

**Supplemental table 2.** List of P4W animated educational videos with essential messages and evidence-based information related to musculoskeletal pain and work.

# Video & Link	Title	Description	Inspired in the article
1 <a href="https://youtu.be/7cao2oIyomg">https://youtu.be/7cao2oIyomg</a>	P4Work   Best Practices for Musculoskeletal Pain management (1): Patient-Centred Care	This is the first of three videos where you will learn about the best recommendations for addressing musculoskeletal pain in your clinical practice.  This video is mainly intended for healthcare professionals and the general public who want to learn more about the topic.	Lin I, Wiles L, Waller R, Goucke R, Nagree Y, Gibberd M, Straker L, Maher CG, O'Sullivan PPB. What does best practice care for musculoskeletal pain look like? Eleven consistent recommendations from high-quality clinical practice guidelines: systematic review. <i>Br J Sports Med.</i> 2020 Jan;54(2):79-86.
2 <a href="https://youtu.be/3qBWsV_v2nM">https://youtu.be/3qBWsV_v2nM</a>	P4Work   Best Practices for Musculoskeletal Pain management (2): Clinical Screening	This is the second of three videos where you will learn about the best recommendations for addressing musculoskeletal pain in your clinical practice.  This video is mainly intended for healthcare professionals and the general public who want to learn more about the topic.	Lin I, Wiles L, Waller R, Goucke R, Nagree Y, Gibberd M, Straker L, Maher CG, O'Sullivan PPB. What does best practice care for musculoskeletal pain look like? Eleven consistent recommendations from high-quality clinical practice guidelines: systematic review. <i>Br J Sports Med.</i> 2020 Jan;54(2):79-86.
3 <a href="https://youtu.be/wxLOG1yRVSg">https://youtu.be/wxLOG1yRVSg</a>	P4Work   Best Practices for Musculoskeletal Pain management (3): Interventions and Recommendations	This is the third of three videos where you will learn about the best recommendations for addressing musculoskeletal pain in your clinical practice.  This video is mainly intended for healthcare professionals and the general public who want to learn more about the topic.	Lin I, Wiles L, Waller R, Goucke R, Nagree Y, Gibberd M, Straker L, Maher CG, O'Sullivan PPB. What does best practice care for musculoskeletal pain look like? Eleven consistent recommendations from high-quality clinical practice guidelines: systematic review. <i>Br J Sports Med.</i> 2020 Jan;54(2):79-86.

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4 <a href="https://youtu.be/k1CAyUDr1xI">https://youtu.be/k1CAyUDr1xI</a>	P4Work   Recommendations for people suffering from Musculoskeletal Pain	In this video you will learn about the best and updated recommendations for people having musculoskeletal pain.  This video is intended for a public audience who want to learn more about the topic.	Lin I, Wiles L, Waller R, Goucke R, Nagree Y, Gibberd M, Straker L, Maher CG, O'Sullivan PPB. What does best practice care for musculoskeletal pain look like? Eleven consistent recommendations from high-quality clinical practice guidelines: systematic review. <i>Br J Sports Med.</i> 2020 Jan;54(2):79-86.
5 <a href="https://youtu.be/Bad9Wjb0hUU">https://youtu.be/Bad9Wjb0hUU</a>	P4Work   Best scientific evidence on self-management programs for chronic low back pain	This video you will learn about the importance of the self-management program for chronic low back pain. It wants to teach people how to manage their pain and better-known related care decisions.  This video is intended for a public audience who want to learn more about the topic.	Lin I, Wiles L, Waller R, Goucke R, Nagree Y, Gibberd M, Straker L, Maher CG, O'Sullivan PPB. What does best practice care for musculoskeletal pain look like? Eleven consistent recommendations from high-quality clinical practice guidelines: systematic review. <i>Br J Sports Med.</i> 2020 Jan;54(2):79-86  Du S, Hu L, Dong J, Xu G, Chen X, Jin S, Zhang H, Yin H. Self-management program for chronic low back pain: A systematic review and meta-analysis. <i>Patient Educ Couns.</i> 2017 Jan;100(1):37-49

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6 <a href="https://youtu.be/9De7xeDATGU">https://youtu.be/9De7xeDATGU</a>	P4Work   What everyone should know about low back pain	In this video you will learn about the concept of "Low Back Pain" and related issues such as prevalence, prognosis, and evidence-based recommendations for its management.  This video is intended for a public audience who want to learn more about the topic.	Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karppinen J, Pransky G, Sieper J, Smeets RJ, Underwood M; Lancet Low Back Pain Series Working Group. What low back pain is and why we need to pay attention. <i>Lancet</i> . 2018 Jun 9;391(10137):2356-2367.  Foster NE, Anema JR, Cherkin D, Chou R, Cohen SP, Gross DP, Ferreira PH, Fritz JM, Koes BW, Peul W, Turner JA, Maher CG; Lancet Low Back Pain Series Working Group. Prevention and treatment of low back pain: evidence, challenges, and promising directions. <i>Lancet</i> . 2018 Jun 9;391(10137):2368-2383.
7 <a href="https://youtu.be/aGEKmT81S-A">https://youtu.be/aGEKmT81S-A</a>	P4Work   Recovery expectations and prognosis in Low Back Pain	In this video you will learn more about how positive or negative expectations might influence return to work after a low back pain episode.  This video is intended for a public audience who want to learn more about the topic.	Hayden JA, Wilson MN, Riley RD, Iles R, Pincus T, Ogilvie R. Individual recovery expectations and prognosis of outcomes in non-specific low back pain: prognostic factor review. <i>Cochrane Database Syst Rev</i> . 2019 Nov 25;2019(11):CD011284

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8 <a href="https://youtu.be/BVJy3DxURL0">https://youtu.be/BVJy3DxURL0</a>	P4Work   Workplace interventions to prevent work disability in workers on sick leave	In this video you will learn about the possible workplace interventions that can be conducted to prevent work disability in workers on sick leave.  This video is intended for a general audience who wants to learn more about the topic. However, it is mainly meant for health professionals and persons responsible for occupational safety and health in businesses, companies, and institutions.	van Vilsteren M, van Oostrom SH, de Vet HC, Franche RL, Boot CR, Anema JR. Workplace interventions to prevent work disability in workers on sick leave. <i>Cochrane Database Syst Rev.</i> 2015 Oct 5;(10):CD006955.
9 <a href="https://youtu.be/j3Sh7AbdWVM">https://youtu.be/j3Sh7AbdWVM</a>	P4Work   Workplace interventions to reduce musculoskeletal pain in physically demanding jobs	In this video you will learn about workplace interventions to rehabilitate musculoskeletal disorders among employees with physically demanding work. It is about interventions and attitudes to be taken in the workplace to improve musculoskeletal pain management and to prevent injuries.  This video is intended for a general audience who wants to learn more about the topic. However, it is mainly meant for health professionals and persons responsible for occupational safety and health in businesses, companies, and institutions.	Sundstrup E, Seeberg KGV, Bengtsen E, Andersen LL. A Systematic Review of Workplace Interventions to Rehabilitate Musculoskeletal Disorders Among Employees with Physical Demanding Work. <i>J Occup Rehabil.</i> 2020 Dec;30(4):588-612.

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10 <a href="https://youtu.be/neobG3tqmV4">https://youtu.be/neobG3tqmV4</a>	P4Work   Pain at work? Be active	In this video you will learn about different practical strategies to manage and prevent musculoskeletal pain at the workplace.  This video is intended for a public audience who want to learn more about the topic.	The episode is inspired by the idea awarded at the first Prevent4Work Symposium held in Milan on November 15th, 2019.
11 <a href="https://youtu.be/-ncVBf5rSrU">https://youtu.be/-ncVBf5rSrU</a>	P4Work   Benefits from ergonomic interventions for musculoskeletal pain management at work	In this video you will learn about the current evidence of several ergonomic interventions intended to prevent and manage musculoskeletal pain in the upper limb and neck among office workers.  This video is intended for a public audience who want to learn more about the topic.	Hoe VC, Urquhart DM, Kelsall HL, Zamri EN, Sim MR. Ergonomic interventions for preventing work-related musculoskeletal disorders of the upper limb and neck among office workers. <i>Cochrane Database Syst Rev.</i> 2018 Oct 23;10(10):CD008570.
12 <a href="https://youtu.be/8yKWk2oE85A">https://youtu.be/8yKWk2oE85A</a>	P4Work   Low Back Pain Course for workers	Introduction to the course "Low Back Pain", addressed to workers for all activity sectors and occupations.	
13 <a href="https://youtu.be/Vp5IwXiVu8c">https://youtu.be/Vp5IwXiVu8c</a>	P4Work   Current evidence for the treatment and management of Low Back Pain	In this video you will learn more about the management and treatment options of Low Back Pain according to current evidence-based guidelines.  This video is intended for a public audience who want to learn more about the topic.	Foster NE, Anema JR, Cherkin D, Chou R, Cohen SP, Gross DP, Ferreira PH, Fritz JM, Koes BW, Peul W, Turner JA, Maher CG; Lancet Low Back Pain Series Working Group. Prevention and treatment of low back pain: evidence, challenges, and promising directions. <i>Lancet.</i> 2018 Jun 9;391(10137):2368-2383.

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14 <a href="https://youtu.be/iaP4YnUXRjA">https://youtu.be/iaP4YnUXRjA</a>	P4Work   Neck Pain Course for workers	Introduction to the "Neck Pain course", addressed to workers for all activity sectors and occupations.	
15 <a href="https://youtu.be/oDoySdozQKI">https://youtu.be/oDoySdozQKI</a>	P4Work   How to help reduce the burden of Low Back Pain	In this video you will learn about what information health providers can offer to help those patients suffering from acute or chronic low back pain.  This video is mainly intended for healthcare professionals and the general public who want to learn more about the topic.	Lim YZ, Chou L, Au RT, Seneviwickrama KMD, Cicuttini FM, Briggs AM, Sullivan K, Urquhart DM, Wluka AE. People with low back pain want clear, consistent and personalised information on prognosis, treatment options and self-management strategies: a systematic review. <i>J Physiother.</i> 2019 Jul;65(3):124-135.
16 <a href="https://youtu.be/WSoWBDsQIcY">https://youtu.be/WSoWBDsQIcY</a>	P4Work   How does Low Back Pain behave?	In this video you will learn about the most common symptoms trajectories for low back pain. You will know about practical strategies for advising individual patients on how to behave in the presence of low back pain.  This video is mainly intended for healthcare professionals and the general public who want to learn more about the topic.	Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karppinen J, Pransky G, Sieper J, Smeets RJ, Underwood M; Lancet Low Back Pain Series Working Group. What low back pain is and why we need to pay attention. <i>Lancet.</i> 2018 Jun 9;391(10137):2356-2367.
17 <a href="https://youtu.be/tBMjdNIZwI0">https://youtu.be/tBMjdNIZwI0</a>	P4Work   Predicting factors for Low Back Pain	In this video you will learn about some of the factors related to positive or negative outcomes of low back pain.  This video is intended for a public audience who want to learn more about the topic.	Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karppinen J, Pransky G, Sieper J, Smeets RJ, Underwood M; Lancet Low Back Pain Series Working Group. What low back pain is and why we need to pay

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			attention. <i>Lancet</i> . 2018 Jun 9;391(10137):2356-2367.
18 <a href="https://youtu.be/kXBnxSlilDA">https://youtu.be/kXBnxSlilDA</a>	P4Work   Epidemiology of Low Back Pain	In this video you will learn about the social and economic impact of low back pain and what the evolution perspectives for the future are.  This video is intended for a public audience who want to learn more about the topic.	Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karppinen J, Pransky G, Sieper J, Smeets RJ, Underwood M; Lancet Low Back Pain Series Working Group. What low back pain is and why we need to pay attention. <i>Lancet</i> . 2018 Jun 9;391(10137):2356-2367.
19 <a href="https://youtu.be/eWdm4H5yTYU">https://youtu.be/eWdm4H5yTYU</a>	P4Work   Neuroscience Education for Chronic Low Back Pain	In this video you will learn about what Pain Neuroscience Education (PNE) is and why it is used.  This video is intended for a public audience who want to learn more about the topic.	Tegner H, Frederiksen P, Esbensen BA, Juhl C. Neurophysiological Pain Education for Patients with Chronic Low Back Pain: A Systematic Review and Meta-Analysis. <i>Clin J Pain</i> . 2018 Aug;34(8):778-786.
20 <a href="https://youtu.be/k0J08OUw8pc">https://youtu.be/k0J08OUw8pc</a>	P4Work   What is neck pain?	In this video you will learn about what neck pain is, its classification, its prognosis, and some guidelines for neck pain management.  This video is intended for a public audience who want to learn more about the topic.	Parikh P, Santaguida P, Macdermid J, Gross A, Eshtiaghi A. Comparison of CPG's for the diagnosis, prognosis and management of non-specific neck pain: a systematic review. <i>BMC Musculoskelet Disord</i> . 2019 Feb 14;20(1):81.

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21 <a href="https://youtu.be/sS-Cxg_RO7A">https://youtu.be/sS-Cxg_RO7A</a>	P4Work   What is the current evidence for the management and treatment of Neck Pain?	In this video you will learn more about the management and treatment options of non-specific neck pain according to current evidence-based guidelines.  This video is intended for a public audience who want to learn more about the topic.	Sterling M, de Zoete RMJ, Coppieters I, Farrell SF. Best Evidence Rehabilitation for Chronic Pain Part 4: Neck Pain. <i>J Clin Med.</i> 2019 Aug 15;8(8):1219.  Ainpradub K, Sitthipornvorakul E, Janwantanakul P, van der Beek AJ. Effect of education on non-specific neck and low back pain: A meta-analysis of randomized controlled trials. <i>Man Ther.</i> 2016 Apr;22:31-41.  Miyamoto GC, Lin CC, Cabral CMN, van Dongen JM, van Tulder MW. Cost-effectiveness of exercise therapy in the treatment of non-specific neck pain and low back pain: a systematic review with meta-analysis. <i>Br J Sports Med.</i> 2019 Feb;53(3):172-181.
22 <a href="https://youtu.be/jdUYCN6Zb64">https://youtu.be/jdUYCN6Zb64</a>	P4Work   Low Back Pain classification	In this video you will learn about the specific pathologies associated with low back pain and clinical presentations, indicating the risk of severe pathology.  This video is intended for a public audience who want to learn more about the topic.	Henschke N, Maher CG, Ostelo RW, de Vet HC, Macaskill P, Irwig L. Red flags to screen for malignancy in patients with low-back pain. <i>Cochrane Database Syst Rev.</i> 2013 Feb 28;(2):CD008686.  Premkumar A, Godfrey W, Gottschalk MB, Boden SD. Red

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			Flags for Low Back Pain Are Not Always Really Red: A Prospective Evaluation of the Clinical Utility of Commonly Used Screening Questions for Low Back Pain. <i>J Bone Joint Surg Am.</i> 2018 Mar 7;100(5):368-374.
23 <a href="https://youtu.be/aJFMfwPlcrM">https://youtu.be/aJFMfwPlcrM</a>	P4Work   Living with Chronic Pain	In this video you will learn about how to optimize lifestyle in people with chronic pain.  This video is intended for a public audience who want to learn more about the topic.	Parikh P, Santaguida P, Macdermid J, Gross A, Eshtiaghi A. Comparison of CPG's for the diagnosis, prognosis and management of non-specific neck pain: a systematic review. <i>BMC Musculoskelet Disord.</i> 2019 Feb 14;20(1):81.
24 <a href="https://youtu.be/0btt6pf6JjM">https://youtu.be/0btt6pf6JjM</a>	P4Work   Working with Chronic Pain	In this video you will learn why work is a resource that should be maintained, even if working is not pain-free.  This video is intended for a public audience who want to learn more about the topic.	Cullen KL, Irvin E, Collie A, Clay F, Gensby U, Jennings PA, Hogg-Johnson S, Kristman V, Laberge M, McKenzie D, Newnam S, Palagyi A, Ruseckaite R, Sheppard DM, Shourie S, Steenstra I, Van Eerd D, Amick BC 3rd. Effectiveness of Workplace Interventions in Return-to-Work for Musculoskeletal, Pain-Related and Mental Health Conditions: An Update of the Evidence and Messages for Practitioners. <i>J Occup Rehabil.</i> 2018 Mar;28(1):1-15.  Norström, F., Waenerlund, AK.,

# Video & Link	Title	Description	Inspired in the article
			Lindholm, L. et al. Does unemployment contribute to poorer health-related quality of life among Swedish adults?. BMC Public Health 19, 457 (2019).
25 <a href="https://youtu.be/QWwM9a100Oc">https://youtu.be/QWwM9a100Oc</a>	P4Work   Epidemiology of Neck Pain	In this video you will learn about the social and economic impact of neck pain and what are the statistics of neck pain on a global scale.  This video is intended for a public audience who want to learn more about the topic.	Safiri S, Kolahi AA, Hoy D, Buchbinder R, Mansournia MA, Bettampadi D, Ashrafi-Asgarabad A, Almasi-Hashiani A, Smith E, Sepidarkish M, Cross M, Qorbani M, Moradi-Lakeh M, Woolf AD, March L, Collins G, Ferreira ML. Global, regional, and national burden of neck pain in the general population, 1990-2017: systematic analysis of the Global Burden of Disease Study 2017. BMJ. 2020 Mar 26;368:m791.  Hallman DM, Holtermann A, Dencker-Larsen S, et al. Are trajectories of neck-shoulder pain associated with sick leave and work ability in workers? A 1-year prospective study. BMJ Open 2019;9:e022006.

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26 <a href="https://youtu.be/frMTiNSf7P4">https://youtu.be/frMTiNSf7P4</a>	P4Work   How to reduce Work-related Neck Pain	In this video you will learn about what physical exercises can be performed using a rubber band in order to reduce neck pain.  This video is intended for a public audience who want to learn more about the topic.	Parikh P, Santaguida P, Macdermid J, Gross A, Eshtiaghi A. Comparison of CPG's for the diagnosis, prognosis and management of non-specific neck pain: a systematic review. BMC Musculoskelet Disord. 2019 Feb 14;20(1):81.
27 <a href="https://youtu.be/yIqUyw526Mo">https://youtu.be/yIqUyw526Mo</a>	P4Work   Is working good for you? (1): Health, work, and wellbeing	In this video you will learn about how work, health, and wellbeing may influence each other.  This video is intended for a public audience who want to learn more about the topic.	Waddell G, Burton AK. Is work good for your health and wellbeing? The Stationery Office, London, UK. (2006) ISBN 9780117036949
28 <a href="https://youtu.be/tIy6mqMHZhg">https://youtu.be/tIy6mqMHZhg</a>	P4Work   Is working good for you? (2): Unemployment and health	In this video you will learn about how unemployment can actually influence our mental and physical health.  This video is intended for a public audience who want to learn more about the topic.	Waddell G, Burton AK. Is work good for your health and wellbeing? The Stationery Office, London, UK. (2006) ISBN 9780117036949
29 <a href="https://youtu.be/qKNZT3RuCa0">https://youtu.be/qKNZT3RuCa0</a>	P4Work   Is working good for you? (3): Employment and health	In this video you will learn about the benefits that meaningful employment has on our health.  This video is intended for a public audience who want to learn more about the topic.	Waddell G, Burton AK. Is work good for your health and wellbeing? The Stationery Office, London, UK. (2006) ISBN 9780117036949
30 <a href="https://youtu.be/ywtIBLsoQHg">https://youtu.be/ywtIBLsoQHg</a>	P4Work   Is working good for you? (4): Re-employment and health	In this video you will learn about the therapeutic effect of getting back into the workforce after a period of unemployment.	Waddell G, Burton AK. Is work good for your health and wellbeing? The Stationery Office, London, UK.

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		This video is intended for a public audience who want to learn more about the topic.	(2006) ISBN 9780117036949
31 <a href="https://youtu.be/wLuhGLFtelw">https://youtu.be/wLuhGLFtelw</a>	P4Work   Is working good for you? (5): Therapeutic effect for Musculoskeletal Pain	In this video you will learn about the benefits of employment and re-employment for people with musculoskeletal pain and why work should be considered therapeutic.  This video is intended for a public audience who want to learn more about the topic.	Waddell G, Burton AK. Is work good for your health and well-being? The Stationery Office, London, UK. (2006) ISBN 9780117036949