Supplemental Table 1. Qualitative analysis

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| **Theme** | **Interpretation** | **Quotations** |
| Physical state following missiles attacks | when they are under a security threat, they begin to suffer from spreading pain in their body | "It starts in the back. The body contracts, tenses, and the pain spread from the back down"."When the pain starts, I begin to feel the chronic weakness spreading". |
|  | The pain paralyzes the patients and has both, physical and mental impacts. There was a sense of being immobile, as though their body was not cooperating, which caused a deep frustration. | "My body becomes stiff, and I have a feeling of heaviness, both inside and out"."I feel that my body can't carry me anymore... and my limbs hurt. It begins with the shoulders down to the pelvis and from there to the toes"."I stretch on the ground following the sirens, sometimes I can't get up when it's over". |
|  | There is a spreading, uncontrollable physical sensitivity, following the missiles attack, to the point of creating a significant long-term trauma, after the threat is over. | "On one occasion, I just screamed when the pain started, and then I was hurting everywhere, I couldn't let anyone touch me for a long time after the sirens stop"."I stretch on the ground following the sirens, sometimes I can't get up for a few days"."Even after I hear the announcement that we can leave the shelters and go back home, I feel the pain increases like an electric shock all over my body". |
| **Coping before the FTI** | **Interpretation** | **Quotations** |
|  | Difficulties in acceptance lead to difficulties in adapting to the disease  | "There were difficulty and suffering and I felt resentful, I sank deep in a sense of anger, I didn't have an open mind, I couldn't think of other things".("I have both physical and mental pain since I've had an extremely hard time accepting it. Accept that I'm alone and unemployed, and I have a daily pain that I had not had before". |
|  | Being preoccupied with the poor psychological condition in addition to skeletal and muscular pain, indicating helplessness and frustration, which seemed to stem more from their low perception of their ability to do what they had planned for themselves | "I lived with the knowledge that I have pain that I can't define, and it spreads all over my body and makes my heart ache physically. I had no idea what was going on with my body. I was depressed a lot, most days I was in a bad mood and felt as though my psyche couldn't bear the pain. I didn't have the strength, nor the desire, to do anything. I spent a lot of time in bed"."I avoided going out or walking around, I always had excuses"."I didn't share too much. I was preoccupied with my pain and tried to ignore it and had a sense that there is not much to share". |
|  | The interviewees ignored the needs of their bodies, mainly due to the anger they felt about its betrayal. | "When I arrived at the center I was at my lowest point. It was clear to me that stress is what brought me to the state I was in. And my body also sent me so many signals before and I blatantly just ignored them. I was frustrated and angry at my body and felt betrayed by it"."It was really hard to get out of bed, I could hardly function, the physical pain was unbearable, I'd sit and cry from the pain and frustration". |
|  | The disease completely took over every aspect of their daily life. | "I couldn't even get up and go to the bathroom, just wanted to stay in bed all day.""I'd completely succumb to the disease. It dictated the agenda for me, it dictated whether I work or not, it dictated whether I was in bed or not, it dictated everything that happened to me". |
|  | Being preoccupied with death and not addressing the disease in itself, but what is being attributed as a result of the disease, which is a threat in itself | "I was living in constant fear of dying and engaged in death all the time". |
| **Coping following the FTI** | **Interpretation** | **Quotations** |
|  | The interviewees started to listen to their bodies. | "Now, I'm listening to my body, I take naps, I try to rest". |
|  | Developing a positive attitude - the transition from "suffering" to "pain" | "At first, for me, it was plain suffering. I was suffering at every moment. Now I don't suffer, it hurts, I have pain. I went through a process of change in terms of thought and of dealing with things unequivocally"."The meaning of change was to transfer negative thoughts into positive thoughts. I look at the half-full glass and look for more options to heal. I used to be preoccupied with death, and today I don't think about it as often as I was". |
|  | Instead of looking at death as the only option, there is a sense of open mind. | "I am looking for more options, instead of just one result"."Today I am much more optimistic, I don't think about the disease, even when it hurts". |
|  | A sense of acceptance |  |
|  | Before the intervention, their coping was characterized by non-accepting the disease. Following FTI, they began accepting the disease and started to come to terms with its physical symptoms, thereby receiving mental tools that help them get stronger | "I came to terms with that this is my life now. I just needed to adjust to the new situation and over time, it started to get better. I began to see results, I stopped walking on crutches, which for me is better than anything. I'm still limping, but it's okay, I learned to live with that too. There are better days, there are less than good days, but I'm okay with it, I accept it with love. Things have generally been improved. In the past I couldn't see how I'm going to manage to combine a so-called normal lifestyle, together with FM [...] now things are connected, and the intervention gave me a lot of tools. It helped me sort out my thoughts and my mind"."Each day is a challenge. I always try to look for something different, a different exercise and different physical activity. And every day, I do a little bit more". |
|  | They concentrate on their body and its needs, and they balance it by not pushing themselves over the edge but being attentive to what they need to do. | "I listen to my body. I realize that I need to put myself first, it doesn't always happen, because I still have a home, children, grandchildren, and family to take care of, but all the while, I listen to my body"."Suddenly, I made the switch in perception, I understand my body, how it works, so I can also help myself". |
|  | Management of the disease | "I try extremely hard, and I want to do much more than what I do now, and I will".I succeeded in managing it... I use the bus less, I try to walk more, I try to do other things too, I use weights and work out". |
|  | Adaptation brought a sense of freedom and willingness to accept help from the surrounding | ("I internalized that it's okay to talk about my problems, it's not the end of the world…" |