

**APPENDIX A**

Database: Ovid MEDLINE

1. exp Back Pain/ or exp Low Back Pain/ or exp Backache/
2. (back pain or low back pain or lumbar pain or lumbago or dorsalgia or spinal pain or vertebral pain or backache or lumbar spine).ti,ab.
3. 1 or 2
4. exp Behavior Therapy/ or exp Cognitive Therapy/ or \*Conditioning, Operant/ or exp Reinforcement, Psychology/
5. (operant conditioning or reinforcement or psychological intervention or psychological therapy).ab,ti.
6. (cognitiv\* adj1 (treatment\* or therap\* or intervention\*)).ab,ti.
7. (behavio?r\* adj1 (treatment\* or therap\* or intervention\* or techniqu\* or modif\* or change\*)).ab,ti.
8. (graded exposure or desensiti\* or imagery or goal setting).ab,ti.
9. (acceptance and commitment therapy or CBT).ab,ti.
10. 4 or 5 or 6 or 7 or 8 or 9
11. exp Mindfulness/ or \*Mind-Body Therapies/ or exp Meditation/ or exp Relaxation/ or exp Relaxation Therapy/
12. (mindfulness based stress reduction\*).ab,ti.
13. (mindfulness or mind-body therapies or meditation or relaxation or relaxation therap\*).ab,ti.
14. (mbsr\* or mbct\*).ab,ti.
15. 11 or 12 or 13 or 14
16. (cognitive functional therapy or CFT).ab,ti.
17. exp Health Education/ or exp Health Promotion/ or exp Motivation/
18. (health education or health promotion or motivation).ab,ti.
19. ((health or wellness or life-style or behav\*) adj1 coach\*).ab,ti.
20. ((wellness or behav\*) adj1 intervention\*).ab,ti.
21. or/ 17 or 18 or 19 or 20
22. exp Biofeedback, Psychology/ or exp Feedback, Psychological/
23. (electromyograph\* or electromyogram\* or EMG\*).ab,ti.
24. (bio-feedback or feedback).ab,ti.
25. 22 or 23 or 24

26. (pain neuroscience education or pain education or neuroscience education or pain physiology education or neuro-physiology education or therapeutic education).ab,ti.
27. exp Counseling/
28. (counseling or supportive psychotherap\*).ab,ti.
29. 27 or 28
30. 10 or 15 or 16 or 21 or 25 or 26 or 29
31. 3 and 30
32. exp Randomized controlled trial/ or \*Clinical Trial/ or \*Random allocation/ or exp Controlled clinical trial/
33. randomized controlled trial.pt.
34. (random\* adj3 trial).ab,ti.
35. (clinical trial or random allocation or controlled clinical trial).ab,ti.
36. 32 or 33 or 34 or 35
37. 31 and 36
38. limit 37 to humans