

## Appendix 1

### Search strategy for PT utilisation

1. rheumat\*[Title/Abstract] OR spondyl\* [Title/Abstract] OR ankylosi\* [Title/Abstract] OR osteoarthritis [Title/Abstract] OR fibromyalgia\* [Title/Abstract] OR rheumatoid arthritis [MeSH] OR spondylitis [MeSH] OR ankylosis [MeSH] osteoarthritis [MeSH] OR fibromyalgia [MeSH]
2. physical therapy[Title/Abstract] OR physiotherap\*[Title/Abstract] OR exercise\*[Title/Abstract] OR training[Title/Abstract] OR Physical Therapy Modalities [MeSH] OR Physical Therapy [MeSH] exercise [MeSH] OR exercise therapy [MeSH]
3. 1. AND 2.
4. access [Title/Abstract] OR access to care [Title/Abstract] OR accessibility[Title/Abstract] OR Healthcare Disparities [MeSH] OR Health Care Quality, access, and Evaluation [MeSH] OR Health Services Accessibility [MeSH]
5. utili\*ation [Title/Abstract] OR health care utili\*ation [Title/Abstract] OR health care use[Title/Abstract] OR use [Title/Abstract] OR usage [Title/Abstract] OR demand [Title/Abstract] OR utilization [Subheading] OR Health Services Needs and Demand[MeSH]
6. 4. OR 5.
7. 3. AND 6.
8. health services research [Title/Abstract] OR health care research [Title/Abstract] OR Health Services Research[MeSH]
9. health care system [Title/Abstract] OR Medical scheme [Title/Abstract] OR Delivery of Health Care[MeSH]
10. 8. OR 9.
11. 7. AND 10.

### Search strategy for SHG utilisation

1. rheumat\*[Title/Abstract] OR spondyl\* [Title/Abstract] OR ankylosi\* [Title/Abstract] OR osteoarthritis [Title/Abstract] OR fibromyalgia\* [Title/Abstract] OR [rheumatoid arthritis [MeSH] OR spondylitis [MeSH] OR ankylosis [MeSH] osteoarthritis [MeSH] OR fibromyalgia [MeSH]
2. self-help\* [Title/Abstract] OR self-help group\*[Title/Abstract] OR support group\*[Title/Abstract] OR self-help group [MESH] OR mutual-aid group\*[Title/Abstract] OR self-help organi\*ation\* [Title/Abstract]
3. 1. AND 2.
4. access [Title/Abstract] OR access to care [Title/Abstract] OR accessibility[Title/Abstract] OR Healthcare Disparities [MeSH] OR Health Care Quality, access, and Evaluation [MeSH] OR Health Services Accessibility [MeSH]
5. utili\*ation [Title/Abstract] OR health care utili\*ation [Title/Abstract] OR health care use[Title/Abstract] OR use [Title/Abstract] OR usage [Title/Abstract] OR demand [Title/Abstract] OR utilization [Subheading] OR Health Services Needs and Demand[MeSH]
6. 4. OR 5.
7. 3. AND 6.
8. health services research [Title/Abstract] OR health care research [Title/Abstract] OR Health Services Research[MeSH]
9. health care system [Title/Abstract] OR Medical scheme [Title/Abstract] OR Delivery of Health Care[MeSH]
10. 8. OR 9.
11. 7. AND 10.