

## Observation protocol

### A behavioural medicine approach in physiotherapy

Focusing behaviours of importance for performing activities in daily life	Present/not present
Discussing activities in daily life that the patient had difficulties performing due to pain	
Assessment of target behaviour (asking, observing)	
Applied skills acquisition (basic skills is merged and practised to form more complex behaviours in everyday life situations)	
Follow up of the target behaviour	
<b>The biopsychosocial focus in assessment</b>	
Physical assessment (e.g. muscle strength, range of motion)	
Psychological assessment (e.g. asking about or using questionnaires focusing on beliefs about the nature of pain, fear, pain catastrophizing, self-efficacy)	
Assessment of the physical and social environment (e.g. asking about/discussing/observing assistive devices, work place, support from family and friends)	
<b>The biopsychosocial focus in treatment</b>	
Physical skills	
Cognitive skills	
Organization of context	
Agreement of a reasonable dosage of exercises	
<b>Individual functional behavioural analysis</b>	
Discussing causes and correlations between difficulties performing target behaviour and:	
- physical factors	
- psychological factors	
- environmental factors (physical and social)	
<b>Behaviour change techniques applied to physiotherapy</b>	
Problem solving (of barriers for training)	
Relapse prevention	
Self-monitoring of exercise	
Encouraging and/or follow-up self-monitoring of target behaviour	
Discussing SMART goals	
Self-reinforcement	
Generalizations of target behaviour or skills	
Shaping	
Fading out reinforcements and prompts/cues	
External reinforcement	
Prompts/cues	