

## Supplementary File 1: Content of PALS Intervention

Session	Topic	Description
1	Living with persistent low back pain	Exploring functional, social & emotional aspects of living with CLBP
2	Exercise & Physical Activity	Exploring the role of physical activity for CLBP and opportunities for being physically active
3	Adhering to self-management strategies	Exploring self-management strategies for CLBP
4	Goal setting & action –planning	Exploring how to put things into action
5	Problem-solving & flare-ups	Exploring problem-solving and what to do in the event of a flare-up
6	Review and ending the peer support relationship	Preparing for longer-term self-management