

# Supplement

**Table S1 – Subgroup sensitivity analysis (N=78)**

Outcome	$\beta$	95% CI	t	df	p	d	R <sup>2</sup>
Pain intensity (Composite score)	-0.30	-1.01 – 0.41	-0.84	358	.402	-0.10	0.68
Disability (Oswestry Disability Index, %)	-2.62	-8.00 – 2.77	-0.95	296	.341	-0.13	0.64
Depression (DASS score)	-1.24	-3.11 – 0.63	-1.30	293	.193	-0.18	0.58
Anxiety (DASS score)	-0.72	-2.16 – 0.72	-0.98	290	.329	-0.13	0.66
Stress (DASS score)	-0.09	-1.98 – 1.80	-0.09	293	.928	-0.01	0.59

Model terms for primary and secondary outcomes including all trial timepoints with baseline and TAU group as reference levels. N=11 patients, who indicated a voluntary cross-over to OLP+TAU following the parent trial (see Figure 1 of the main manuscript), were excluded.

**Table S2 – Model terms for secondary outcomes.**

Secondary outcome	$\beta$	95% CI	t	df	p	d	R <sup>2</sup>
Disability (Oswestry Disability Index)	-4.38	-9.28 – 0.52	-1.75	339	.080	-.22	.62
Depression (DASS score)	-0.96	-2.65 – 0.74	-1.11	336	.268	-.14	.58
Anxiety (DASS score)	-0.82	-2.09 – 0.45	-1.26	333	.206	-.16	.66
Stress (DASS score)	0.04	-1.65 – 1.73	0.05	336	.963	.01	.60

Model terms for secondary outcomes including all trial timepoints with baseline and TAU group as reference levels.

**Table S3 – Results of continuous exploratory outcomes.**

Exploratory outcome	TAU (M, 95% CI)	OLP-TAU (M, 95% CI)	W	p	r
Self-efficacy (FESS score), N=88	43.1 [39.2, 47.0]	43.7 [40.3, 47.0]	972	.946	.17
Expectancy (CEQ score), N=87	-0.10 [-0.67, 0.47]	0.11 [-0.50, 0.74]	985	.731	.06

Model terms for secondary outcomes including all trial timepoints with baseline and TAU group as reference levels.

**Table S4 – Results of categorical exploratory outcomes.**

Exploratory outcome	TAU	OLP-TAU	X <sup>2</sup>	df	p
<b>Use of relaxation techniques</b>	<b>34</b>	<b>33</b>	8.19	3	.042
Less than every 2 weeks or never	18	25			

Exploratory outcome	TAU	OLP-TAU	$\chi^2$	df	p
Every 2 weeks	2	1			
1 to 3 times per week	11	2			
More than 3 times per week	3	5			
<b>Sport activity</b>	<b>35</b>	<b>39</b>	4.68	3	.197
Less than every 2 weeks or never	6	15			
Every 2 weeks	1	1			
1 to 3 times per week	22	16			
More than 3 times per week	6	7	0.43	2	.805
<b>Use of manual therapy</b>	<b>34</b>	<b>41</b>			
Less than every 2 weeks or never	21	27			
Every 2 weeks	5	4			
1 to 3 times per week	8	10	1.44	3	.697
<b>Use of physiotherapy</b>	<b>33</b>	<b>36</b>			
Less than every 2 weeks or never	21	23			
Every 2 weeks	3	1			
1 to 3 times per week	8	11	0.57	1	.449
More than 3 times per week	1	1			
<b>Use of complementary treatment</b>	<b>33</b>	<b>32</b>			
Less than every 2 weeks or never	28	30			
Every 2 weeks	5	2	<0.01	1	1
<b>Use of psychotherapy</b>	<b>28</b>	<b>33</b>			
Less than every 2 weeks or never	26	31			
Every 2 weeks	2	2			
<b>Patient Global Impression of Change</b>	<b>41</b>	<b>47</b>	1.73	5	.884
Very much improvement	2	4			
Much improvement	8	9			
Minimal improvement	6	10			
No change	12	12			
Worse	7	5			
Much worse	6	7	1.30	1	.254
<b>Received outpatient treatment?</b>	<b>41</b>	<b>46</b>			
Yes	22	18			
No	19	28	0.15	1	.702
<b>Received inpatient treatment?</b>	<b>42</b>	<b>45</b>			
Yes	7	10			
No	35	35	0.16	1	.687
<b>Changed medication?</b>	<b>36</b>	<b>40</b>			
Yes	17	16			

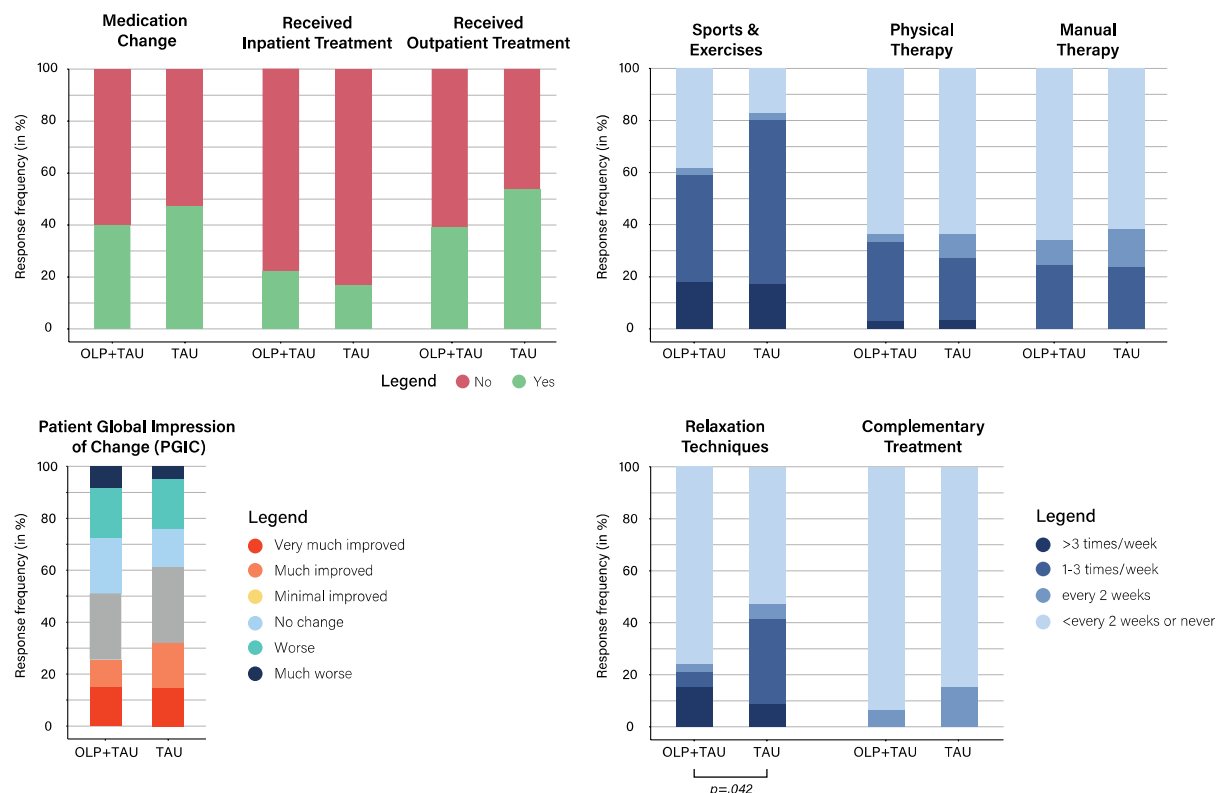
Exploratory outcome	TAU	OLP-TAU	$\chi^2$	df	p
No	19	24			

Model terms for secondary outcomes including all trial timepoints with baseline and TAU group as reference levels.

**Table S5 – Exploratory analysis of changes from parent trial's endpoint to follow-up**

Outcome	$\beta$	95% CI	t	df	p	d	R <sup>2</sup>
Pain intensity (Composite score)	0.13	-0.50 – 0.77	0.41	408	.685	.05	.69
Disability (Oswestry Disability Index, %)	0.35	-4.55 – 5.26	0.14	339	.888	.02	.62
Depression (DASS score)	0.48	-1.21 – 2.18	0.56	336	.576	.18	.57
Anxiety (DASS score)	0.33	-0.94 – 1.59	0.50	333	.614	.06	.66
Stress (DASS score)	1.22	-0.47 – 2.91	1.41	336	.157	.18	.60

Model terms for primary and secondary outcomes including all trial timepoints with parent trial's endpoint (day 21) and TAU group as reference levels.



**Figure S1 – Exploratory outcomes.** Depicted are groupwise response frequencies of exploratory outcomes.