

Appendix 2: Modified Brief Discern codebook

Brief Discern question	Brief Discern codebook
1. Is it clear what sources of information were used to compile the publication (other than the author or producer)?	YES: At least one specific peer reviewed reference mentioned in the video.
	NO: No specific peer reviewed reference mentioned in the video.
5. Is it clear when the information used or reported in the publication was produced?	YES: Specific date of a peer reviewed reference mentioned in the video (not publication date of video itself).
	NO: No specific publication date of a peer reviewed reference mentioned in the video.
9. Does it describe how each treatment works?	YES: Description of the treatment should be based on current mainstream biologically plausible theory. Eg biopsychosocial pain theory.
	NO: Argument for video content founded on arguments incorporating terms such as tension, release, stretch, swelling, adjustment of discs, leg length, and spinal rotation. OR No description of how treatment works
10. Does the publication describe the benefits of each treatment?	YES: At least one benefit for low back pain or disability resulting from the activity described in the video - eg pain, disability, emotional state. No evidence is required.
	NO: No benefits for low back pain described
11. Does it describe the risks of each treatment?	YES; At least one medical risk of the intervention described in the video content (eg stroke, paralysis etc) This excludes minor temporary local soreness.
	NO: no medical risks of the intervention described in the video.
13. Does it describe how the treatment choices affect overall quality of life?	YES; There is at least one broad statement describing the overall effect of treatment - ie not just reduced back pain or disability.
	NO: No mention of influence of the intervention on the overall quality of life.

