

Supplementary Methods

Inclusion criteria:

- Patients with lumbar back pain
- Age: 18-65y
- Pain duration: 6 weeks– 12 months
- Having a smartphone
- Average pain \geq 4 NRS in the preceding 2 weeks

Exclusion criteria:

- Insufficient knowledge of German language
- Limited contractual capability
- Any malignant disorder in past medical history
- Radiculopathy with sensorimotor deficit
- Any spinal surgery in past medical history
- Any rheumatological disorder in past medical history
- Osteoporosis
- Infectious disorders of the spinal column
- Dementia
- Severe internal medicine disorders
- Severe neurological disorders
- Any known bone disorders
- Illicit drug use or alcohol abuse
- Pregnancy
- Prior subscription to Kaia App

Weekly educational links sent to patients in control group

Week 1:

<https://www.tk.de/tk/sport/gesunder-ruecken/rueckenbeschwerden/20616>

Week 2:

<http://www.patienten-information.de/patientenleitlinien>

<http://www.patienten-information.de/kurzinformationen/ruecken/akuter-kreuzschmerz>

<http://www.patienten-information.de/kurzinformationen/ruecken/chronischerkreuzschmerz>

Week 3:

<https://nordost.aok.de/inhalt/rueckenschmerzen-2/>

(meanwhile not available anymore)

Week 4:

<http://www.br.de/gesundheitstag/rueckenschmerzen/rueckenproblemerueckenschmerzen-ruhe-bewegung-operation-100.html>

Week 5:

<https://www.dgss.org/patienteninformationen/schmerzerkrankungen/rueckenschmerz/>

Week 6:

<https://www.agr-ev.de/de/>