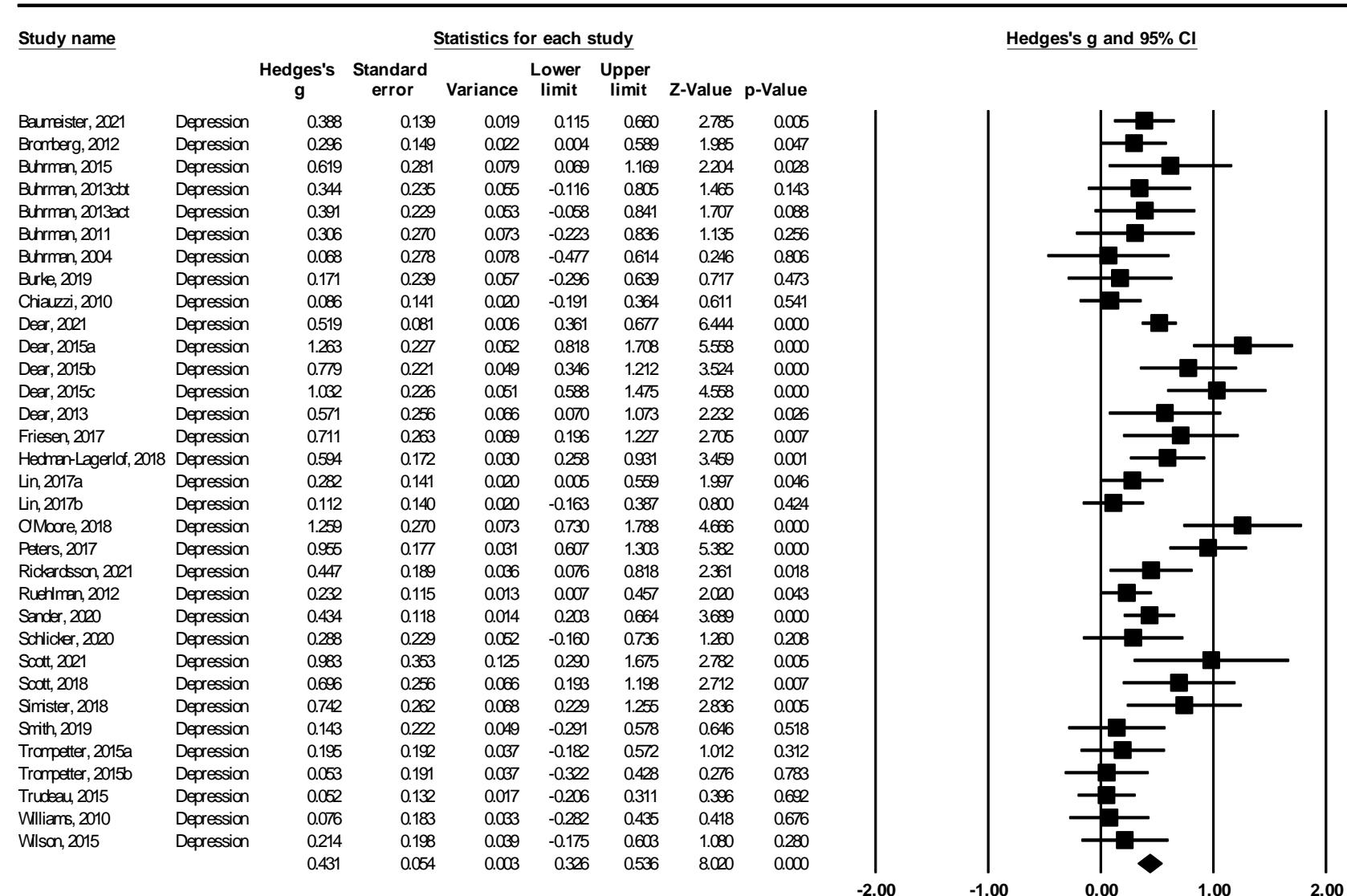


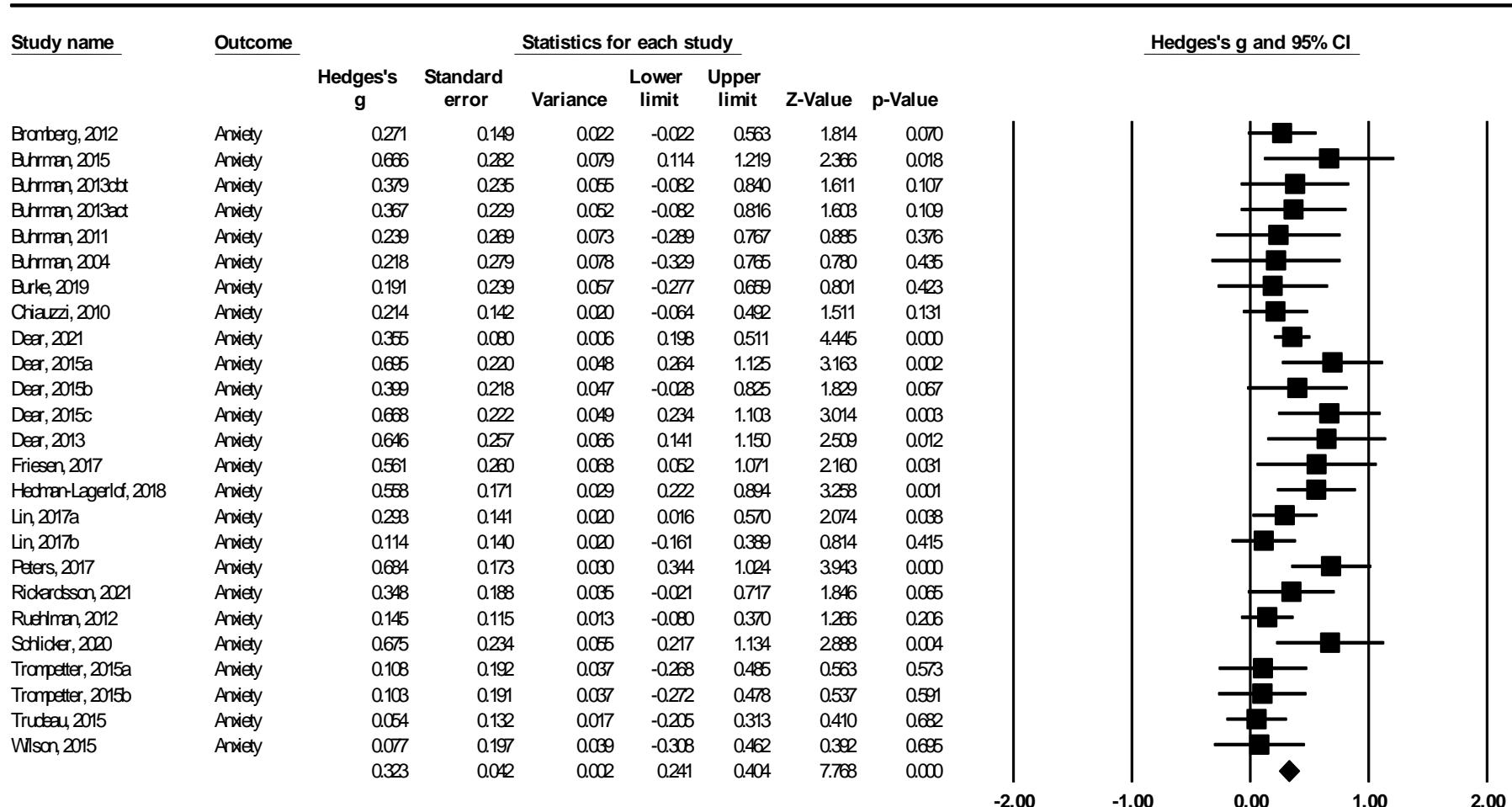
Supp Fig. 1. Forest plot of interference/disability outcome estimates



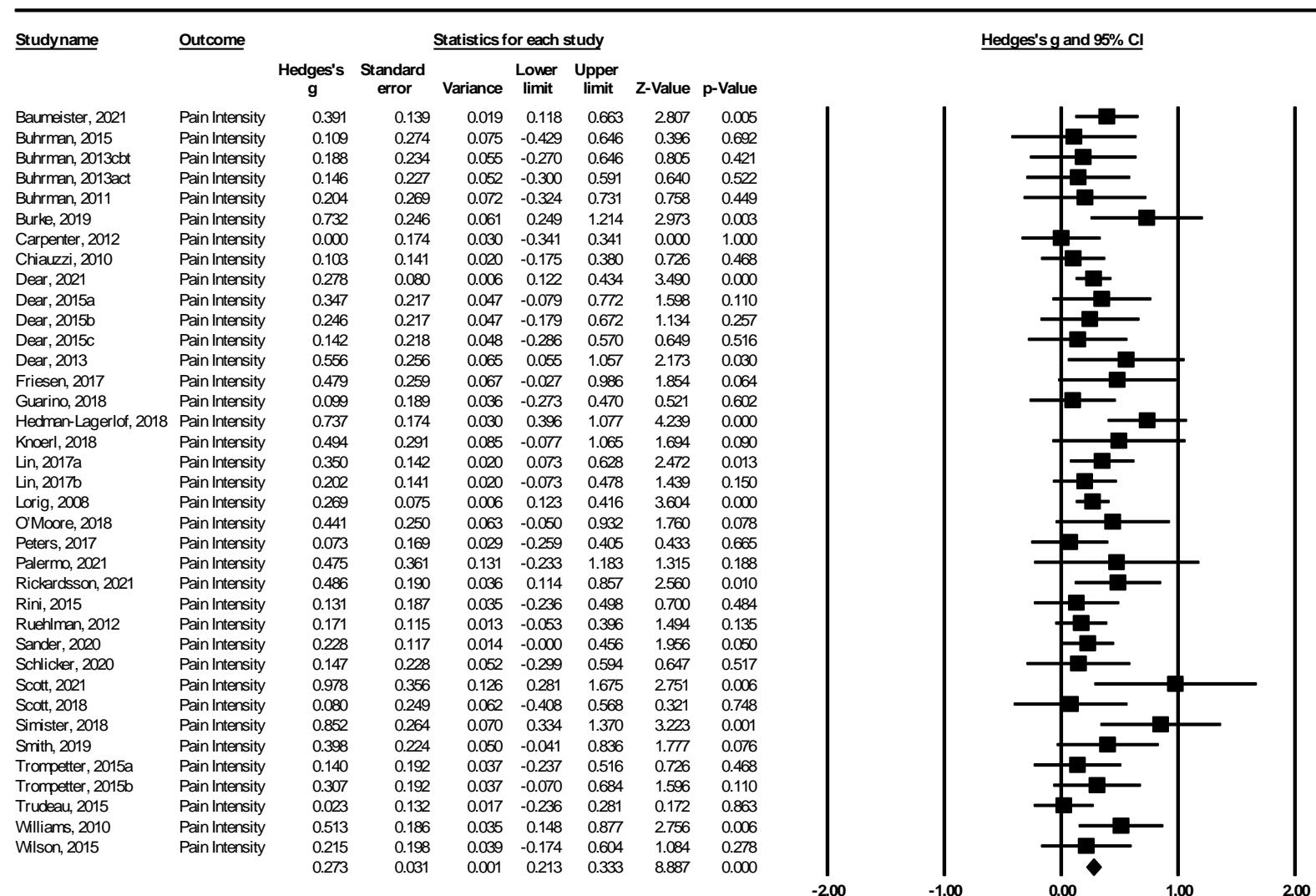
Supp Fig. 2. Forest plot of depression outcome estimates



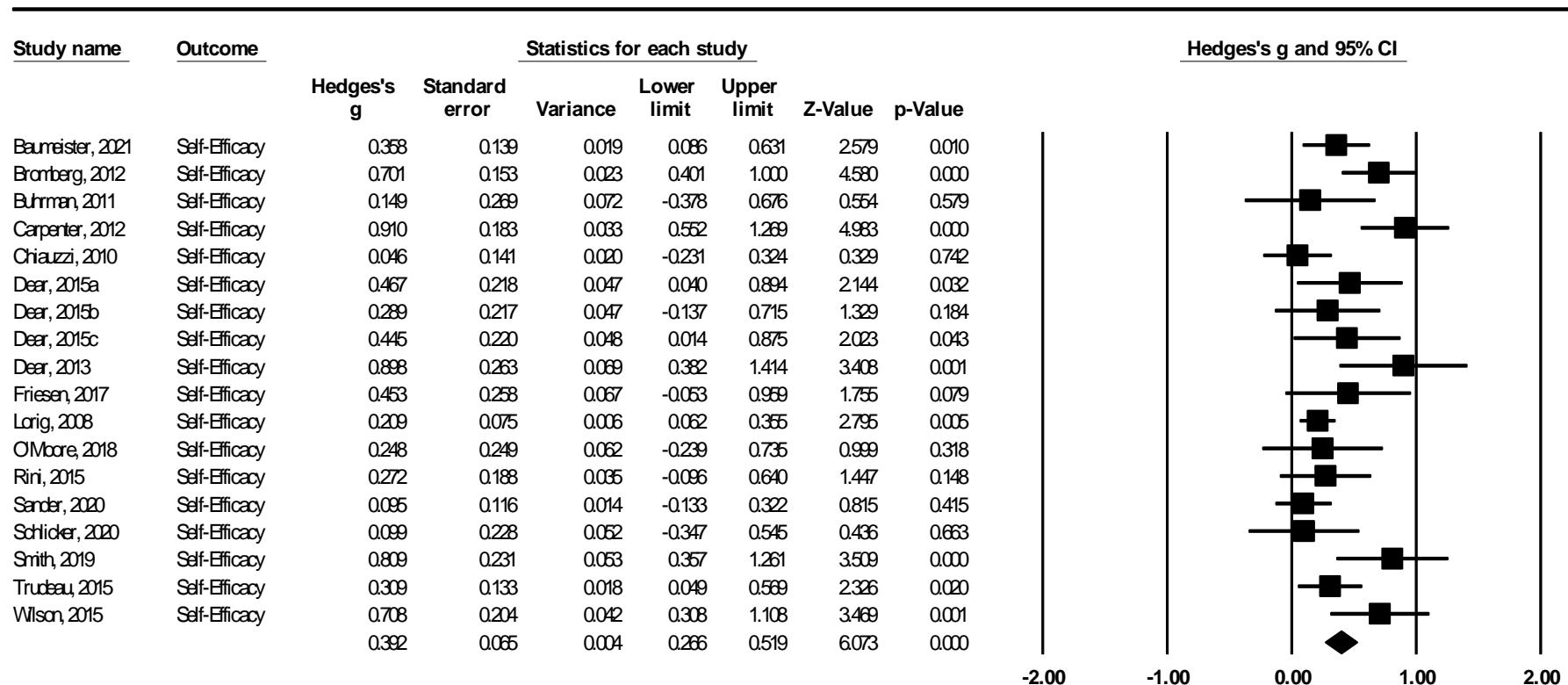
Supp Fig. 3. Forest plot of anxiety outcome estimates



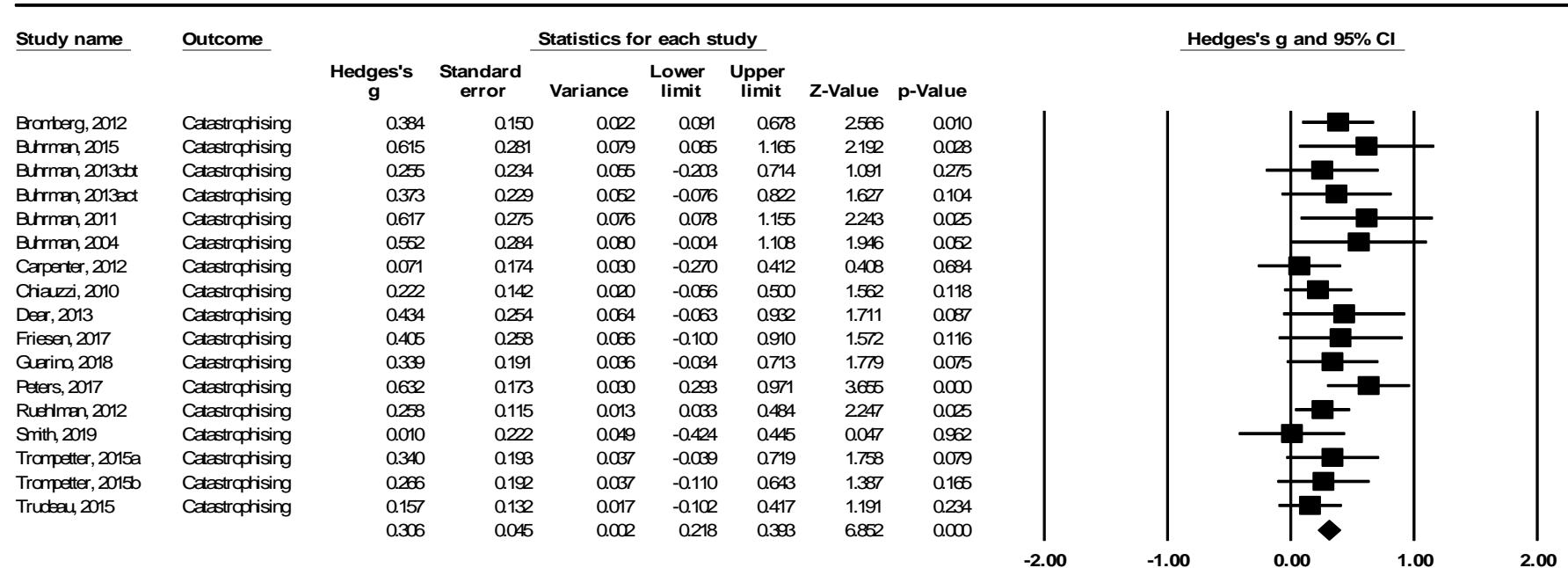
Supp Fig. 4. Forest plot of pain intensity outcome estimates



Supp Fig. 5. Forest plot of pain self-efficacy outcome estimates



Supp Fig. 6. Forest plot of pain catastrophizing outcome estimates



Appendix A: Example of Search strategy

1. #1(chronic pain):ti,ab,kw OR (persistent pain):ti,ab,kw OR (neuropathic pain):ti,ab,kw OR (fibromyalg*):ti,ab,kw OR (back pain):ti,ab,kw OR (chronic lower back pain):ti,ab,kw OR (musculoskelet*):ti,ab,kw OR (rheumatoid arthritis):ti,ab,kw OR (arthritis):ti,ab,kw OR (chronic headache):ti,ab,kw OR (persistent headache):ti,ab,kw OR (headache):ti,ab,kw OR (migraine):ti,ab,kw OR (neuropathic*):ti,ab,kw OR (myofascial*):ti,ab,kw.
2. MeSH descriptor: [Chronic Pain] explode all trees
3. 1 OR 2
4. (online therapy):ti,ab,kw OR (online intervention):ti,ab,kw OR (telemedicine):ti,ab,kw OR (telehealthcare):ti,ab,kw OR (web-based):ti,ab,kw OR (web-based intervention):ti,ab,kw OR (web intervention):ti,ab,kw OR (internet-based intervention):ti,ab,kw OR (internet based):ti,ab,kw OR (internet delivered):ti,ab,kw OR (e-therapy):ti,ab,kw OR (teletherapy):ti,ab,kw OR (online):ti,ab,kw
5. MeSH descriptor: [Internet-Based Intervention] explode all trees
6. MeSH descriptor: [Distance Counseling] explode all trees
7. 3 or 4 or 5
8. (cognitive behavio*):ti,ab,kw OR (acceptance and commitment):ti,ab,kw OR (psychoeducation):ti,ab,kw OR (psychotherapy):ti,ab,kw OR (cognitive therap*):ti,ab,kw OR (behavior modification):ti,ab,kw OR (counseling):ti,ab,kw OR (counselling):ti,ab,kw
9. MeSH descriptor: [Cognitive Behavioral Therapy] explode all trees
10. MeSH descriptor: [Acceptance and Commitment Therapy] explode all trees
11. 8 OR 9 OR 10
12. (randomised con*):ti,ab,kw OR (randomised clin*):ti,ab,kw OR (randomized con*):ti,ab,kw OR (randomized clin*):ti,ab,kw OR (clinical trial):ti,ab,kw OR (controlled trial):ti,ab,kw
13. MeSH descriptor: [Randomized Controlled Trial] explode all trees
14. MeSH descriptor: [Controlled Clinical Trial] explode all trees
15. 12 OR 13 OR 14
16. 3 AND 7 AND 11 AND 15

Appendix B. Studies excluded and reasons

Study Reference	Exclusion
Bennell KL, Nelligan R, Dobson F, Rini C, Keefe F, Kasza J, French S, Bryant C, Dalwood A, Abbott JH, Hinman RS. Effectiveness of an Internet-Delivered Exercise and Pain-Coping Skills Training Intervention for Persons With Chronic Knee Pain: A Randomized Trial. <i>Ann Intern Med</i> 2017;166(7):453-462.	Ineligible intervention - broader or multi-component.
Bennell KL, Nelligan RK, Rini C, Keefe FJ, Kasza J, French S, Forbes A, Dobson F, Abbott JH, Dalwood A, Harris A, Vicenzino B, Hodges PW, Hinman RS. Effects of internet-based pain coping skills training before home exercise for individuals with hip osteoarthritis (HOPE trial): a randomised controlled trial. <i>Pain</i> 2018;159(9):1833-1842.	Ineligible comparator – not internet
Berman RL, Iris MA, Bode R, Drengenberg C. The effectiveness of an online mind-body intervention for older adults with chronic pain. <i>J Pain</i> 2009;10(1):68-79.	Ineligible intervention – not CBI
Brattberg G. Internet-based rehabilitation for individuals with chronic pain and burnout: a randomized trial. <i>International Journal of Rehabilitation Research</i> 2006;29(3):221-227.	Ineligible intervention – not CBI
Brattberg G. Internet-based rehabilitation for individuals with chronic pain and burnout II: a long-term follow-up. <i>Int J Rehabil Res</i> 2007;30(3):231-234.	Ineligible intervention – not CBI
Calner T, Nordin C, Eriksson MK, Nyberg L, Gard G, Michaelson P. Effects of a self-guided, web-based activity programme for patients with persistent musculoskeletal pain in primary healthcare: A randomized controlled trial. <i>Eur J Pain</i> 2017;21(6):1110-1120.	Ineligible intervention & comparator – multi-component.
Chhabra HS, Sharma S, Verma S. Smartphone app in self-management of chronic low back pain: a randomized controlled trial. <i>Eur Spine J</i> 2018;27(11):2862-2874.	Ineligible intervention – not CBI
Davis MC, Zautra AJ. An online mindfulness intervention targeting socioemotional regulation in fibromyalgia: results of a randomized controlled trial. <i>Ann Behav Med</i> 2013;46(3):273-284.	Ineligible intervention – not CBI
Day MA, Thorn BE, Ward LC, Rubin N, Hickman SD, Scogin F, Kilgo GR. Mindfulness-based cognitive therapy for the treatment of headache pain: a pilot study. <i>Clin J Pain</i> 2014;30(2):152-161.	Ineligible intervention – not internet
Dear BF, Gandy M, Karin E, Fogliati R, Fogliati VJ, Staples LG, Wootton BM, Sharpe L, Titov N. The Pain Course: 12- and 24-Month Outcomes From a Randomized Controlled Trial of an Internet-Delivered Pain Management Program Provided With Different Levels of Clinician Support. <i>Journal of Pain</i> 2018;19(12):1491-1503	Long term data
Devineni T, Blanchard EB. Randomised control trial of internet-based treatment for chronic headache. <i>Behavior Research and Therapy</i> 2005;43:277-292	Ineligible intervention – not CBI
Dowd H, Hogan MJ, McGuire BE, Davis MC, Sarma KM, Fish RA, Zautra AJ. Comparison of an Online Mindfulness-based Cognitive Therapy Intervention With Online Pain Management Psychoeducation: A Randomized Controlled Study. <i>Clin J Pain</i> 2015;31(6):517-527.	Ineligible comparator – two active treatments
Hearn JH, Finlay KA. Internet-delivered mindfulness for people with depression and chronic pain following spinal cord injury: a randomized, controlled feasibility trial. <i>Spinal Cord</i> 2018;56(8):750-761.	Ineligible intervention - not CBI

Hedborg K, Muhr C. Multimodal behavioral treatment of migraine: an Internet-administered, randomized, controlled trial. <i>Ups J Med Sci</i> 2011;116(3):169-186.	Other – design not sufficient RCT.
Kleiboer A, Sorbi M, van Silfhout M, Kooistra L, Passchier J. Short-term effectiveness of an online behavioral training in migraine self-management: a randomized controlled trial. <i>Behav Res Ther</i> 2014;61:61-69.	Other – design not sufficient RCT.
Li Y, Tse MYM. An Online Pain Education Program for Working Adults: Pilot Randomized Controlled Trial. <i>J Med Internet Res</i> 2020;22(1):e15071-e15071.	Ineligible intervention – not CBI
Mecklenburg G, Smittenaar P, Erhart-Hledik JC, Perez DA, Hunter S. Effects of a 12-Week Digital Care Program for Chronic Knee Pain on Pain, Mobility, and Surgery Risk: Randomized Controlled Trial. <i>J Med Internet Res</i> 2018;20(4):e156.	Not chronic pain sample
Nordin CA, Michaelson P, Gard G, Eriksson MK. Effects of the Web Behavior Change Program for Activity and Multimodal Pain Rehabilitation: Randomized Controlled Trial. <i>J Med Internet Res</i> 2016;18(10):e265	Ineligible intervention & comparator –
Petrozzi MJ, Leaver A, Ferreira PH, Rubinstein SM, Jones MK, Mackey MG. Addition of MoodGYM to physical treatments for chronic low back pain: A randomized controlled trial. <i>Chiropractic & Manual Therapies</i> 2019;27(1):54.	Ineligible intervention – broader/multi-component.
Riva S, Camerini AL, Allam A, Schulz PJ. Interactive sections of an Internet-based intervention increase empowerment of chronic back pain patients: randomized controlled trial. <i>J Med Internet Res</i> 2014;16(8):e180.	Ineligible intervention – not CBI
Shebib R, Bailey JF, Smittenaar P, Perez DA, Mecklenburg G, Hunter S. Randomized controlled trial of a 12-week digital care program in improving low back pain. <i>npj Digital Medicine</i> 2019;2(1):1.	Ineligible intervention – not CBI
Shigaki CL, Smarr KL, Siva C, Ge B, Musser D, Johnson R. RAHelp: an online intervention for individuals with rheumatoid arthritis. <i>Arthritis Care Res (Hoboken)</i> 2013;65(10):1573-1581.	No baseline data request no author response
Hauser-Ulrich S, Künzli H, Meier-Peterhans D, Kowatsch T. A Smartphone-Based Health Care Chatbot to Promote Self-Management of Chronic Pain (SELMA): pilot Randomized Controlled Trial. <i>JMIR mhealth and uhealth</i> 2020;8(4):e15806.	Ineligible intervention & not chronic pain sample
Kohns DJ, Geisser ME, Urbanik CP, Lumley MA, Schubiner H. The effects of a pain psychology and neuroscience self-evaluation internet intervention: A randomized controlled trial. <i>Clinical Journal of Pain</i> 2020;36(9):683-692.	Ineligible intervention – not CBI
Xie H, Guarino H, Moore SK, Acosta M, Budney AJ, Rosenblum A, Marsch LA, Fong C. Web-based cognitive behavior therapy for chronic pain patients with aberrant drug-related behavior: How did it work and for whom? <i>Journal of Behavioral Medicine</i> 2021;No-Specified.	Ineligible intervention – not iCBT
Dear BF, Karin E, Fogliati R, Dudeney J, Nielssen O, Scott AJ, Gandy M, Bisby MA, Heriseanu AI, Hathway T, Staples L, Titov N, Schroeder L. A Cost-effectiveness Analysis of an Internet-delivered Pain Management Program Delivered With Different Levels of Clinician Support: Results From a Randomised Controlled Trial. <i>J Pain</i> 2021;22(3):344	Secondary data
Ferwerda M, van Beugen S, van Middendorp H, Spillekom-van Koulik S, Donders ART, Visser H, Taal E, Creemers MCW, van Riel P, Evers AWM. A tailored-guided internet-based cognitive-behavioral intervention for patients with rheumatoid arthritis as an adjunct to standard rheumatological care: results of a randomized controlled trial. <i>Pain</i> 2017;158(5):868-878.	Other – design lacks standardisation

CBI = Cognitive and Behavioural Intervention; iCBT = internet-delivered Cognitive Behavioural Therapy; RCT = Randomised Controlled Trial

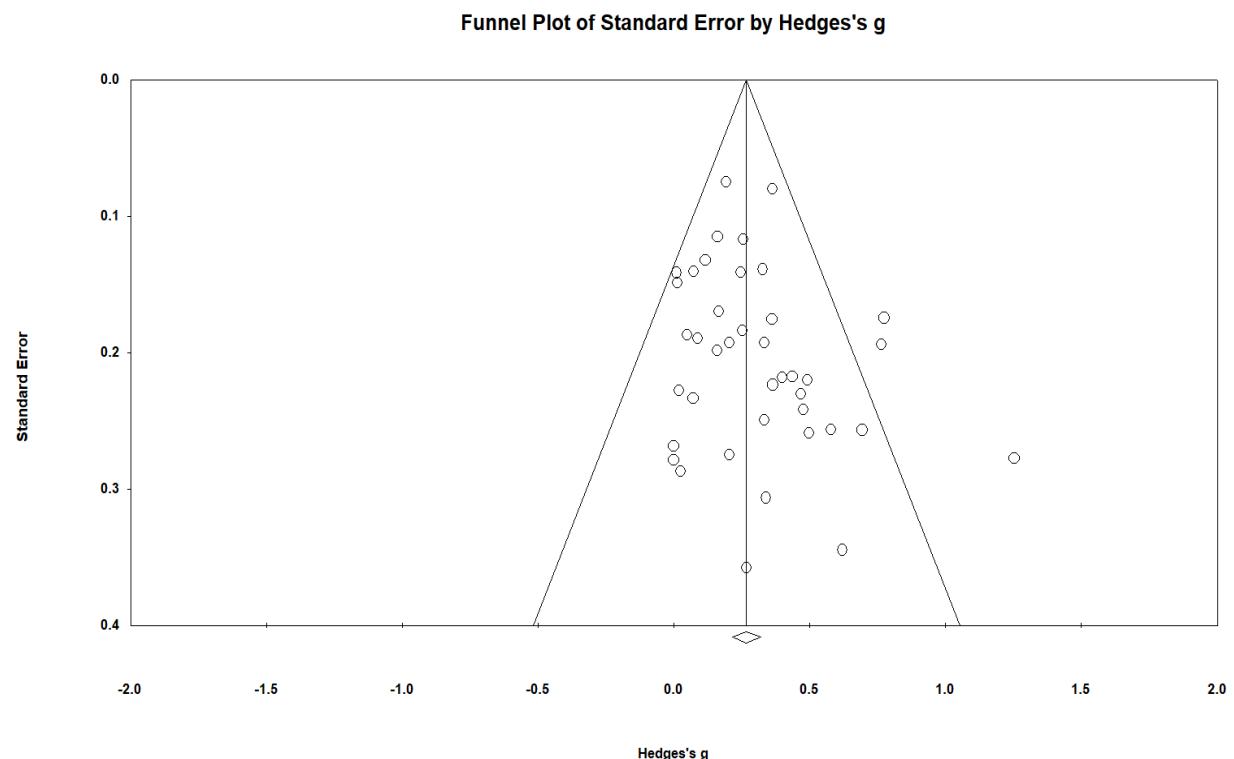
Appendix C: Studies included in the meta-analysis

- [1] Baumeister H, Paganini S, Sander LB, Lin J, Schlicker S, Terhorst Y, Moshagen M, Bengel J, Lehr D, Ebert DD. Effectiveness of a Guided Internet- and Mobile-Based Intervention for Patients with Chronic Back Pain and Depression (WARD-BP): A Multicenter, Pragmatic Randomized Controlled Trial. *Psychother Psychosom* 2021;90(4):255-268.
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- [13] Dear BF, Titov N, Nicholson Perry K, Johnston L, Wootton BM, Terides MD, Rapee RM, Hudson JL. The Pain Course: A randomised controlled trial of a clinician-guided Internet-delivered cognitive behaviour therapy program for managing chronic pain and emotional well-being. *Pain* 2013;154(6):942-950.
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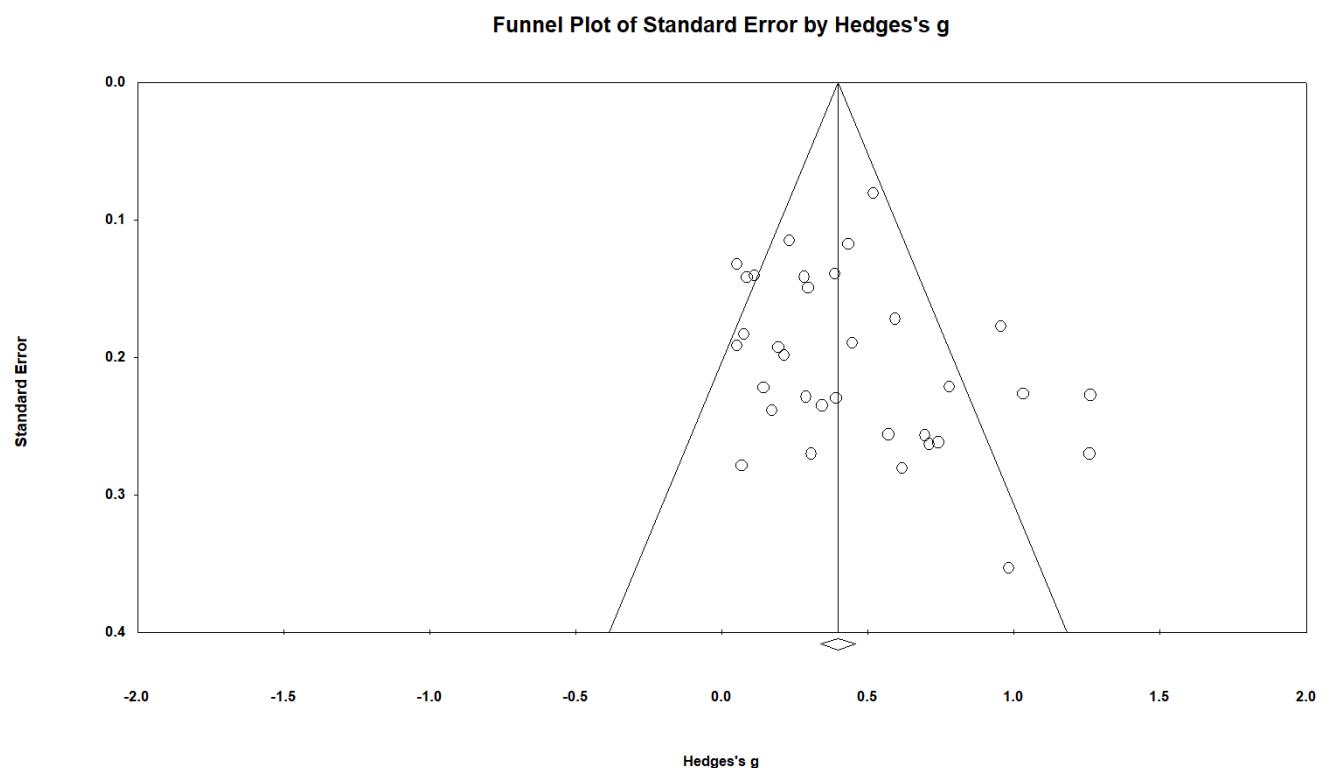
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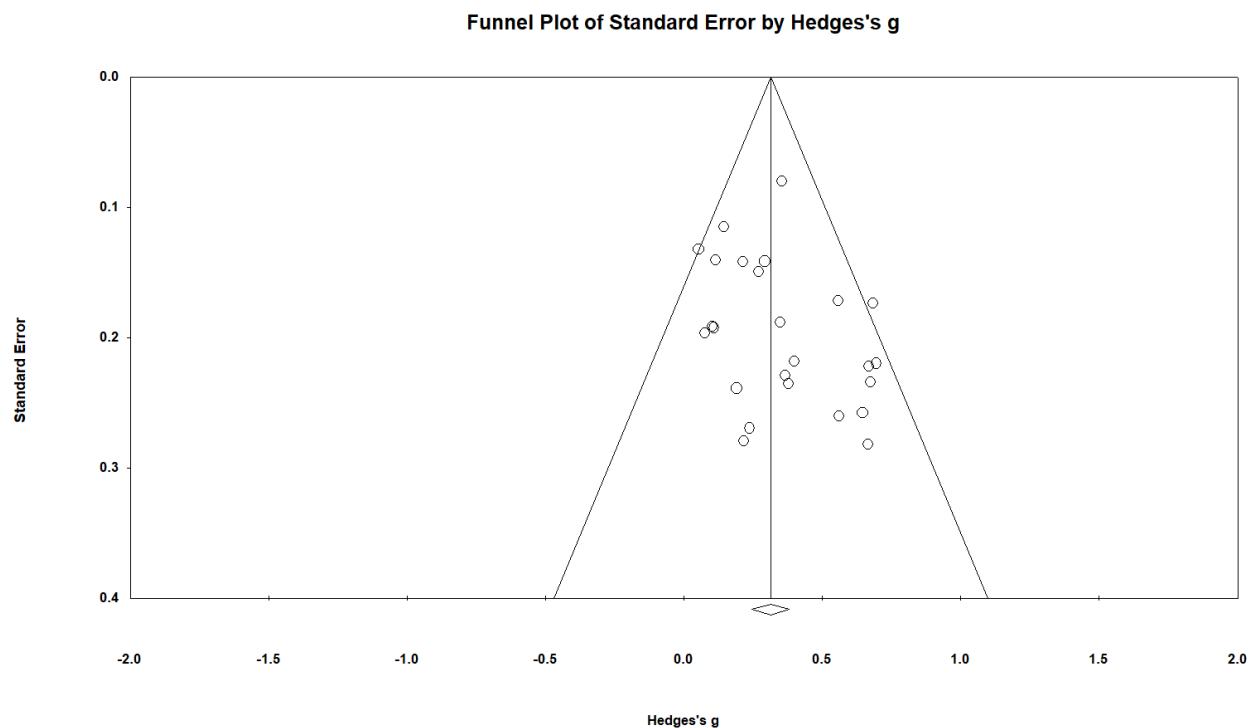
Appendix D – Funnel plot for interference/disability effect sizes



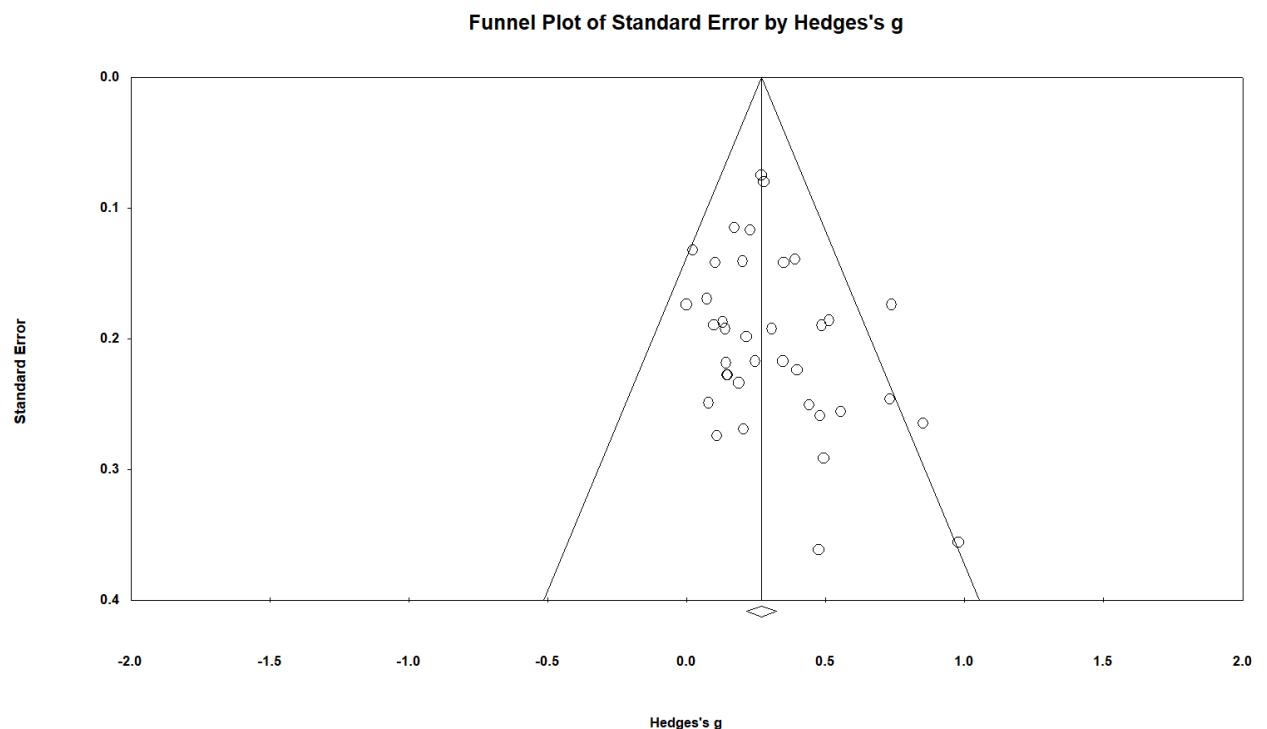
Appendix E – Funnel plot for depression effect sizes



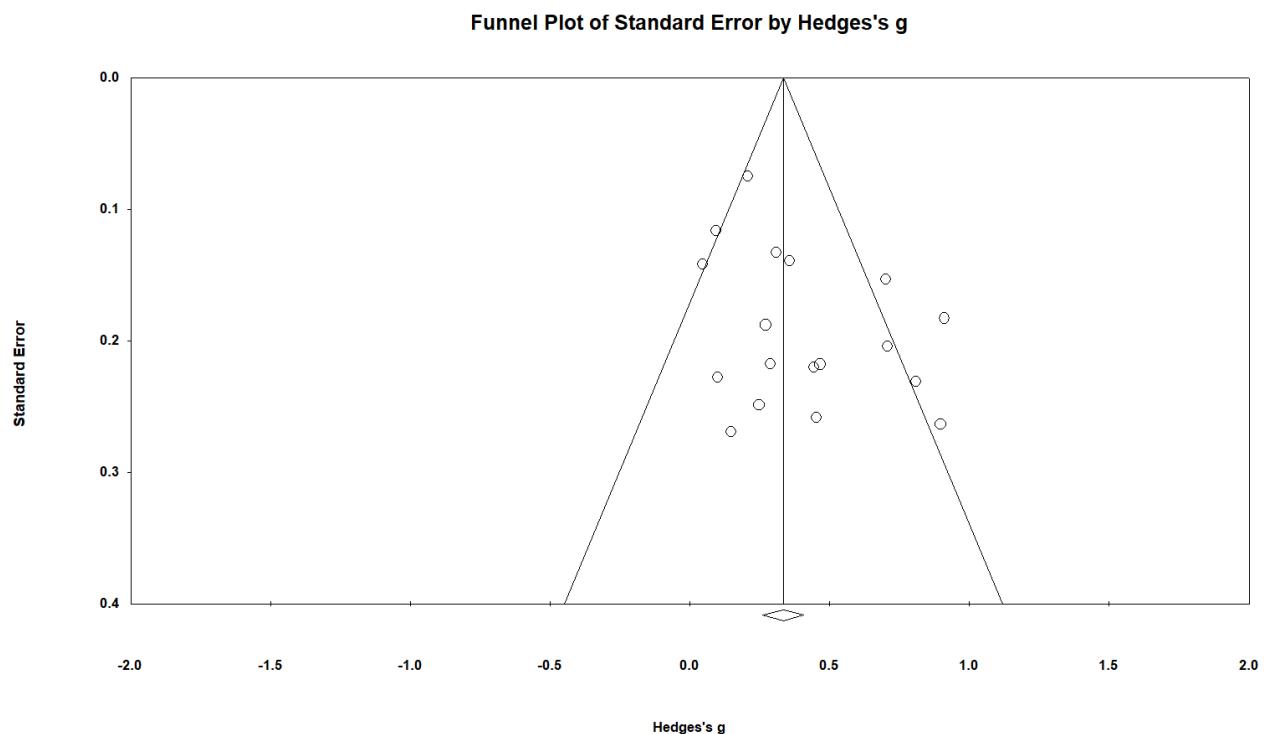
Appendix F – Funnel plot for anxiety effect sizes



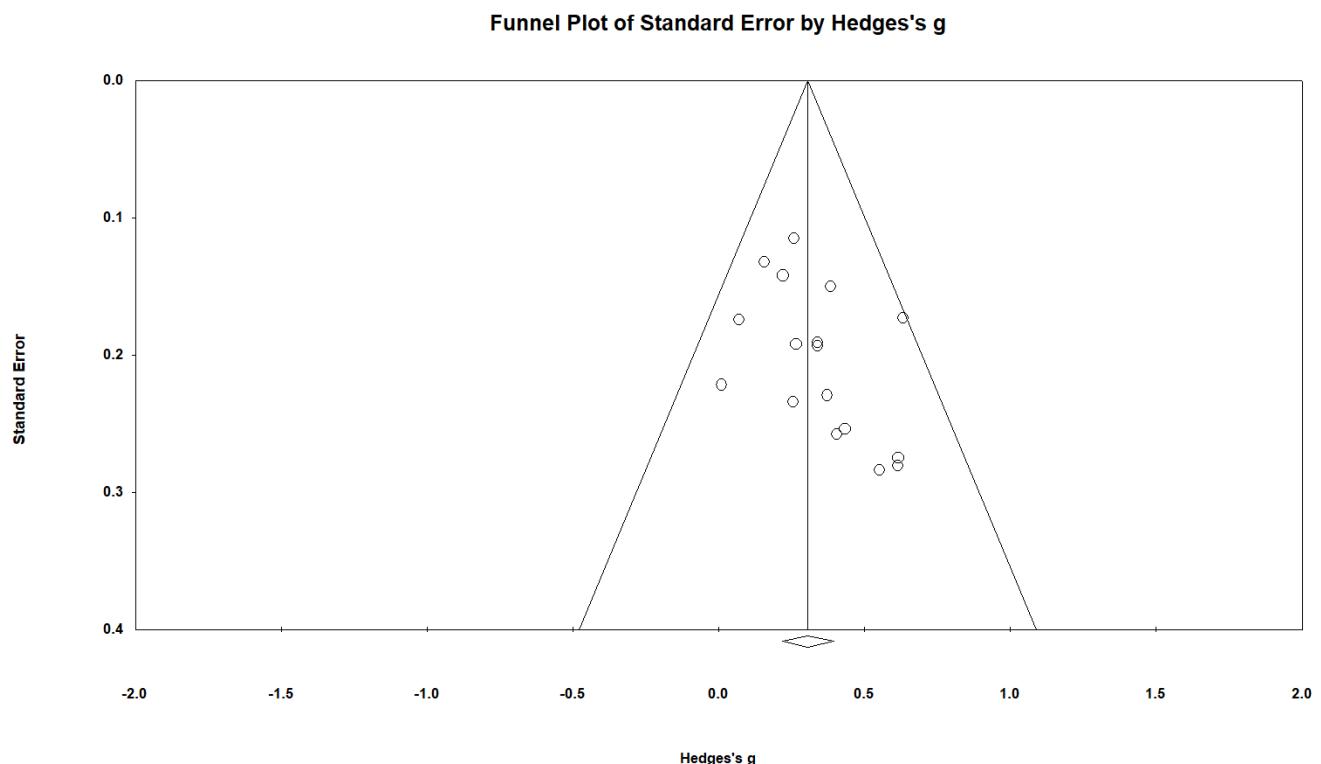
Appendix G – Funnel plot for pain intensity effect sizes



Appendix H – Funnel plot for pain self-efficacy effect sizes



Appendix I – Funnel plot for pain catastrophising effect sizes



Appendix J – Risk of bias traffic light plots

Study	Risk of bias domains					
	D1	D2	D3	D4	D5	Overall
Baumeister, 2021	+	+	-	+	+	-
Bennell, 2017	-	+	+	+	+	-
Bromberg, 2012	-	X	X	+	-	X
Buhrman, 2004	-	-	-	+	-	-
Buhrman, 2011	+	+	+	+	-	-
Buhrman, 2013a	+	+	+	+	-	-
Buhrman, 2013b	+	+	+	+	-	-
Buhrman, 2015	+	+	+	+	-	-
Burke, 2019	+	+	-	+	+	-
Carpenter, 2012	-	X	-	+	-	X
Chiauzzi, 2010	-	+	X	+	-	X
Dear, 2013	+	+	+	+	-	-
Dear, 2015	+	+	-	+	+	-
Dear, 2021	+	+	+	+	+	+
Friesen, 2017	+	+	+	+	+	+
Guarino, 2018	+	+	-	+	+	-
Hedman, Lagerlof	+	+	+	+	+	+
Knoerl, 2018	+	X	X	+	+	X
Lin, 2017	+	+	+	+	+	+

Domains:

D1: Bias arising from the randomization process.

D2: Bias due to deviations from intended intervention.

D3: Bias due to missing outcome data.

D4: Bias in measurement of the outcome.

D5: Bias in selection of the reported result.

Judgement

X High

- Some concerns

+ Low

	Risk of bias domains					
	D1	D2	D3	D4	D5	Overall
Lorig, 2008	+	-	X	+	+	X
Menga, 2014	-	X	X	+	-	X
O'Moore, 2018	+	+	+	+	+	+
Palermo, 2021	+	+	+	+	+	+
Peters, 2017	-	+	+	+	-	-
Rickardsson, 2021	+	+	+	+	+	+
Rini, 2015	+	+	+	+	+	+
Ruehlman, 2012	-	+	-	+	-	-
Sander, 2020	+	+	-	+	+	-
Schlicker, 2020	+	+	+	+	+	+
Scott, 2018	+	+	+	+	+	+
Scott, 2021	-	+	+	+	+	-
Simister, 2018	+	+	-	+	+	-
Smith, 2019	+	+	-	+	+	-
Trompeter, 2015	-	+	-	+	+	-
Trudeau, 2015	+	+	-	+	-	-
Williams, 2010	+	+	+	+	-	-
Wilson, 2015	-	-	-	+	-	-

Domains:

- D1: Bias arising from the randomization process.
- D2: Bias due to deviations from intended intervention.
- D3: Bias due to missing outcome data.
- D4: Bias in measurement of the outcome.
- D5: Bias in selection of the reported result.

Judgement

- X High
- Some concerns
- + Low