

Supplementary Table S1 Prevalence of pain problems in the Phendo sample

Pain problem	Counts	Prevalence (%) ^a
Pelvic pain	3,969	57.3
Lower back pain	3,413	49.2
Ovarian pain	3,029	43.7
Epigastric pain	2,856	41.2
Abdominal pain	2,690	38.8
Headache	2,644	38.1
Uterine pain	2,582	37.2
Leg pain	1,998	28.8
Vaginal pain	1,919	27.7
Hip pain	1,691	24.4
Rectal pain	1,526	22.0
Neck pain	1,230	17.7
Joint pain	1,146	16.5
Chest pain	1,026	14.8
Intestinal pain	1,023	14.7
Shoulder pain	986	14.2
Dysuria	944	13.6
Cervical pain	901	13.0
Breast pain	722	10.4
Rib pain	706	10.1
Bone pain	570	8.2
Diaphragm pain	490	7.0
Arm pain	419	6.0
Dyspareunia	403	5.8
Mouth pain	313	4.5

^aNumber of participants who tracked a question was variable, but the total sample size of 6,925 was used to compute all pain problem prevalences.

Supplementary Table S2 Prevalence of pain problems in the Columbia University Irving Medical Center electronic health record sample (n = 4,398)

SNOMED CT	Pain problem	Counts	Prevalence (%)
200219	Abdominal pain ^a	1,603	36.5
4147829	Pain in pelvis ^a	1,312	29.8
77670	Chest pain ^b	405	9.2
77074	Joint pain	334	7.6
134736	Backache	299	6.8
4024561	Pain in lower limb	261	5.9
378253	Headache	248	5.6
318736	Migraine	232	5.2
197684	Dysuria	191	4.3
4009890	Pain in upper limb	149	3.3
442752	Muscle pain	114	2.6
24134	Neck pain	107	2.4
4170554	Hip pain	35	0.8
440704	Chronic pain syndrome	20	0.4
4129418	Bone pain	16	0.3
438867	Generalized aches and pains	10	0.2
379031	Pain in eye	6	0.1
137856	Atypical facial pain	4	0.09
4168686	Jaw pain	2	0.05

Note: Out of the total 6,925, only 5,406 participants tracked pain at least once in Phendo. Denominator of 6,925 is used to compute prevalence rates.

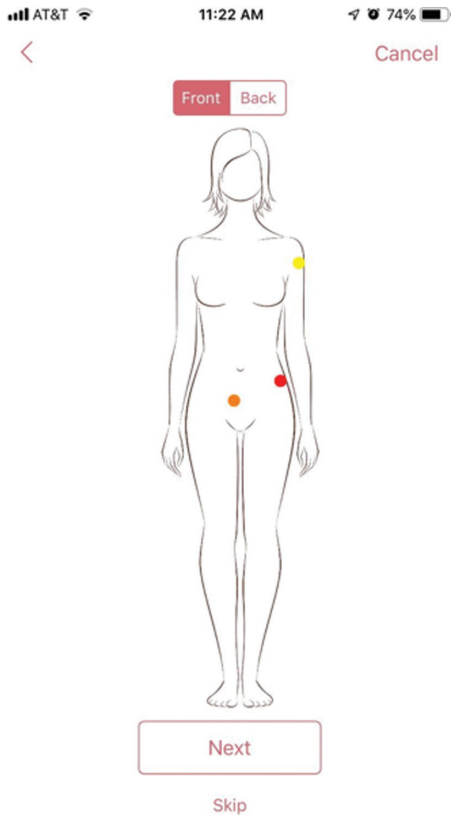
^a588 instances counted under both categories.

^b101 breast pain occurrences were found under “chest pain.”

Supplementary Table S3 Prevalence of self-management techniques reported (%) in the Phendo sample

Self-management technique	Count	Prevalence (%)
Rest	3,625	52.3
Heat pack	3,509	50.6
Breathing exercises	2,584	37.3
Stretching	2,471	35.6
None	2,047	29.5
Massage	1,364	19.7
Medical marijuana	986	14.2
Talk therapy	836	12.0
Alcohol	834	12.0
Cannabidiol oil	822	11.8
Ice pack	480	6.9
Tens	434	6.2
Pelvic floor therapy	379	5.4
Physical therapy	320	4.6
Acupuncture	194	2.8

Note: Out of the total 6,925, only 6,025 participants tracked at least one self-management technique in Phendo. Denominator of 6,925 is used to compute prevalence rates.



Supplementary Figure S1 Phendo pain location and intensity response item. Mild pain in shoulder, moderate pain in ovary, and severe pain in hip are selected in the example.