

### Appendix 1: Check list for monitoring the consultations.

Standard	Description	Score available
1.	Patients views /perceptions /fears /beliefs elicited	0 - 2*
2.	Patients views /perceptions /fears /beliefs listened to	0 - 2*
3.	Physiotherapist establishes an adult-adult relationship	0 - 2*
4.	Use of encouragement/reassurance	0 - 2*
5.	The focus is on function rather than pain	0 - 2*
6.	Patients are a) Given good quality information b) Given good quality explanations gently challenged about beliefs:	0 - 1**  0 - 1**
7.	Patient helped to change unhelpful behaviours: a) Pacing b) Goal setting c) Problem Solving	0 - 1**  0 - 1**  0 - 1**
8.	Planning for flare-ups discussed	0 - 1**
9.	Modelling of exercises used	0 - 1**
10.	Active listening used: a) Body Language b) Eye contact	0 - 2*  0 - 2*
11.	Use of jargon	0 - 2*
12.	A hands-off approach used	0 - 2*
13.	The patient is empowered to take control	0 - 2*
	<u>Total Score Possible</u>	<b>27</b>

\* Score: 0 = not achieved at all; 1 = partly achieved during the assessment; 2 = achieved consistently

\*\* Score: 0 = not achieved; 1 = achieved.

## Appendix 2: The overall scores achieved by eight physiotherapists

Physiotherapist	'Usual' Physiotherapy		Brief Intervention	
	Score*	Percentage	Score*	Percentage
1	6	22	24	89
2	10	37	25	93
3			25	93
4	8	30	25	93
5	11	41	24	89
6	11	41	26	96
7			26	96
8	12	44		
<b>MEANS</b>	<b>10</b>	<b>36%</b>	<b>25</b>	<b>93%</b>

\*maximum score possible = 27