

Data supplement 1 – Code Book

Name

Impact on self, sense of loss

Name

Pain experiences, disruption to life, distressing

Loss of identity, self

Relationships loss (time with family, friends, children, friends making fun, judgement)

Knee noises experiences, distressing

Not understanding, sense making, confusion

Name

Trying to find cause

Anatomy and imaging central to causation

Historical diagnosis – i.e historical comments still central to beliefs

Distrust of healthcare – wanting scans

Not being taken seriously

Disagreement with healthcare increases uncertainty and distress

Exercise and Activity Barriers

Name

Diagnosis uncertainty

Cultural beliefs around pain

Fear avoidance

Iatrogenic effect of healthcare

Sport = future 'damage'

Physio = exercise

contradiction

Coping Strategies

Name

Central to coping is activity avoidance – despite saying they don't let it stop them

Postural adjustments

Rest

Analgesics – whilst acknowledging they don't work

Reliance on knee support – not knowing how they work

The Future

Name

Belief will get worse

Effect of healthcare on that belief (including external locus of control)

Low self-efficacy

Low opinion of physio, past physio failures

Desire to be pain free

high expectation of prognosis