

Appendix 2: Characteristics of included studies (Citations Appendix 4)

ID	Author, publication year	Country	Sample size	Length of follow up, months	Attrition rate	Participant characteristics, age, mean years	Participant characteristics, gender (Female %)	Pain site	Primary outcome measures
1	Dillane 1966	UK	470	48	28	N/R	48	Back	Duration of index attack measured by time between first and last consultation, recurrence
2	Pedersen 1981	Denmark	78	12	92	N/R	51	Back	Symptoms , work absence, analgesia use
3, (4)	Roland 1983	UK	230 episodes	1	21	46	53	Back	RMDQ, pain rating scale, sickness absence , recurrence of pain
5	Chavannes 1986	The Netherlands	475	1	4	N/R	N/R	Back	Pain persistence, localisation of pain
6	Lanier 1988	USA	116	2	14	38	39	Back	Days off work, functional disability (RMDQ)
7	Potter 1992	UK	45	6	6	50	69	General MSK	Chronic pain
8	Von Korff, 1993	USA	1128	12	28	18-24 (5%), 25-44 (46%), 45-64 (35%), 65-74 (15%)	53	Back	Characteristic back pain severity
9	Coste 1994	France	103	7days	11	47	40	Back	Complete recovery from pain, return to work
10 (30)	Burton 1995	UK	252	12	26	42	48	Back	RMDQ
11	Klenerman 1995	UK	300	12	35	N/R	50	Back	RMDQ, present pain
12	Croft 1996	UK	166	8	25	N/R	N/R	Shoulder/Neck	Disability (validated questionnaire) (6 and 18 months)
13	Engel 1996	USA	1059	12	N/R	18-44 (48%) 45-64 (36%) 65-74 (16%)	53	Back	Health care utilisation and costs
14	van der Windt 1996	The Netherlands	349	12	4	50	56	Shoulder/Neck	Persistent symptoms
15	Dionne 1997	Canada	1213	24	8	47	54	Back	RMDQ
16	van den Hoogen 1997	The Netherlands	605	12	27	43	52	Back	Duration of pain
17	Linton 1998	Sweden	142	6	3	48	65	Back	Accumulated sick leave
18	Macfarlane 1999	UK	246	18	33	N/R	69	Back	Symptom status
19	Reis 1999	Israel	219	2	8	46	51	Back	Persistent pain
20	Schiottz-Christensen 1998	Denmark	503	12	4	38	38	Back	Sick leave, functional recovery
21	Thomas 1999	UK	180	18	27	N/R	59	Back	Persistent disabling low back pain
22	Carey 2000	USA	1246	22	24	43	54	Back	Functional recovery
23	Jorgensen 2000	Denmark	905	3	17	56	70	General MSK	Physical health, sick leave, medication use, self-rated improvement

24	Werneke 2001	USA	223	12	16	38	48	Back	Maximal pain intensity, work status, sick leave, activity interference, health care utilisation
25	Gureje 2001	Multinational	3197	12	N/R	46	62	General MSK	Persistent pain
26	Atroshi 2002	Sweden	189	3	4	44	61	General MSK	Long term sick leave
27	Sieben 2002	The Netherlands	44	12	32	52	50	Back	RMDQ, pain related fear (TSK), pain catastrophizing (PCS)
28	Birrell 2003	UK	195	48	N/R	63	68	Hip	Hip replacement listing
29	Enthoven 2003	Sweden	44	12	20	46	66	Back	Pain (VAS), back related disability ODI
31	Coste 2004	France	113	3	2	44	51	Back	RMDQ, VAS pain
32	Dunn 2004	UK	556	12	28	42	52	Back	RMDQ
33	Leboeuf-Yde 2004	Norway	875	12	41	48	53	Back	Pain free patients
34	Leroux 2004	Canada	849	12	N/R	58	52	Back	Functional limitation, RMDQ
35	Bot 2005	The Netherlands	443	12	N/R	42	63	Shoulder/Neck	Patient perceived recovery, pain intensity, functional disability
36	Bot 2005	The Netherlands	181	12	12	56	66	Elbow	Patient perceived recovery, change in pain and physical function
37	Dionne 2005	Canada	1007	24	14	52	42	Back	Return to work in good health
38	Grotle 2004	Norway	123	3	2	39	57	Back	Pain intensity, RMDQ, sickness absence
39	Kovacs 2005	Spain	366	2	N/R	52	54	Back	Quality of Life, disability
40	Lievensse 2005	The Netherlands	164	60	N/R	58	80	Hip	Persistent pain
41	Sieben 2005	The Netherlands	222	12	22	25-34 (18%) 35-44 (25%) 45-54 (39%)	43	Back	Chronic Pain Grade
42	Van der Waal 2005	The Netherlands	251	12	19	68	68	Knee	Patient perceived recovery, change in pain and physical function
43	Koleck 2006	France	99	12	N/R	56	51	Back	Chronic pain
44	Kuijpers 2006	The Netherlands	587	6	8	48	50	Shoulder/Neck	Persistent symptoms
45	Swinkels-Meewis 2006	The Netherlands	431	6	N/R	62	42	Back	RMDQ and participation
46	Paans 2001	Netherlands	391	Variation due to censoring, Maximum was 10 years	N/R	67	71.1	Hip	Diagnostic code - Outcome - HIP OA
47	Paloneva 2013	Finland	128	12	19	54	67	Shoulder	American Shoulder and Elbow Surgeons Standardised Shoulder Assessment Form and VAS
48	Ryall 2007	UK	375 but only 313 used in analysis	12	17	15-44 (32%) 45-54 (35%) 55-64 (33%)	59	Arm	Southampton Examination Schedule for Upper Limb Disorders. Outcome is same site pain
49	Scheele 2013	Netherlands	626	3	7	66	59	Back	Self-perceived recovery, NRS pain severity, RDQ disability, medication use

50	Vos, 2008	Netherlands	138	12	26	38 (Female), 43 (Male)	63	Neck	Self-perceived recovery, total days sick leave.
51	Grotle, 2007	Norway	112	12	9	38	55	Back	NRS pain intensity, RMDQ disability, sickness absence to indicate recovery
52	Grotle, 2010	UK	939	12	55	46	59	Back	RMDQ disability
53	Hancock, 2009	Australia	239	3	1	41	44	Back	Recovery as indicated by score of 1 or below on NRS of pain intensity
54	Hasenbring, 2012	Germany	145	6	18	45	51	Back	Pain intensity and disability
55	Heneweer, 2007	Netherlands	56	3	15	41	36 (in recovered group), 44 (in non-recovered group)	Back	VAS pain intensity and Quebec disability scale
56	Henschke 2008	Australia	973	12	29	43	45	Back	Age, gender, pain intensity, and interference with function: psychological characteristics were mostly associated with time to recovery: coping mechanism, anxiety, feeling depressed, risk of persistence.
57	Henschke 2012	The Netherlands	1123	12	7	48	60	Non-spinal	Pain site
58	Hermesen 2014	The Netherlands	407	18	8	75	70	Joint pain	Over-optimism
59	Hider 2015	UK	3019	12	30	43	54	Back	Age, gender, pain duration.
60	Hiebert 2012	USA	253	3	N/R	32	64	Back	Clinical, demographic and psychological covariates.
61	Jellema 2006	The Netherlands	305	6	N/R	42	80	Back	GP practice, to adjust for clustering.
62	Jensen 2013	Denmark	4325	18	24	47	56	Back, Upper extremity	Gender
63	Belo 2009	The Netherlands	549	12	69	54	49	Knee	Incident non-traumatic knee symptoms
64	Blagojevic 2008	UK	2592	36	23	50-64 (52%) 65-74 (31%) 75+ (16%)	59	Knee	Propensity to consult
65	Campbell 2013	UK	1591	60	30	47	62	Back	All covariates were adjusted to each other in each domain. Demographic (age, gender, education status, social class) physical (functional disability (RMDQ) pain intensity (0-10 NRS), symptoms duration, presence of leg pain and upper body pain) psychological (illness perception Q, Tampa scale, coping strategies Q, behavioural coping, pain self-efficacy Q, HADS), Occupational (work status).
66	Chenot 2006	Germany	1345	12	9	48	58	Back	Physical function, the Hanover Functional Ability Questionnaire (HFAQ), subjective mood and utilization of health care services.
67	Dionne 2007	Canada	1007	24	16	39	42	Back	Return to work in good health (RWGH)
68	Dunn 2011	UK	776	12	50	47	54	Back	Age, gender, education, dissatisfaction with work, previous history of LBP, long LBP duration, high functional disability, leg pain, bothersomeness, anxiety, depression, fear avoidance, poor self-related health.
69	Feleus 2007	The Netherlands	682	6	10	45	78	Arm, neck and shoulder	Multiple regression analysis including all covariates: patients characteristics, complaint characteristics, psychosocial, physical activity, work characteristics,
70	Foster 2010	UK	3019	6	40	44	59	Back	Illness perception, fear avoidance beliefs, coping, anxiety and depression, self-efficacy beliefs.
71	Cecchi 2011	Italy	178	12	9	65	75	Neck	Demographics, weight, height, patients education, working and family status, practice of physical activity, self-perceived health, life satisfaction, mood (on SF - 36), recent and past history of neck pain, persistent or recurrent.

72	Eggermont 2014	USA	765	18	14	78	64	Widespread pain	Boston Pain Questionnaire and Mobility, ADL and IADL measures
73	Elfering 2014	New Zealand	315	2	30	36	65	Back	McGill Pain Questionnaire and Zung depression
74	Nordeman 2014	Sweden	130	24	5	45	100	Back	Work ability
75	Laslett 2015	New Zealand	161	12	16	42	49	Shoulder	Shoulder pain and disability index (SPADI)
76	Kongsted 2013	Denmark	1169	3	22	45	50	Back	Pain intensity, global improvement
77	Viniol 2015	Germany	647	12	12	56	58	Back	Incidence of widespread pain
78	Hermsen 2014	The Netherlands	407	18	22	77	66	Any MSK pain	Physical functioning (RAND-36)

N/R: Not reported.