

Supplementary File 1: Search Terms

CINAHL		Results
1	(MH "Physical Therapy") OR "physical therapy" OR physiotherapy OR exercise	258,493
2	(MH "Neck Pain") OR (MH "Whiplash Injuries") OR (MH "neck muscles") OR "whiplash associated disorder" OR "neck pain" OR "whiplash injuries" OR "neck muscles" (neck OR whiplash OR "neck ache" OR "cervicodynia" OR "cervicalgia" OR "cervical vertebrae" OR cervical OR cervico*) N3 (injur* or pain* or ach* or sore or stiff* or discomfort or sprain* OR strain*)	12,030
3	(MH "Cognitive Therapy+") OR psycho* OR (cognitive AND (restructur* OR behavio* OR therap* OR approach* OR intervention*)) OR (behavio* AND (modification OR therap* OR approach* OR intervention*)) OR relaxation OR "systematic desensiti*" OR "problem solv*" OR counsel* OR motivat* OR mindful* OR (intervention AND anxiety) OR (intervention AND depress*) OR "progressive goal*" OR (acceptance AND (therapy OR commit*)) OR (stress AND (management OR inoculation)) OR "graded exposure" OR communication OR "positive affect" OR (coping AND (skills OR training OR strategy*))	1,286,277
4	S1 AND S2 AND S3	554
5	PT randomized controlled trial	135,501
6	PT clinical trial	109,468
7	S4 AND (S5 OR S6)	137

Cochrane		Results
1	[mh "Physical Therapy"] OR "physical therapy" OR physiotherapy OR exercise	136,496
2	[mh "Neck Pain"] OR [mh "Whiplash Injuries"] OR [mh "neck muscles"] OR "whiplash associated disorder" OR "neck pain" OR "whiplash injuries" OR "neck muscles" (neck OR whiplash OR "neck ache" OR "cervicodynia" OR "cervicalgia" OR "cervical vertebrae" OR cervical OR cervico*) NEAR/3 (injur* or pain* or ach* or sore or stiff* or discomfort or sprain* OR strain*)	4,559
3	[mh "Cognitive Therapy"] OR psycho* OR (cognitive AND (restructur* OR behavior* OR therap* OR approach* OR intervention*)) OR (behavior* AND (modification OR therap* OR approach* OR intervention*)) OR relaxation OR "systematic desensiti*" OR "problem solv*" OR counsel* OR motivat* OR mindful* OR (intervention AND anxiety) OR (intervention AND depress*) OR "progressive goal*" OR (acceptance AND (therapy OR commit*)) OR (stress AND (management OR inoculation)) OR "graded exposure" OR communication OR "positive affect" OR (coping AND (skills OR training OR strategy*))	312,843
4	#1 AND #2 AND #3	598
5	PT "randomized controlled trials"	5,820
6	PT "clinical trial"	17,155
7	#4 AND (#5 OR #6)	84

PubMed		Results
1	(MeSH "Physical Therapy") OR "physical therapy" OR physiotherapy OR exercise	672,994
2	(MeSH "Neck Pain") OR (MeSH "Whiplash Injuries") OR (MeSH "neck muscles") OR "whiplash associated disorder" OR "neck pain" OR "whiplash injuries" OR "neck muscles" (neck OR whiplash OR "neck ache" OR "cervicodynia" OR "cervicalgia" OR "cervical vertebrae" OR cervical OR cervico*) AND (injur* or pain* or achi* or sore or stiff* or discomfort or sprain* OR strain*)	18,482
3	(MeSH "Cognitive Therapy") OR psycho* OR (cognitive AND (restructur* OR behavio* OR therap* OR approach* OR intervention*)) OR (behavio* AND (modification OR therap* OR approach* OR intervention*)) OR relaxation OR "systematic desensiti*" OR "problem solv*" OR counsel* OR motivat* OR mindful* OR (intervention AND anxiety) OR (intervention AND depress*) OR "progressive goal*" OR (acceptance AND (therapy OR commit*)) OR (stress AND (management OR inoculation)) OR "graded exposure" OR communication OR "positive affect" OR (coping AND (skills OR training OR strategy*))	4,188,955
4	((#1) AND (#2)) AND (#3)	1,318
5	randomized controlled trial [publication type]	550,775
6	Clinical trial [publication type]	916,574
7	(#4) AND ((#5) OR (#6))	308

Embase		Results
1	'physical therapy'/de OR 'physical therapy' OR physiotherapy OR exercise	795,476
2	('neck pain'/de OR 'whiplash injuries'/de OR 'neck muscles'/de OR 'whiplash associated disorder' OR 'neck pain' OR 'whiplash injuries' OR 'neck muscles') AND (neck OR whiplash OR 'neck ache' OR 'cervicodynia' OR 'cervicalgia' OR 'cervical vertebrae' OR cervical OR cervico*) NEAR/3 (injur* OR pain* OR ach* OR sore OR stiff* OR discomfort OR sprain* OR strain*)	34,087
3	'cognitive therapy'/de OR psycho* OR (cognitive AND (restructur* OR behavio* OR therap* OR approach* OR intervention*)) OR (behavio* AND (modification OR therap* OR approach* OR intervention*)) OR relaxation OR 'systematic desensiti*' OR 'problem solv*' OR counsel* OR motivat* OR mindful* OR (intervention AND anxiety) OR (intervention AND depress*) OR 'progressive goal*' OR (acceptance AND (therapy OR commit*)) OR (stress AND (management OR inoculation)) OR 'graded exposure' OR communication OR 'positive affect' OR (coping AND (skills OR training OR strategy*))	4,278,488
4	#1 AND #2 AND #3	1,762
5	(randomised AND controlled AND trial OR randomized) AND controlled AND trial	994,965
6	#4 AND #5	403