Supplementary Online Content

eTable 1. List of Analgesics Assessed on Medical Record Review
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This supplementary material has been provided by the authors to give readers additional information about their work.

eTable 1. List of Analgesics Assessed on Medical Record Review

Non-Steroidal Anti-Inflammatory Drugs (NSAIDs)	Ibuprofen, Naproxen, Etodolac, Diclofenac, Meloxicam, Salsalate, Sulindac, Aspirin (≥325mg), Celecoxib
Muscle Relaxants	Cyclobenzaprine, Methocarbamol, Tizanidine
Antidepressants	Amitriptyline, Nortriptyline, Duloxetine
Gabapentinoids	Gabapentin, Pregabalin
Opioids	Hydrocodone, Oxycodone, Morphine, Methadone, Fentanyl, Tramadol, Codeine
Topical	Capsaicin, Lidocaine, Menthol-salicylate, Diclofenac gel
Supplements	Glucosamine, Hyaluronic acid (oral)
Other	Acetaminophen

eTable 2. Prescribed Opioid Morphine Milligram Equivalent (MME) Data

	MED Group					CBT Group				
Timepoint	**BL**	**3mo**	**6mo**	**9mo**	**12mo**	**BL**	**3mo**	**6mo**	**9mo**	**12mo**
Mean	68.6	64.5	61.2	59.4	54.1	76.2	70.8	72.7	70.9	66.7
SD	81.0	73.7	75.2	77.1	73.3	96.5	94.7	96.8	97.6	96.1
Median	40	40	40	30	30	45	40	40	40	40
Mode	40	40	40	30	0	30	30	30	30	30
Max	450	450	450	480	450	900	900	900	900	900
Min	8	0	0	0	0	10	0	0	0	0
Q1	23	20	20	20	15	30	30	30	30	20
Q3	69	71	71	69	60	90	90	90	90	90
Skew	2.7	2.6	2.8	2.9	2.9	5.4	5.7	5.4	5.3	5.5
Kurtosis	7.5	8.0	8.8	9.8	9.7	41.2	45.8	41.5	40.4	43.8
[a] BL compare	n/a	.67	.20	.07	0.006	n/a	.38	.51	.25	0.06
[b] Group compare 1	0.11	.30	.04	.06	0.06	0.11	.30	.04	.06	0.06
[c] Group compare 2	0.48	0.55	0.28	0.29	0.24	0.48	0.55	0.28	0.29	0.24

[a] BL compare = P-value of within group comparison to baseline values by Mann-Whitney U test.
[b] Group compare 1 = P-value of between group comparison at each timepoint by Mann-Whitney U test.
[c] Group compare 2 = P-value of between group comparison at each timepoint by Student's T-Test.

eTable 3. Number of Prescribed Analgesics Comparison

Timepoint	MED Group					CBT Group				
	BL	**3mo**	**6mo**	**9mo**	**12mo**	**BL**	**3mo**	**6mo**	**9mo**	**12mo**
Mean	0.3	2.2	1.7	1.4	1.3	0.3	0.8	0.7	0.7	0.8
SD	0.6	1.3	1.3	1.1	1.1	0.6	1.0	0.8	0.9	1.0
Median	0	2	2	1	1	0	0	1	0	1
Mode	0	3	2	1	1	0	0	0	0	0
Max	3	6	6	6	4	3	4	3	3	5
Min	0	0	0	0	0	0	0	0	0	0
Q1	0	1	1	1	0	0	0	0	0	0
Q3	1	3	3	2	2	1	1	1	1	1
Skew	1.8	0.3	0.5	0.7	0.5	2.0	1.2	1.0	1.1	1.5
Kurtosis	3.0	-0.2	0.0	0.8	-0.4	3.7	0.9	0.4	0.5	2.8
[a] BL compare	n/a	< .001	< .001	< .001	< .001	n/a	< .001	< .001	< .001	< .001
[b] Group compare 1	0.76	< .001	< .001	< .001	< .001	0.76	< .001	< .001	< .001	< .001
[c] Group compare 2	0.71	< .001	< .001	< .001	< .001	0.71	< .001	< .001	< .001	< .001

[a] BL compare = P-value of within group comparison to baseline values by Mann-Whitney U test.
[b] Group compare = P-value of between group comparison at each timepoint by Mann-Whitney U test.
[c] Group compare 2 = P-value of between group comparison at each timepoint by Student's T-Test.