SUPPLEMENTARY DIGITAL MATERIAL 2

Supplementary Table II.—Group scores, Between and within group differences for Kinesiophobia and Catastrophizing#.

Secondary Outcomes	Baseline	End of Treatment 4wk	Follow-up 2mo	4wk - Baseline	2mo - Baseline	2mo - 4wk
Kinesiophobia TSK(17-68)[b] Group 1 (n=30) Group 2 (n=30) Between Groups dif.	42.2 (39.68, 44.72) 39.2 (36.82, 41.58) 3 (-0.39, 6.39)	26.5 (24,75, 28.19) 26.8 (24,72, 28.88) -0.33 (-2.98, 2.31)	21.3 (19.50, 23.10) 22 (20.45, 23.62) 0.7 (-3.08, 1.62)	-15.7 (-18.59, -12.89)* -12.4 (-14.66, -10.14)*	-20.9 (-24.42, -17.37)* -17.2 (-20.05, -14.29)*	-5,2 (-6.47, -3.86)* -4.7(-6.52, -3.01)*
Catastrophizing PCS(0-52)[b] Group 1 (n=30) Group 2 (n=30) Between Groups dif.	16.8 (14.35, 19.25) 14.5 (12.29, 16.70) 2.3 (-0.92, 5.52)	3.6 (2.38, 4.88) 4.1 (2.81, 5.39) -4.7 (-2.22, 1.29)	1.5 (0.59, 2.41) 1.5 (0.68, 2.25) 0.03 (-1.14, 1.21)	-13.2 (-15.78, -10.55)* -10.4 (-12.10, -7.80)*	-15.3 (-18.11, -12.48)* -13.0 (-15.72, -10.35)*	-2.1 (-2.79, -1.48)* -2.6 (-3.74, -1.53)*
Rumination PCS (0-16)[b] Group 1 (n=30) Group 2 (n=30)	6.5 (5.70, 7.30) 5.0 (4.29, 5.71)	1.3 (0.73, 1.80) 1.4 (0.78, 2.09)	0.4 (0.08, 0.65) 0.4 (0.06, 0.67)	-5.2 (-6.29, -4.18)* -3.5 (-4.48, -2.66)*	-6.1 (-7.16, -5.11)* -4.6 (-5.49, -3.78)*	-0.9 (-1.44, -0.36)* -1.0 (-1.71, -

Between Groups dif.	1.5 (0.45, 2.55)*	-0.7 (-0.10, 0.66)	0.0 (-0.41, 0.41)			0.42)*
Magnification PCS (0-12)[b]						-0.7 (-0.97, -0.36)*
Group 1 (n=30)	3.8 (3.32, 4.28)	1.2 (0.83, 1.51)	0.5 (0.21, 0.79)	-2.6 (-3.14, -2.12)*	-3.3 (-3.86, -2.74)*	
Group 2 (n=30)	3.7 (2.94, 4.52)	1.2 (0.91, 1.62)	0.7 (0.42, 1.04)	-2.5 (-3.46, -1.47)*	-3.0 (-3.95, -2.05)*	-0.5 (-0.93, -0.13)*
Between Groups dif.	0.7(-0.84, 0.97)	-0.1 (-0.58, 0.38)	-0.2 (-0.65, 0.18)			
Helplessness PCS (0-24)[b]						-0.6 (-0.99, -0.34)*
Group 1 (n=30) Group 2 (n=30) Between Groups dif.	6.5 (5.06, 7.94) 5.6 (4.60, 6.93) 0.7 (-1.08, 2.54)	1.3 (0.58, 2.08) 1.5 (1.01, 2.06) -0.2 (-1.10, 0.70)	0.6 (0.01, 1.33) 0.3 (0.06, 0.67) 0.3 (-0.41, 1.01)	-5.1 (-6.56, -3.77)* -4.2 (-5.53, -2.94)*	-5.8 (-7.44, -4.22)* -5.4 (-6.81, -3.99)*	-1.1 (-1.76, -0.57)*

TSK:Tampa Scale Kinesiophobia, PCS:Pain Catastrophizing Scale

b. Low score indicates better value, # Values are presented as mean (95%CI), * $P<0.05$.