

## Appendix 3: ALBP Checklist

ALBP Checklist	ALBP codebook - definitions
1.Acute (Suitable for acute patients)	<p><b>YES:</b> The exercises and advice are of appropriate intensity and scope for early onset low back pain in a middle aged individual of average fitness and flexibility level. Yoga, pilates, and walking are all equally effective for example.</p> <p><b>NO:</b> The exercises and advice are not suitable as described above</p>
2. ADL (Activities of daily living)  Lancet: “Advice to remain active”	<p><b>YES:</b> At least ONE mention of:            Activities of daily living (ADL) during video            This includes walking, modifying environment, sport and recreation, modifying ADL, maintaining ADL.</p> <p><b>NO:</b> No mention of ADL as described above</p>
3. Analgesia	<p><b>YES:</b> At least one mention of:            1) Over the counter pharmacological analgesia            OR            2) non-pharmacological self-management described in guidelines (for example NSAIDS, heat, ice, pacing, effect of exercises on pain)</p> <p><b>NO:</b> No mentions of pharmacological or non-pharmacological analgesia</p>
4. Reassuring affect	<p><b>YES:</b> Is the video emotionally reassuring overall?            This includes: education content, editing, music, encouraging fear or catastrophizing, and/or loud, urgent, or frantic narration.</p> <p><b>NO:</b> Not reassuring overall as per description of reassuring affect as described above.</p>
5. Appropriate Prognosis	<p><b>YES:</b> Author describes:            1) Plausible prognosis consistent with Lancet non-specific acute low back pain guidelines.            Not overpromising.</p> <p><b>NO:</b>            1) Overpromising. Terms such as “fix”, “cure” “instant” indicate unrealistic prognosis. Also discouraging imaging..            OR            2) No prognosis mentioned.</p>
6. Red flags	<p><b>YES:</b> At least one mention of referral to mainstream medical provider for formal advice in video content.            OR            Mention of alternative medical diagnosis or symptoms including: cauda equina, renal problems, abdominal aortic aneurysm, cancer, infection</p>
	<p><b>NO:</b> No mention of referral to mainstream medical provider for formal advice in video content            OR            No mention of medical diagnosis for low back pain</p>

