

1 APPENDIX

2 Appendix Table 1. PubMed Search Results.

No.	Search Term(s)	Results
1	Clinical trial [Publication type]	841950
2	Random allocation [MeSH]	101041
3	Single-blind method [MeSH]	27595
4	Double-blind method [MeSH]	154467
5	Randomized	885442
6	Controlled trial	785253
7	Controlled study	725749
8	Clinical trial	1155187
9	Clinical study	1207639
10	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9	1667663
11	Pain [MeSH]	383403
12	Syndrome [MeSH]	114839
13	Sprains and strains [MeSH]	18446
14	Surgical procedures [MeSH]	3041795
15	Syndrome	114084
16	Sprain	20656
17	Surgery	4602452
18	Fusion	282438
19	Arthroplasty	87407
20	11 or 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19	6604595
21	Musculoskeletal diseases [MeSH]	1056026
22	Upper extremity [MeSH]	161579
23	Lower extremity [MeSH]	162231
24	Spine [MeSH]	140529
25	Neck [MeSH]	29515
26	Back [MeSH]	20252
27	Musculoskeletal	84074
28	Upper extremity	177405
29	Lower extremity	188479
30	Spine	226086
31	Spinal	389093
32	Neck	334004
33	Back	223537
34	Hip	156294
35	Knee	164457
36	Shoulder	77190
37	Ankle	71209
38	Foot	147446
39	Elbow	40728
40	Wrist	42756
41	Hand	468604

42	21 or 22 or 23 or 24 or 25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41	2715114
43	20 and 42	1266562
44	Psychotherapy [MeSH]	190453
45	Psychotherapy	219645
46	Psychologically-informed	108
47	Psychologically informed	241
48	Cognitive behavioral	159574
49	Cognitive-behavioral	31915
50	Acceptance and commitment	1666
51	Mindfulness	7111
52	Psychological based	75579
53	Psychological-based	23
54	Psychological strategies	30211
55	44 or 45 or 46 or 47 or 48 or 49 or 50 or 51 or 52 or 53 or 54	428988
56	Rehabilitation [MeSH]	294129
57	Physical therapy specialty [MeSH]	2751
58	Rehabilitation	602813
59	Physical therapy	306311
60	Physiotherapy	178552
61	56 or 57 or 58 or 59 or 60	748712
62	55 and 61	62808
63	Recovery of function [MeSH]	49397
64	Health [MeSH]	348914
65	Disability evaluation [MeSH]	50907
66	Pain [MeSH]	383403
67	Function	12734611
68	Functioning	174044
69	Health	4572999
70	Disability	223383
71	Pain	801066
72	63 or 64 or 65 or 66 or 67 or 68 or 69 or 70 or 71	16526892
73	10 and 43 and 62 and 72	1645
74	73 Limit: English, Humans, published after 01/01/2012	867

5 Appendix Table 2. CINAHL Search Results.

No.	Search Term(s)	Results
1	Randomized controlled trials (Major Heading)	87702
2	Clinical trials (Major Heading)	150756
3	Randomization	13586
4	Random assignment (Major Heading)	56140
5	Single-blind studies (Major Heading)	12867
6	Double-blind studies (Major Heading)	42793
7	Randomized	208973
8	Controlled trial	155069
9	Controlled study	16185
10	Clinical trial	217993
11	Clinical study	38042
12	1 or 2 or 3 or 4 or 5 or 6 or 7 or 8 or 9 or 10 or 11	425595
13	Pain (Major Heading)	66210
14	Syndrome (Major Heading)	10032
15	Sprains and strains (Major Heading)	2322
16	Surgery, Operative (Major Heading)	23220
17	Pain	273039
18	Syndrome	240291
19	Sprain	4725
20	Strain	36255
21	Surgery	483115
22	Fusion	19570
23	Arthroplasty	40014
24	13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23	954435
25	Musculoskeletal diseases (Major Heading)	8455
26	Upper extremity (Major Heading)	6388
27	Lower extremity (Major Heading)	10555
28	Spine (Major Heading)	9260
29	Neck (Major Heading)	5657
30	Back (Major Heading)	3103
31	Musculoskeletal	28296
32	Upper Extremity	14435
33	Lower Extremity	26112
34	Spine	36740
35	Spinal	77523
36	Neck	54054
37	Hip	58395
38	Knee	66489
39	Shoulder	28490
40	Ankle	27178
41	Foot	44221
42	Elbow	10987
43	Wrist	10963
44	Hand	73545

45	25 or 26 or 27 or 28 or 29 or 30 or 31 or 32 or 33 or 34 or 35 or 36 or 37 or 38 or 39 or 40 or 41 or 42 or 43 or 44	485560
46	24 and 45	226750
47	Psychotherapy (Major Heading)	18863
48	Psychotherapy	31296
49	Psychologically informed	109
50	Cognitive behavioral	10980
51	Acceptance and commitment	973
52	Mindfulness	6458
53	Psychological based	13
54	Psychological strategies	113
55	47 or 48 or 49 or 50 or 51 or 52 or 53 or 54	46866
56	Rehabilitation (Major Heading)	17054
57	Physical therapy (Major Heading)	31776
58	Rehabilitation	162742
59	Physical therapy	50872
60	Physiotherapy	32631
61	56 or 57 or 58 or 59 or 60	203895
62	55 and 61	3423
63	Functional status (Major Heading)	20775
64	Health (Major Heading)	18951
65	Disability evaluation (Major Heading)	14307
66	Pain (Major Heading)	66210
67	Function	252281
68	Functioning	54427
69	Health	1576638
70	Disability	120906
71	Pain	273039
72	63 or 64 or 65 or 66 or 67 or 68 or 69 or 70 or 71	2072657
73	12 and 46 and 62 and 72	174

8 Appendix Table 3. PsycINFO Search Results

Search Terms	Results
(randomized OR "controlled trial" OR "controlled study" OR "clinical trial" OR "clinical study") AND ((pain OR syndrome OR sprain OR strain OR surgery OR fusion OR arthroplasty) AND (musculoskeletal OR "upper extremity" OR "lower extremity" OR spine OR spinal OR neck OR back OR hip OR knee OR shoulder OR ankle OR foot OR elbow OR wrist OR hand)) AND ((psychotherapy OR "psychologically-informed" OR "psychologically informed" OR "cognitive behavioral" OR "cognitive-behavioral" OR "acceptance and commitment" OR "mindfulness" OR "psychological based" OR "psychological-based") AND (rehabilitation OR "physical therapy" OR physiotherapy)) AND (function OR functioning OR health OR disability OR pain)	63

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11 Appendix Table 4. List of excluded studies and reasons.

Author (Year)	Title	Reason for Exclusion
Aasdahl et al. (2017)	Effects of inpatient multicomponent occupational rehabilitation versus less comprehensive outpatient rehabilitation on somatic and mental health: secondary outcomes of a randomized clinical trial	Did not include a PIPT intervention
Aasdahl et al. (2018)	Effect of inpatient multicomponent occupational rehabilitation versus less comprehensive outpatient rehabilitation on sickness absence in persons with musculoskeletal- or mental health disorders: a randomized clinical trial	Did not include a PIPT intervention
Alvarez-Melcon et al. (2018)	Effects of physical therapy and relaxation techniques on the parameters of pain in university students with tension-type headache: a randomised controlled clinical trial	Did not include a PIPT intervention
Archer et al. (2016)	Cognitive-behavioral-based physical therapy for patients with chronic pain undergoing lumbar spine surgery: a randomized controlled trial	Did not include a standard PT comparison
Becker et al. (2017)	The prevention of musculoskeletal complaints: a randomized controlled trial on additional effects of a work-related psychosocial coaching intervention compared to physiotherapy alone	Did not include a standard PT comparison
Ben-Ami et al. (2017)	Increasing recreational physical activity in patients with chronic low back pain: a pragmatic controlled clinical trial	Not a randomized trial
Beneciuk et al. (2015)	Pragmatic implementation of a stratified primary care model for low back Pain management in outpatient physical therapy settings: two-phase, sequential preliminary study	Not a randomized trial
Bennell et al. (2017)	Effectiveness of an internet-delivered exercise and pain-coping skills training intervention for persons with chronic knee pain: a randomized trial	Did not include a standard PT comparison
Bergbom et al. (2014)	Early psychologically informed interventions for workers at risk for pain-related disability: does matching treatment to profile improve outcome?	Did not include a PIPT intervention
Bergstrom et al. (2012)	Effectiveness of different interventions using a psychosocial subgroup assignment in chronic neck and back pain patients: a 10-year follow-up	Did not include a standard PT comparison
Birch et al. (2019)	No effect of cognitive behavioral education for patients with pain catastrophizing before total knee arthroplasty: a randomized controlled trial	Did not include a standard PT comparison
Bring et al. (2015)	What is the comparative effectiveness of current standard treatment, against an individually tailored behavioural programme delivered either on the Internet or face-to-face for people with acute whiplash associated disorder? A randomized controlled trial	Did not include a standard PT comparison

Canaway et al. (2018)	Is an enhanced behaviour change intervention cost-effective compared with physiotherapy for patients with chronic low back pain? Results from a multicentre trial in Israel	Did not include relevant outcome
Cappellino et al. (2012)	Neurocognitive rehabilitative approach effectiveness after anterior cruciate ligament reconstruction with patellar tendon. A randomized controlled trial	Did not include a PIPT intervention
Cederbom et al. (2019)	Effects of a behavioral medicine intervention on pain, health, and behavior among community-dwelling older adults: a randomized controlled trial	Did not include a standard PT comparison
Emilson et al. (2017)	A 10-year follow-up of tailored behavioural treatment and exercise-based physiotherapy for persistent musculoskeletal pain	Primary trial results published before 2012
Ford et al. (2016)	Individualised physiotherapy as an adjunct to guideline-based advice for low back disorders in primary care: a randomised controlled trial	Did not include a standard PT comparison
Goudie et al. (2018)	Is use of a psychological workbook associated with improved Disabilities of the Arm, Shoulder and Hand scores in patients with distal radius fracture?	Did not include a PIPT intervention
Grande-Alonso et al. (2019)	Physiotherapy Based on a Biobehavioral Approach with or Without Orthopedic Manual Physical Therapy in the Treatment of Nonspecific Chronic Low Back Pain: A Randomized Controlled Trial	Did not include a PIPT intervention
Harris et al. (2017)	Brief intervention, physical exercise and cognitive behavioural group therapy for patients with chronic low back pain (The CINS trial)	Did not include a standard PT comparison
Karp et al. (2019)	Improving Patient Reported Outcomes and Preventing Depression and Anxiety in Older Adults With Knee Osteoarthritis: Results of a Sequenced Multiple Assignment Randomized Trial (SMART) Study	Did not include a PIPT intervention
Khodadad et al. (2019)	Comparing the effectiveness of cognitive functional treatment and lumbar stabilization treatment on pain and movement control in patients with low back pain	Did not include a standard PT comparison
Koh et al. (2017)	Effects of a brief action and coping planning intervention on completion of preventive exercises prescribed by a physiotherapist among people with knee pain	Did not include a PIPT intervention
Lamb et al. (2012)	Managing Injuries of the Neck Trial (MINT): a randomised controlled trial of treatments for whiplash injuries	Did not include a standard PT comparison
Linden et al. (2014)	Randomized controlled trial on the effectiveness of cognitive behavior group therapy in chronic back pain patients	Did not include a PIPT intervention
Lochting et al. (2016)	Evaluation of individualized quality of life and illness perceptions in low back pain. A patient education cluster randomized controlled trial	Did not include a PIPT intervention

Lopez-de-Uralde-Villaneuva et al. (2018)	Pain management using a multimodal physiotherapy program including a biobehavioral approach for chronic nonspecific neck pain: a randomized controlled trial	Did not include a PIPT intervention
Lotzke et al. (2019)	A Person-Centered Prehabilitation Program Based on Cognitive-Behavioral Physical Therapy for Patients Scheduled for Lumbar Fusion Surgery: A Randomized Controlled Trial	Did not include a standard PT comparison
Marzetti et al. (2014)	Neurocognitive therapeutic exercise improves pain and function in patients with shoulder impingement syndrome: a single-blind randomized controlled clinical trial	Did not include a PIPT intervention
Monticone et al. (2014)	Management of catastrophising and kinesiophobia improves rehabilitation after fusion for lumbar spondylolisthesis and stenosis. A randomised controlled trial	Did not include a PIPT intervention
Muller et al. (2016)	Effects of a Tailored Positive Psychology Intervention on Well-Being and Pain in Individuals With Chronic Pain and a Physical Disability: A Feasibility Trial	Did not include a PIPT intervention
Murphy et al. (2016)	Comparison of a Stratified Group Intervention (STarT Back) With Usual Group Care in Patients With Low Back Pain: A Nonrandomized Controlled Trial	Not a randomized trial
Murray et al. (2015)	Effect of a self-determination theory-based communication skills training program on physiotherapists' psychological support for their patients with chronic low back pain: a randomized controlled trial	Did not include relevant outcome
Nordin et al. (2016)	Effects of the Web Behavior Change Program for Activity and Multimodal Pain Rehabilitation: Randomized Controlled Trial	Did not include a PIPT intervention
O'Keefe et al. (2019)	Cognitive functional therapy compared with a group-based exercise and education intervention for chronic low back pain: a multicentre randomised controlled trial (RCT)	Did not include a standard PT comparison
Patel et al. (2014)	Primum non nocere: shared informed decision making in low back pain--a pilot cluster randomised trial.	Did not include a PIPT intervention
Peolsson et al. (2013)	Effects of neck-specific exercise with or without a behavioural approach in addition to prescribed physical activity for individuals with chronic whiplash-associated disorders: a prospective randomised study	Protocol paper for randomized trial
Peolsson et al. (2019)	Postoperative structured rehabilitation in patients undergoing surgery for cervical radiculopathy: a 2-year follow-up of a randomized controlled trial	Did not include a standard PT comparison

Peters et al. (2017)	Happy Despite Pain: A Randomized Controlled Trial of an 8-Week Internet-delivered Positive Psychology Intervention for Enhancing Well-being in Patients With Chronic Pain	Did not include a PIPT intervention
Pincus et al. (2015)	Delivering an Optimised Behavioural Intervention (OBI) to people with low back pain with high psychological risk; results and lessons learnt from a feasibility randomised controlled trial of Contextual Cognitive Behavioural Therapy (CCBT) vs. Physiotherapy	Did not include a PIPT intervention
Piva et al. (2017)	Effect of Comprehensive Behavioral and Exercise Intervention on Physical Function and Activity Participation After Total Knee Replacement: A Pilot Randomized Study	Did not include a PIPT intervention
Riddle et al. (2019)	Effect of Comprehensive Behavioral and Exercise Intervention on Physical Function and Activity Participation After Total Knee Replacement: A Pilot Randomized Study	Did not include a standard PT comparison
Rolving et al. (2015)	Does a preoperative cognitive-behavioral intervention affect disability, pain behavior, pain, and return to work the first year after lumbar spinal fusion surgery?	Did not include a PIPT intervention
Rolving et al. (2016)	Preoperative cognitive-behavioural intervention improves in-hospital mobilisation and analgesic use for lumbar spinal fusion patients	Did not include a PIPT intervention
Selhorst et al. (2018)	A sequential cognitive and physical approach (SCOPA) for patellofemoral pain: a randomized controlled trial in adolescent patients	Not an adult population
Siemonsma et al. (2013)	Cognitive treatment of illness perceptions in patients with chronic low back pain: a randomized controlled trial.	Did not include a standard PT comparison
Villafane et al. (2017)	The effectiveness of a cognitive behavioral exercise approach (CBEA) compared to usual care in patients with a Whiplash Associated Disorder: A quasi-experimental clinical trial	Not a randomized trial
Walti et al. (2015)	The effectiveness of a cognitive behavioral exercise approach (CBEA) compared to usual care in patients with a Whiplash Associated Disorder: A quasi-experimental clinical trial	Did not include a PIPT intervention
Werner et al. (2016)	Cognitive Patient Education for Low Back Pain in Primary Care: A Cluster Randomized Controlled Trial and Cost-Effectiveness Analysis	Did not include a PIPT intervention
Wibault et al. (2017)	Neck-Related Physical Function, Self-Efficacy, and Coping Strategies in Patients With Cervical Radiculopathy: A Randomized Clinical Trial of Postoperative Physiotherapy	Did not include relevant outcome

Wibault et al. (2018)	Structured postoperative physiotherapy in patients with cervical radiculopathy: 6-month outcomes of a randomized clinical trial	Did not include a standard PT comparison
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