

### **Appendix 3: Supplementary tables**

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**Table 1. Prior and concurrent treatment**

Figures are number (percentage).

	Summary measure			Missing data		
	Intervention (N=31)	Active control (N=30)	Usual care (N=29)	Intervention - no. (%)	Active control - no. (%)	Usual care - no. (%)
<b>Treatment used in the last six months</b>						
Acupuncture	2 (10.5)	5 (25.0)	1 (6.3)	12 (38.7)	10 (33.3)	13 (44.8)
Massage	11 (50.0)	8 (40.0)	7 (41.2)	9 (29.0)	10 (33.3)	12 (41.4)
Gabapentin	5 (26.3)	1 (5.9)	1 (6.3)	12 (38.7)	13 (43.3)	13 (44.8)
Nutrition/diet	14 (63.6)	14 (63.6)	18 (78.3)	9 (29.0)	8 (26.7)	6 (20.7)
Amitriptyline	5 (27.8)	4 (20.0)	4 (22.2)	13 (41.9)	10 (33.3)	11 (37.9)
Codeine or Morphine type painkillers	13 (56.5)	13 (59.1)	19 (76.0)	8 (25.8)	8 (26.7)	4 (13.8)
Biofeedback	0 (0.0)	0 (0.0)	0 (0.0)	13 (41.9)	12 (40.0)	13 (44.8)
Nerve blocks	0 (0.0)	2 (11.1)	0 (0.0)	14 (45.2)	12 (40.0)	12 (41.4)
Botox injection	0 (0.0)	0 (0.0)	0 (0.0)	14 (45.2)	13 (43.3)	13 (44.8)
Over the counter medication	17 (73.9)	9 (47.4)	17 (77.3)	8 (25.8)	11 (36.7)	7 (24.1)
Contraceptive pills/patch/ring	15 (68.2)	7 (36.8)	11 (52.4)	9 (29.0)	11 (36.7)	8 (27.6)
Physiotherapy	5 (26.3)	4 (20.0)	1 (6.7)	12 (38.7)	10 (33.3)	14 (48.3)
Exercise, yoga or Pilates	13 (59.1)	12 (60.0)	15 (78.9)	9 (29.0)	10 (33.3)	10 (34.5)
Psychological (talking) therapy	3 (16.7)	2 (11.1)	2 (13.3)	13 (41.9)	12 (40.0)	14 (48.3)
Injections to suppress ovaries (e.g. Prostag, Zoladex)	6 (33.3)	5 (25.0)	8 (38.1)	13 (41.9)	10 (33.3)	8 (27.6)
Transcutaneous Electrical Nerve Stimulation (TENS)	0 (0.0)	2 (11.1)	3 (17.6)	13 (41.9)	12 (40.0)	12 (41.4)
Herbal Medicine	4 (21.1)	5 (26.3)	8 (44.4)	12 (38.7)	11 (36.7)	11 (37.9)
Surgery	3 (16.7)	4 (23.5)	6 (31.6)	13 (41.9)	13 (43.3)	10 (34.5)
Meditation or relaxation exercises	11 (47.8)	7 (38.9)	10 (52.6)	8 (25.8)	12 (40.0)	10 (34.5)
Other	3 (37.5)	3 (33.3)	4 (44.4)	23 (74.2)	21 (70.0)	20 (69.0)
<b>Currently using pain treatment</b>						
Yes	21 (77.8)	18 (66.7)	20 (74.1)	4 (12.9)	3 (10.0)	2 (6.9)
No	6 (22.2)	9 (33.3)	7 (25.9)			

**Table 2. Baseline values of clinical outcomes**

Figures are mean (SD)

	Summary measure			Missing data		
	Intervention (N=31)	Active control (N=30)	Usual care (N=29)	Intervention - no. (%)	Active control - no. (%)	Usual care - no. (%)
CPAQ pain acceptance score	21.9 (9.5)	22.7 (8.4)	23.8 (8.5)	2 (6.5)	3 (10.0)	1 (3.4)
HADS depression score	8.7 (5.1)	8.6 (5.0)	7.4 (3.6)	1 (3.2)	3 (10.0)	2 (6.9)
HADS anxiety score	12.6 (5.3)	12.0 (5.3)	10.9 (3.9)	1 (3.2)	4 (13.3)	1 (3.4)
CAMS-R mindfulness score	28.6 (6.1)	28.8 (7.1)	30.3 (5.4)	3 (9.7)	5 (16.7)	3 (10.3)
CPG disability score	60.6 (24.4)	64.6 (19.6)	59.2 (24.4)	1 (3.2)	3 (10.0)	1 (3.4)
PSEQ Self efficacy score	29.1 (14.7)	27.9 (14.6)	35.5 (10.6)	1 (3.2)	3 (10.0)	2 (6.9)
Sexual health outcomes:						
SHOW-Q global score*	45.4 (20.3)	50.9 (20.9)	58.1 (22.2)	5 (16.1)	7 (23.3)	3 (10.3)
SHOW-Q pelvic problem interference score	47.1 (29.0)	49.0 (32.7)	56.4 (25.9)	8 (25.8)	6 (20.0)	3 (10.3)
MYMOP subjective outcome score	4.1 (1.2)	3.9 (1.3)	3.9 (1.1)	1 (3.2)	3 (10.0)	2 (6.9)
SF-36 Scales:						
SF36 - Physical functioning	56.3 (30.2)	55.8 (32.2)	66.5 (30.4)	3 (9.7)	4 (13.3)	2 (6.9)
SF36 - Pain	35.1 (17.5)	34.7 (20.6)	37.6 (20.6)	1 (3.2)	3 (10.0)	1 (3.4)
SF36 - General Health	39.1 (20.3)	42.0 (19.8)	37.9 (21.4)	2 (6.5)	3 (10.0)	1 (3.4)
SF36 - Social functioning	37.5 (19.1)	38.0 (28.3)	50.4 (25.3)	1 (3.2)	3 (10.0)	1 (3.4)

\*Show-Q global is only applicable for sexually active participants. At baseline there are 17 sexually active women in the intervention group, 22 in the active control group and 19 in the usual care group.

**Table 3. Baseline demographics of woman by 6 month questionnaire completion**

Figures are mean (SD) unless stated otherwise.

	6 month follow-up questionnaire returned (N=33)	6 month follow-up questionnaire answered by phone (N=24)	6 month follow-up questionnaire never returned (N=33)
<b>Demographics</b>			
Age (Years)	35.8 (8.0)	36.6 (9.2)	33.1 (7.5)
Body mass index (kg/m <sup>2</sup> )	27.4 (7.1)	27.7 (6.5)	25.9 (4.5)
Living arrangements - no. (%)			
Alone	2 (6.3)	1 (4.2)	3 (10.7)
With others	30 (93.8)	23 (95.8)	25 (89.3)
Employment status - no. (%)			
Employed	26 (78.8)	13 (54.2)	17 (60.7)
Unemployed and looking for work	1 (3.0)	1 (4.2)	1 (3.6)
At school or in full time education	1 (3.0)	2 (8.3)	4 (14.3)
Unable to work due to long term sickness	3 (9.1)	4 (16.7)	3 (10.7)
Looking after your home/family	2 (6.1)	3 (12.5)	3 (10.7)
Retired from paid work	0 (0.0)	1 (4.2)	0 (0.0)
Age left full time education - no. (%)			
Age 12 or less	0 (0.0)	3 (12.5)	0 (0.0)
Age 13 to 16	2 (6.1)	6 (25.0)	8 (29.6)
Age 17 to 19	7 (21.2)	2 (8.3)	5 (18.5)
Age 20 or over	23 (69.7)	9 (37.5)	10 (37.0)
Still in education	1 (3.0)	4 (16.7)	4 (14.8)
Ethnic group - no. (%)			
White	18 (58.1)	9 (40.9)	8 (30.8)
Black	7 (22.6)	4 (18.2)	2 (7.7)
Central Asian	0 (0.0)	0 (0.0)	2 (7.7)
Middle Eastern	0 (0.0)	0 (0.0)	1 (3.8)
Southern Asian	5 (16.1)	6 (27.3)	7 (26.9)
Mixed	1 (3.2)	0 (0.0)	1 (3.8)
Other ethnic group	0 (0.0)	2 (9.1)	4 (15.4)
Do not wish to say	0 (0.0)	1 (4.5)	1 (3.8)

	6 month follow-up questionnaire returned (N=33)	6 month follow-up questionnaire answered by phone (N=24)	6 month follow-up questionnaire never returned (N=33)
Smoker - no. (%)			
Yes	6 (18.8)	4 (18.2)	7 (25.9)
No	26 (81.3)	18 (81.8)	20 (74.1)
If yes, number of cigarettes per week	36.0 (24.1)	15.3 (12.5)	44.0 (30.8)
Drink alcohol - no. (%)			
Yes	18 (56.3)	6 (27.3)	10 (37.0)
No	14 (43.8)	16 (72.7)	17 (63.0)
If yes, number of units per week	8.9 (7.2)	5.8 (5.3)	5.2 (2.9)
<b>Baseline medical history</b>			
Duration of pain - no. (%)			
0 to 6 months	0 (0.0)	1 (4.2)	1 (3.6)
7 to 12 months	3 (9.1)	0 (0.0)	5 (17.9)
1 to 2 years	6 (18.2)	3 (12.5)	4 (14.3)
3 to 5 years	10 (30.3)	10 (41.7)	6 (21.4)
6 to 10 years	5 (15.2)	3 (12.5)	3 (10.7)
More than 10 years	9 (27.3)	7 (29.2)	9 (32.1)
Pain over the past week	6.0 (2.5)	6.0 (2.6)	7.5 (2.2)
<b>Baseline values of clinical outcomes</b>			
CPAQ pain acceptance score	25.3 (8.4)	20.8 (8.8)	21.4 (8.7)
HADS depression score	6.6 (3.6)	8.5 (4.9)	10.0 (4.9)
HADS anxiety score	10.3 (4.7)	12.2 (5.1)	13.5 (4.5)
CPG disability score	54.5 (18.8)	65.4 (20.7)	66.0 (27.4)

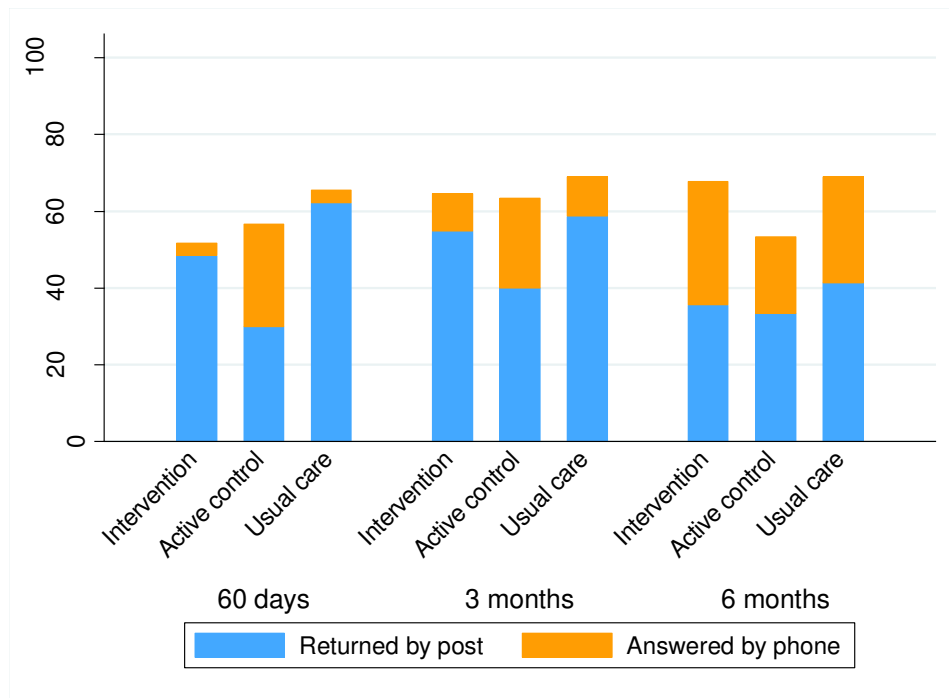
## 1. Feasibility Outcomes

### 1.1. Follow-up

**Table 4. Losses to follow up**

	<b>Intervention (N=31)</b>	<b>Active control (N=30)</b>	<b>Usual care (N=29)</b>
<b>Follow-up questionnaire returned - no (%)</b>			
60 days	15 (48.4)	9 (30.0)	18 (62.1)
3 months	17 (54.8)	12 (40.0)	17 (58.6)
6 months	11 (35.5)	10 (33.3)	12 (41.4)
<b>Follow-up questionnaire answered by phone - no (%)</b>			
60 days	1 (3.2)	8 (26.7)	1 (3.4)
3 months	3 (9.7)	7 (23.3)	3 (10.3)
6 months	10 (32.3)	6 (20.0)	8 (27.6)
<b>Follow-up questionnaire never returned - no (%)</b>			
60 days	15 (48.4)	13 (43.3)	10 (34.5)
3 months	11 (35.5)	11 (36.7)	9 (31.0)
6 months	10 (32.3)	14 (46.7)	9 (31.0)

Figure 1. Proportion of participants answering follow up questionnaire





**Table 5. Follow-up questionnaire returned or answered by phone within target follow up period**

Figures are no returning data on time/no. returning data questionnaire answering by phone (%)\*.

	<b>Intervention (N=31)</b>	<b>Active control (N=30)</b>	<b>Usual care (N=29)</b>
60 days (47 and 74 days)	7/16 (43.8)	6/17 (35.3)	11/19 (57.9)
3 months (76 and 104 days)	7/20 (35.0)	6/19 (31.6)	11/20 (55.0)
6 months (159 and 201 days)	7/21 (33.3)	6/16 (37.5)	11/20 (55.0)

\*Denominator for percentage is number returning data questionnaire answering by phone

## 1.2. Standard deviation of CPAQ

Table 6. Estimated standard deviation of CPAQ

	Number with complete outcome	Estimated standard deviation
60 days	50	9.6
3 months	55	8.1
6 months	56	9.6

#### 1.4. Blinding

**Table 7. Unintentional unbinding of randomised treatment**

Figures are number (%)

	Summary measure		Missing data	
	Intervention (N=31)	Active control (N=30)	Intervention - no. (%)	Active control - no. (%)
Researchers: Which app treatment do you believe the participant was randomised to?			2 (6.5)	3 (10.0)
Intervention app	0 (0.0)	1 (3.7)		
Control app	0 (0.0)	0 (0.0)		
Don't know	29 (100.0)	26 (96.3)		
Participants: Do you think you received the new treatment or comparison treatment?			15 (48.4)	19 (63.3)
New treatment	1 (6.3)	1 (9.1)		
Comparison treatment	0 (0.0)	1 (9.1)		
Don't know	15 (93.8)	9 (81.8)		

## 2. App satisfaction questionnaires

**Table 8. System usability scale**

Figures are mean (sd).

	Summary measure		Missing Data	
	Intervention (N=31)	Active control (N=30)	Intervention - no. (%)	Active control - no. (%)
System usability scale	50.7 (6.6)	46.0 (12.0)	16 (51.6)	18 (60.0)

**Table 9. App usability Questionnaire**

Figures are number (%).

	<b>Totally disagree</b>	<b>Somewhat disagree</b>	<b>Neither agree nor disagree</b>	<b>Somewhat agree</b>	<b>Totally agree</b>	<b>Not answered</b>
<b>It is easy to use the app whenever I wanted to use it</b>						
Intervention:	0 (0.0)	3 (9.7)	1 (3.2)	3 (9.7)	9 (29.0)	15 (48.4)
Active control:	0 (0.0)	0 (0.0)	0 (0.0)	4 (13.3)	8 (26.7)	18 (60.0)
<b>After being shown, I understood how the app would work</b>						
Intervention:	0 (0.0)	1 (3.2)	1 (3.2)	4 (12.9)	9 (29.0)	16 (51.6)
Active control:	0 (0.0)	2 (6.7)	0 (0.0)	2 (6.7)	8 (26.7)	18 (60.0)
<b>It was fun to work with the app</b>						
Intervention:	0 (0.0)	2 (6.5)	3 (9.7)	8 (25.8)	2 (6.5)	16 (51.6)
Active control:	0 (0.0)	3 (10.0)	3 (10.0)	5 (16.7)	1 (3.3)	18 (60.0)
<b>The app worked well</b>						
Intervention:	0 (0.0)	3 (9.7)	2 (6.5)	5 (16.1)	5 (16.1)	16 (51.6)
Active control:	0 (0.0)	2 (6.7)	2 (6.7)	4 (13.3)	4 (13.3)	18 (60.0)
<b>It was easy to work through the modules</b>						
Intervention:	0 (0.0)	4 (12.9)	0 (0.0)	5 (16.1)	6 (19.4)	16 (51.6)
Active control:	0 (0.0)	2 (6.7)	3 (10.0)	4 (13.3)	3 (10.0)	18 (60.0)
<b>The number of modules was annoying</b>						
Intervention:	1 (3.2)	4 (12.9)	6 (19.4)	5 (16.1)	0 (0.0)	15 (48.4)
Active control:	2 (6.7)	3 (10.0)	3 (10.0)	2 (6.7)	2 (6.7)	18 (60.0)
<b>The modules were well-displayed on my smartphone</b>						
Intervention:	0 (0.0)	2 (6.5)	1 (3.2)	8 (25.8)	5 (16.1)	15 (48.4)
Active control:	0 (0.0)	0 (0.0)	2 (6.7)	2 (6.7)	7 (23.3)	19 (63.3)
<b>Using the app was difficult because of my daily activities</b>						
Intervention:	2 (6.5)	2 (6.5)	3 (9.7)	9 (29.0)	0 (0.0)	15 (48.4)
Active control:	1 (3.3)	1 (3.3)	0 (0.0)	5 (16.7)	5 (16.7)	18 (60.0)
<b>Using the app took too long</b>						
Intervention:	2 (6.5)	4 (12.9)	3 (9.7)	7 (22.6)	0 (0.0)	15 (48.4)
Active control:	1 (3.3)	3 (10.0)	2 (6.7)	4 (13.3)	2 (6.7)	18 (60.0)

### 3. Clinical Outcomes

#### 3.1. Ranges of clinical outcomes

Pain acceptance score (as measured by the Chronic Pain Acceptance Questionnaire (CPAQ)):

- 0 (worst) – 48 (best)

Depression score (Hospital Anxiety and Depression Scale (HADS)):

- 0 (best) – 21 (worst)

Anxiety score (measured by HADS):

- 0 (best) – 21 (worst)

Mindfulness score (Cognitive and Mindfulness - Revised (CAMS – R) scale):

- 12 (worst) – 48 (best)

Pain related disability score (as measured by the Chronic Pain Grade (CPG) disability subscale):

- 0 (best) – 100 (worst)

Self efficacy score (as measured by the Pain Self-Efficacy Questionnaire (PSEQ)):

- 0 (worst) – 60 (best)

Sexual Health Outcomes scores (as measured by the Sexual Health Outcomes in Women Questionnaire (SHOW-Q))

- SHOW-Q global score, for sexually active participants: 0 (worst) – 100 (best)
- SHOW-Q pelvic interference score, for all participants: 0 (best) – 100 (worst)

Subjective outcome score (as measured by the Measure Yourself Medical Outcome Profile (MYMOP)):

- 0 (best) – 6 (worst)

RAND Short form (36) Health Survey (RAND SF-36) scales:

- Physical functioning: 0 (worst) – 100 (best)
- Pain: 0 (worst) – 100 (best)
- General health: 0 (worst) – 100 (best)
- Social functioning: 0 (worst) – 100 (best)

### 3.2. Completeness of clinical data

**Table 10. Partially missing clinical outcomes**

Figures are number (%)

	Not completed* no. (%)	Partially completed** no. (%)	Fully completed*** no. (%)
<b>CPAQ pain acceptance score</b>			
Baseline	5 (5.6)	1 (1.1)	84 (93.3)
60 days	40 (44.4)	0 (0.0)	50 (55.6)
3 months	32 (35.6)	3 (3.3)	55 (61.1)
6 months	34 (37.8)	0 (0.0)	56 (62.2)
<b>HADS depression score</b>			
Baseline	5 (5.6)	1 (1.1)	84 (93.3)
60 days	40 (44.4)	1 (1.1)	49 (54.4)
3 months	32 (35.6)	0 (0.0)	58 (64.4)
6 months	33 (36.7)	0 (0.0)	57 (63.3)
<b>HADS anxiety score</b>			
Baseline	5 (5.6)	1 (1.1)	84 (93.3)
60 days	40 (44.4)	0 (0.0)	50 (55.6)
3 months	32 (35.6)	0 (0.0)	58 (64.4)
6 months	33 (36.7)	0 (0.0)	57 (63.3)
<b>CAMS-R mindfulness score</b>			
Baseline	5 (5.6)	6 (6.7)	79 (87.8)
60 days	40 (44.4)	0 (0.0)	50 (55.6)
3 months	32 (35.6)	2 (2.2)	56 (62.2)
6 months	33 (36.7)	0 (0.0)	57 (63.3)
<b>CPG disability score</b>			
Baseline	5 (5.6)	0 (0.0)	85 (94.4)
60 days	40 (44.4)	0 (0.0)	50 (55.6)
3 months	33 (36.7)	0 (0.0)	57 (63.3)
6 months	34 (37.8)	0 (0.0)	56 (62.2)
<b>PSEQ Self efficacy score</b>			
Baseline	5 (5.6)	1 (1.1)	84 (93.3)
60 days	50 (55.6)	1 (1.1)	39 (43.3)
3 months	45 (50.0)	0 (0.0)	45 (50.0)
6 months	57 (63.3)	0 (0.0)	33 (36.7)

\* Questionnaire not answered or all variables used in the derivation of the outcome are missing.

\*\* One or more, but not all, variables used in the derivation of the outcome are missing.

\*\*\* No variables used in the derivation of the outcome are missing.

	Not completed* no. (%)	Partially completed** no. (%)	Fully completed*** no. (%)
<b>SHOW-Q global score</b>			
Baseline	5 (5.6)	15 (16.7)	70 (77.8)
60 days	50 (55.6)	6 (6.7)	34 (37.8)
3 months	47 (52.2)	8 (8.9)	35 (38.9)
6 months	58 (64.4)	5 (5.6)	27 (30.0)
<b>SHOW-Q pelvic problem interference score</b>			
Baseline	9 (10.0)	8 (8.9)	73 (81.1)
60 days	51 (56.7)	3 (3.3)	36 (40.0)
3 months	49 (54.4)	3 (3.3)	38 (42.2)
6 months	60 (66.7)	1 (1.1)	29 (32.2)
<b>MYMOP subjective outcome score</b>			
Baseline	5 (5.6)	1 (1.1)	84 (93.3)
60 days	38 (42.2)	11 (12.2)	41 (45.6)
3 months	33 (36.7)	10 (11.1)	47 (52.2)
6 months	33 (36.7)	6 (6.7)	51 (56.7)
<b>SF36 - General Health</b>			
Baseline	5 (5.6)	1 (1.1)	84 (93.3)
60 days	38 (42.2)	11 (12.2)	41 (45.6)
3 months	31 (34.4)	14 (15.6)	45 (50.0)
6 months	33 (36.7)	24 (26.7)	33 (36.7)
<b>SF36 - Physical functioning</b>			
Baseline	5 (5.6)	4 (4.4)	81 (90.0)
60 days	48 (53.3)	3 (3.3)	39 (43.3)
3 months	45 (50.0)	2 (2.2)	43 (47.8)
6 months	57 (63.3)	3 (3.3)	30 (33.3)
<b>SF36 - Pain</b>			
Baseline	5 (5.6)	0 (0.0)	85 (94.4)
60 days	48 (53.3)	0 (0.0)	42 (46.7)
3 months	45 (50.0)	0 (0.0)	45 (50.0)
6 months	57 (63.3)	0 (0.0)	33 (36.7)
<b>SF36 - Social functioning</b>			
Baseline	5 (5.6)	0 (0.0)	85 (94.4)
60 days	48 (53.3)	1 (1.1)	41 (45.6)
3 months	45 (50.0)	1 (1.1)	44 (48.9)
6 months	57 (63.3)	1 (1.1)	32 (35.6)

\* Questionnaire not answered or all variables used in the derivation of the outcome are missing.

\*\* One or more, but not all, variables used in the derivation of the outcome are missing.

\*\*\* No variables used in the derivation of the outcome are missing.



**Table 11. Partially missing clinical outcomes by method of questionnaire delivery**

Figures are number (%)

	Questionnaire never returned no. (%)	Questionnaire answered by telephone			Questionnaire returned		
		Not completed* no. (%)	Partially completed** no. (%)	Fully completed*** no. (%)	Not completed* no. (%)	Partially completed** no. (%)	Fully completed*** no. (%)
<b>CPAQ pain acceptance score</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	1 (1.1)	84 (93.3)
60 days	38 (42.2)	1 (1.1)	0 (0.0)	9 (10.0)	1 (1.1)	0 (0.0)	41 (45.6)
3 months	31 (34.4)	0 (0.0)	0 (0.0)	13 (14.4)	1 (1.1)	3 (3.3)	42 (46.7)
6 months	33 (36.7)	1 (1.1)	0 (0.0)	23 (25.6)	0 (0.0)	0 (0.0)	33 (36.7)
<b>HADS depression score</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	1 (1.1)	84 (93.3)
60 days	38 (42.2)	1 (1.1)	0 (0.0)	9 (10.0)	1 (1.1)	1 (1.1)	40 (44.4)
3 months	31 (34.4)	0 (0.0)	0 (0.0)	13 (14.4)	1 (1.1)	0 (0.0)	45 (50.0)
6 months	33 (36.7)	0 (0.0)	0 (0.0)	24 (26.7)	0 (0.0)	0 (0.0)	33 (36.7)
<b>HADS anxiety score</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	1 (1.1)	84 (93.3)
60 days	38 (42.2)	1 (1.1)	0 (0.0)	9 (10.0)	1 (1.1)	0 (0.0)	41 (45.6)
3 months	31 (34.4)	0 (0.0)	0 (0.0)	13 (14.4)	1 (1.1)	0 (0.0)	45 (50.0)
6 months	33 (36.7)	0 (0.0)	0 (0.0)	24 (26.7)	0 (0.0)	0 (0.0)	33 (36.7)
<b>CAMS-R mindfulness score</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	6 (6.7)	79 (87.8)
60 days	38 (42.2)	1 (1.1)	0 (0.0)	9 (10.0)	1 (1.1)	0 (0.0)	41 (45.6)
3 months	31 (34.4)	0 (0.0)	0 (0.0)	13 (14.4)	1 (1.1)	2 (2.2)	43 (47.8)
6 months	33 (36.7)	0 (0.0)	0 (0.0)	24 (26.7)	0 (0.0)	0 (0.0)	33 (36.7)
<b>CPG disability score</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	0 (0.0)	85 (94.4)
60 days	38 (42.2)	1 (1.1)	0 (0.0)	9 (10.0)	1 (1.1)	0 (0.0)	41 (45.6)
3 months	31 (34.4)	0 (0.0)	0 (0.0)	13 (14.4)	2 (2.2)	0 (0.0)	44 (48.9)
6 months	33 (36.7)	1 (1.1)	0 (0.0)	23 (25.6)	0 (0.0)	0 (0.0)	33 (36.7)

\* Questionnaire not answered or all variables used in the derivation of the outcome are missing.

\*\* One or more, but not all, variables used in the derivation of the outcome are missing.

\*\*\* No variables used in the derivation of the outcome are missing.

	Questionnaire never returned no. (%)	Questionnaire answered by telephone			Questionnaire returned		
		Not completed* no. (%)	Partially completed** no. (%)	Fully completed*** no. (%)	Not completed* no. (%)	Partially completed** no. (%)	Fully completed*** no. (%)
<b>PSEQ Self efficacy score</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	1 (1.1)	84 (93.3)
60 days	38 (42.2)	10 (11.1)	0 (0.0)	0 (0.0)	2 (2.2)	1 (1.1)	39 (43.3)
3 months	31 (34.4)	13 (14.4)	0 (0.0)	0 (0.0)	1 (1.1)	0 (0.0)	45 (50.0)
6 months	33 (36.7)	24 (26.7)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	33 (36.7)
<b>SHOW-Q global score</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	15 (16.7)	70 (77.8)
60 days	38 (42.2)	10 (11.1)	0 (0.0)	0 (0.0)	2 (2.2)	6 (6.7)	34 (37.8)
3 months	31 (34.4)	13 (14.4)	0 (0.0)	0 (0.0)	3 (3.3)	8 (8.9)	35 (38.9)
6 months	33 (36.7)	24 (26.7)	0 (0.0)	0 (0.0)	1 (1.1)	5 (5.6)	27 (30.0)
<b>SHOW-Q pelvic problem interference score</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	4 (4.4)	8 (8.9)	73 (81.1)
60 days	38 (42.2)	10 (11.1)	0 (0.0)	0 (0.0)	3 (3.3)	3 (3.3)	36 (40.0)
3 months	31 (34.4)	13 (14.4)	0 (0.0)	0 (0.0)	5 (5.6)	3 (3.3)	38 (42.2)
6 months	33 (36.7)	24 (26.7)	0 (0.0)	0 (0.0)	3 (3.3)	1 (1.1)	29 (32.2)
<b>MYMOP subjective outcome score</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	1 (1.1)	84 (93.3)
60 days	38 (42.2)	0 (0.0)	1 (1.1)	9 (10.0)	0 (0.0)	10 (11.1)	32 (35.6)
3 months	31 (34.4)	0 (0.0)	1 (1.1)	12 (13.3)	2 (2.2)	9 (10.0)	35 (38.9)
6 months	33 (36.7)	0 (0.0)	2 (2.2)	22 (24.4)	0 (0.0)	4 (4.4)	29 (32.2)

\* Questionnaire not answered or all variables used in the derivation of the outcome are missing.

\*\* One or more, but not all, variables used in the derivation of the outcome are missing.

\*\*\* No variables used in the derivation of the outcome are missing.

	Questionnaire never returned no. (%)	Questionnaire answered by telephone			Questionnaire returned		
		Not completed* no. (%)	Partially completed** no. (%)	Fully completed*** no. (%)	Not completed* no. (%)	Partially completed** no. (%)	Fully completed*** no. (%)
<b>SF36 - General Health</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	1 (1.1)	84 (93.3)
60 days	38 (42.2)	10 (11.1)	0 (0.0)	0 (0.0)	0 (0.0)	1 (1.1)	41 (45.6)
3 months	31 (34.4)	13 (14.4)	0 (0.0)	0 (0.0)	0 (0.0)	1 (1.1)	45 (50.0)
6 months	33 (36.7)	24 (26.7)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	33 (36.7)
<b>SF36 - Physical functioning</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	4 (4.4)	81 (90.0)
60 days	38 (42.2)	10 (11.1)	0 (0.0)	0 (0.0)	0 (0.0)	3 (3.3)	39 (43.3)
3 months	31 (34.4)	13 (14.4)	0 (0.0)	0 (0.0)	1 (1.1)	2 (2.2)	43 (47.8)
6 months	33 (36.7)	24 (26.7)	0 (0.0)	0 (0.0)	0 (0.0)	3 (3.3)	30 (33.3)
<b>SF36 - Pain</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	0 (0.0)	85 (94.4)
60 days	38 (42.2)	10 (11.1)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	42 (46.7)
3 months	31 (34.4)	13 (14.4)	0 (0.0)	0 (0.0)	1 (1.1)	0 (0.0)	45 (50.0)
6 months	33 (36.7)	24 (26.7)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	33 (36.7)
<b>SF36 - Social functioning</b>							
Baseline	5 (5.6)	n/a	n/a	n/a	0 (0.0)	0 (0.0)	85 (94.4)
60 days	38 (42.2)	10 (11.1)	0 (0.0)	0 (0.0)	0 (0.0)	1 (1.1)	41 (45.6)
3 months	31 (34.4)	13 (14.4)	0 (0.0)	0 (0.0)	1 (1.1)	1 (1.1)	44 (48.9)
6 months	33 (36.7)	24 (26.7)	0 (0.0)	0 (0.0)	0 (0.0)	1 (1.1)	32 (35.6)

\* Questionnaire not answered or all variables used in the derivation of the outcome are missing.

\*\* One or more, but not all, variables used in the derivation of the outcome are missing.

\*\*\* No variables used in the derivation of the outcome are missing.

### 3.3. Results of analysis of clinical outcomes

**Table 12. Descriptive statistics for clinical outcomes**

	Intervention (N=31)		Active control (N=30)		Usual care (N=29)	
	no. (%)	mean (sd)	no. (%)	mean (sd)	no. (%)	mean (sd)
<b>CPAQ pain acceptance score</b>						
Baseline	29 (93.5)	21.9 (9.5)	27 (90.0)	22.7 (8.4)	28 (96.6)	23.8 (8.5)
60 days	15 (48.4)	21.5 (10.2)	16 (53.3)	22.9 (8.5)	19 (65.5)	24.3 (10.2)
3 months	18 (58.1)	20.8 (7.2)	18 (60.0)	22.9 (8.5)	19 (65.5)	25.0 (8.4)
6 months	21 (67.7)	22.7 (10.1)	16 (53.3)	24.0 (11.2)	19 (65.5)	25.8 (7.6)
Included in analysis*	27 (87.1)		23 (76.7)		25 (86.2)	
<b>HADS depression score</b>						
Baseline	30 (96.8)	8.7 (5.1)	27 (90.0)	8.6 (5.0)	27 (93.1)	7.4 (3.6)
60 days	14 (45.2)	7.1 (5.2)	16 (53.3)	8.4 (4.0)	19 (65.5)	8.2 (2.9)
3 months	20 (64.5)	8.7 (3.9)	19 (63.3)	8.2 (5.0)	19 (65.5)	6.8 (3.6)
6 months	21 (67.7)	7.0 (4.9)	16 (53.3)	6.1 (4.4)	20 (69.0)	7.0 (4.6)
Included in analysis*	27 (87.1)		23 (76.7)		26 (89.7)	
<b>HADS anxiety score</b>						
Baseline	30 (96.8)	12.6 (5.3)	26 (86.7)	12.0 (5.3)	28 (96.6)	10.9 (3.9)
60 days	15 (48.4)	12.5 (5.6)	16 (53.3)	9.5 (4.1)	19 (65.5)	10.7 (4.1)
3 months	20 (64.5)	12.2 (4.1)	19 (63.3)	9.7 (5.6)	19 (65.5)	10.2 (4.0)
6 months	21 (67.7)	10.1 (4.9)	16 (53.3)	8.4 (5.5)	20 (69.0)	9.1 (4.7)
Included in analysis*	27 (87.1)		23 (76.7)		26 (89.7)	
<b>CAMS-R mindfulness score</b>						
Baseline	28 (90.3)	28.6 (6.1)	25 (83.3)	28.8 (7.1)	26 (89.7)	30.3 (5.4)
60 days	15 (48.4)	27.4 (5.6)	16 (53.3)	30.6 (8.4)	19 (65.5)	29.7 (7.6)
3 months	19 (61.3)	29.2 (5.2)	19 (63.3)	30.9 (8.8)	18 (62.1)	31.4 (6.4)
6 months	21 (67.7)	29.0 (7.6)	16 (53.3)	31.0 (7.3)	20 (69.0)	32.0 (8.5)
Included in analysis*	27 (87.1)		23 (76.7)		26 (89.7)	

\* Included in analysis if outcome is available for at least one follow-up time point.

	Intervention (N=31)		Active control (N=30)		Usual care (N=29)	
	no. (%)	mean (sd)	no. (%)	mean (sd)	no. (%)	mean (sd)
<b>CPG disability score</b>						
Baseline	30 (96.8)	60.6 (24.4)	27 (90.0)	64.6 (19.6)	28 (96.6)	59.2 (24.4)
60 days	15 (48.4)	56.7 (19.8)	16 (53.3)	54.8 (25.0)	19 (65.5)	54.7 (22.9)
3 months	19 (61.3)	61.1 (17.3)	19 (63.3)	52.5 (27.5)	19 (65.5)	52.8 (23.5)
6 months	21 (67.7)	48.3 (28.1)	16 (53.3)	48.5 (24.4)	19 (65.5)	54.2 (23.7)
Included in analysis*	27 (87.1)		23 (76.7)		25 (86.2)	
<b>PSEQ Self efficacy score</b>						
Baseline	30 (96.8)	29.1 (14.7)	27 (90.0)	27.9 (14.6)	27 (93.1)	35.5 (10.6)
60 days	14 (45.2)	32.4 (13.9)	9 (30.0)	30.9 (15.9)	16 (55.2)	34.5 (13.1)
3 months	17 (54.8)	28.9 (11.8)	12 (40.0)	30.2 (14.2)	16 (55.2)	39.3 (9.7)
6 months	11 (35.5)	34.3 (12.5)	10 (33.3)	33.7 (17.7)	12 (41.4)	40.2 (13.1)
Included in analysis*	21 (67.7)		18 (60.0)		21 (72.4)	
<b>SHOW-Q global score</b>						
Baseline	17 (54.8)	45.4 (20.3)	20 (66.7)	50.9 (20.9)	19 (65.5)	58.1 (22.2)
60 days	4 (12.9)	69.3 (13.3)	8 (26.7)	54.1 (18.0)	13 (44.8)	53.7 (24.5)
3 months	5 (16.1)	51.1 (26.6)	11 (36.7)	44.9 (19.4)	10 (34.5)	61.2 (24.8)
6 months	7 (22.6)	52.3 (15.6)	4 (13.3)	60.9 (14.3)	7 (24.1)	58.5 (26.4)
Included in analysis*	9 (29.0)		14 (46.7)		16 (55.2)	
<b>SHOW-Q pelvic problem interference score</b>						
Baseline	23 (74.2)	47.1 (29.0)	24 (80.0)	49.0 (32.7)	26 (89.7)	56.4 (25.9)
60 days	12 (38.7)	60.4 (33.7)	9 (30.0)	60.2 (27.9)	15 (51.7)	51.7 (28.9)
3 months	12 (38.7)	54.9 (34.0)	11 (36.7)	50.0 (25.3)	15 (51.7)	69.4 (32.8)
6 months	9 (29.0)	65.7 (22.2)	9 (30.0)	59.3 (33.4)	11 (37.9)	57.6 (32.8)
Included in analysis*	16 (51.6)		17 (56.7)		20 (69.0)	
<b>MYMOP subjective outcome score</b>						
Baseline	30 (96.8)	4.1 (1.2)	27 (90.0)	3.9 (1.3)	27 (93.1)	3.9 (1.1)
60 days	13 (41.9)	3.2 (1.4)	14 (46.7)	3.5 (1.3)	14 (48.3)	3.6 (1.2)
3 months	15 (48.4)	3.4 (1.3)	16 (53.3)	3.1 (1.6)	16 (55.2)	2.9 (1.4)
6 months	18 (58.1)	3.0 (1.4)	15 (50.0)	3.0 (1.5)	18 (62.1)	3.1 (1.5)
Included in analysis*	25 (80.6)		21 (70.0)		24 (82.8)	

\* Included in analysis if outcome is available for at least one follow-up time point.

	Intervention (N=31)		Active control (N=30)		Usual care (N=29)	
	no. (%)	mean (sd)	no. (%)	mean (sd)	no. (%)	mean (sd)
<b>SF36 - General Health</b>						
Baseline	29 (93.5)	39.1 (20.3)	27 (90.0)	42.0 (19.8)	28 (96.6)	37.9 (21.4)
60 days	15 (48.4)	45.0 (21.2)	9 (30.0)	51.1 (19.2)	17 (58.6)	37.6 (19.9)
3 months	17 (54.8)	44.1 (21.7)	12 (40.0)	42.1 (23.2)	16 (55.2)	40.3 (19.4)
6 months	11 (35.5)	54.5 (19.0)	10 (33.3)	54.5 (24.2)	12 (41.4)	40.0 (27.8)
Included in analysis*	21 (67.7)		18 (60.0)		22 (75.9)	
<b>SF36 - Physical functioning</b>						
Baseline	28 (90.3)	56.3 (30.2)	26 (86.7)	55.8 (32.2)	27 (93.1)	66.5 (30.4)
60 days	13 (41.9)	61.2 (27.1)	9 (30.0)	60.6 (25.7)	17 (58.6)	66.5 (30.0)
3 months	15 (48.4)	58.3 (24.0)	12 (40.0)	54.6 (30.7)	16 (55.2)	69.1 (27.5)
6 months	10 (32.3)	66.0 (26.5)	10 (33.3)	72.0 (28.6)	10 (34.5)	63.5 (37.4)
Included in analysis*	20 (64.5)		18 (60.0)		22 (75.9)	
<b>SF36 - Pain</b>						
Baseline	30 (96.8)	35.1 (17.5)	27 (90.0)	34.7 (20.6)	28 (96.6)	37.6 (20.6)
60 days	15 (48.4)	39.0 (19.2)	9 (30.0)	43.1 (33.0)	18 (62.1)	40.0 (24.5)
3 months	17 (54.8)	43.7 (17.6)	12 (40.0)	46.7 (22.7)	16 (55.2)	49.5 (25.9)
6 months	11 (35.5)	50.0 (17.8)	10 (33.3)	61.0 (19.9)	12 (41.4)	48.3 (24.8)
Included in analysis*	21 (67.7)		18 (60.0)		22 (75.9)	
<b>SF36 - Social functioning</b>						
Baseline	30 (96.8)	37.5 (19.1)	27 (90.0)	38.0 (28.3)	28 (96.6)	50.4 (25.3)
60 days	15 (48.4)	45.8 (27.4)	9 (30.0)	55.6 (29.4)	17 (58.6)	51.5 (28.9)
3 months	17 (54.8)	50.7 (20.9)	12 (40.0)	49.0 (30.4)	15 (51.7)	57.5 (29.0)
6 months	11 (35.5)	54.5 (21.8)	10 (33.3)	56.3 (27.8)	11 (37.9)	59.1 (34.0)
Included in analysis*	21 (67.7)		18 (60.0)		22 (75.9)	

\* Included in analysis if outcome is available for at least one follow-up time point.

Table 13. Estimated treatment effects for clinical outcomes

	Intervention vs Active control adjusted mean difference (95% CI)	Intervention vs Usual care adjusted mean difference (95% CI)	Active control vs Usual care adjusted mean difference (95% CI)
<b>CPAQ pain acceptance score</b>			
60 days	-2.3 (-6.6, 2.0)	-4.0 (-8.1, 0.1)	-1.7 (-5.8, 2.4)
3 months	-3.0 (-6.8, 0.7)	-4.5 (-8.2, -0.9)	-1.5 (-5.2, 2.2)
6 months	-1.4 (-5.8, 3.0)	-4.0 (-8.2, 0.2)	-2.5 (-7.0, 2.0)
<b>HADS depression score</b>			
60 days	-0.7 (-2.7, 1.2)	-1.2 (-3.1, 0.6)	-0.5 (-2.3, 1.3)
3 months	0.5 (-1.6, 2.6)	1.2 (-0.9, 3.4)	0.8 (-1.4, 2.9)
6 months	0.5 (-1.7, 2.6)	0.4 (-1.7, 2.4)	-0.1 (-2.3, 2.1)
<b>HADS anxiety score</b>			
60 days	2.0 (-0.1, 4.1)	1.0 (-1.1, 3.0)	-1.0 (-3.0, 1.0)
3 months	1.9 (-0.3, 4.0)	1.5 (-0.6, 3.6)	-0.4 (-2.5, 1.7)
6 months	0.1 (-2.3, 2.5)	0.3 (-2.0, 2.6)	0.2 (-2.2, 2.6)
<b>CAMS-R mindfulness score</b>			
60 days	-3.5 (-7.3, 0.4)	-2.2 (-5.9, 1.4)	1.2 (-2.5, 4.9)
3 months	-2.5 (-5.8, 0.8)	-2.3 (-5.5, 1.0)	0.2 (-3.1, 3.5)
6 months	-1.4 (-4.9, 2.2)	-2.9 (-6.3, 0.4)	-1.6 (-5.1, 2.0)
<b>CPG disability score</b>			
60 days	5.1 (-7.2, 17.5)	3.8 (-8.1, 15.7)	-1.4 (-13.1, 10.4)
3 months	8.8 (-3.4, 21.0)	7.6 (-4.5, 19.7)	-1.2 (-13.4, 10.9)
6 months	1.9 (-12.1, 16.0)	1.0 (-12.6, 14.5)	-1.0 (-15.3, 13.4)
<b>PSEQ Self efficacy score</b>			
60 days	0.1 (-8.2, 8.4)	-0.2 (-7.4, 6.9)	-0.3 (-8.4, 7.8)
3 months	-3.6 (-9.8, 2.6)	-7.1 (-12.9, -1.2)	-3.5 (-9.8, 2.9)
6 months	-5.9 (-14.8, 3.0)	-8.7 (-17.1, -0.2)	-2.8 (-11.6, 5.9)

	Intervention vs Active control adjusted mean difference (95% CI)	Intervention vs Usual care adjusted mean difference (95% CI)	Active control vs Usual care adjusted mean difference (95% CI)
<b>SHOW-Q global score</b>			
60 days	7.0 (-7.2, 21.2)	8.3 (-5.2, 21.8)	1.3 (-9.8, 12.4)
3 months	3.5 (-13.9, 20.9)	-4.8 (-22.0, 12.3)	-8.3 (-23.2, 6.6)
6 months	-11.5 (-27.7, 4.8)	-10.7 (-25.8, 4.3)	0.7 (-14.5, 15.9)
<b>SHOW-Q pelvic problem interference score</b>			
60 days	-7.2 (-28.0, 13.5)	3.6 (-14.7, 21.9)	10.9 (-8.9, 30.7)
3 months	-1.2 (-25.1, 22.8)	-10.2 (-32.5, 12.1)	-9.0 (-31.9, 13.8)
6 months	3.3 (-21.3, 27.9)	4.7 (-18.7, 28.1)	1.4 (-22.1, 24.8)
<b>MYMOP subjective outcome score</b>			
60 days	0.0 (-0.7, 0.8)	-0.3 (-1.1, 0.4)	-0.4 (-1.1, 0.4)
3 months	0.6 (-0.2, 1.5)	0.6 (-0.2, 1.4)	-0.0 (-0.9, 0.8)
6 months	-0.2 (-1.1, 0.7)	0.2 (-0.7, 1.1)	0.4 (-0.6, 1.3)
<b>SF36 - General Health</b>			
60 days	-8.8 (-19.4, 1.8)	-0.9 (-10.0, 8.3)	7.9 (-2.5, 18.3)
3 months	2.0 (-7.3, 11.3)	-5.6 (-14.5, 3.3)	-7.6 (-17.1, 1.9)
6 months	-4.6 (-18.2, 8.9)	-1.9 (-14.9, 11.0)	2.7 (-10.8, 16.2)
<b>SF36 - Physical functioning</b>			
60 days	0.1 (-16.0, 16.2)	-6.5 (-20.9, 7.9)	-6.6 (-22.2, 9.0)
3 months	-4.9 (-19.0, 9.3)	-7.7 (-20.8, 5.4)	-2.8 (-16.8, 11.1)
6 months	-2.4 (-24.7, 19.9)	6.3 (-15.7, 28.2)	8.6 (-13.6, 30.9)
<b>SF36 - Pain</b>			
60 days	-3.7 (-19.8, 12.3)	0.5 (-12.9, 13.9)	4.2 (-11.4, 19.8)
3 months	-6.4 (-20.7, 7.9)	-7.3 (-20.8, 6.2)	-0.9 (-15.3, 13.6)
6 months	-8.5 (-22.8, 5.8)	0.7 (-13.0, 14.4)	9.2 (-5.0, 23.4)
<b>SF36 - Social functioning</b>			
60 days	-17.1 (-33.4, -0.7)	5.2 (-8.8, 19.1)	22.2 (5.7, 38.8)
3 months	-8.2 (-26.5, 10.1)	4.3 (-13.2, 21.8)	12.5 (-6.5, 31.5)
6 months	0.3 (-18.9, 19.6)	3.9 (-15.0, 22.8)	3.5 (-16.0, 23.1)



Figure 2. Estimated treatment effects and 95% confidence intervals for CPAQ

