

# LBP-TBQ: Supplementary digital content 1

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## Descriptive statistics

### I. Descriptive statistics validity measures

Participants were invited to complete several existing measures of treatment and illness beliefs for questionnaire validation purposes. Means, standard deviations, ranges and internal consistency for the scales selected are presented below. Internal consistency for these measures was acceptable to excellent, with the exception of three scales (BMQ Harm, CAMBI holistic health, and MHLC doctors) that showed Cronbach's  $\alpha$  below .70.

Measure	Mean (SD)	Range	Cronbach's $\alpha$
BMQ Harm	10.40 (2.71)	4-20	.68
BMQ Overuse	12.02 (3.00)	4-20	.76
CAMBI Holistic Health	27.3 (5.32)	6-42	.56
BIPQ consequences	5.91 (2.95)	0-10	-
BIPQ timeline	7.98 (2.79)	0-10	-
BIPQ personal control	4.34 (2.72)	0-10	-
BIPQ treatment control	5.50 (2.95)	0-10	-
BIPQ identity	6.32 (2.61)	0-10	-
BIPQ concern	6.89 (2.97)	0-10	-
BIPQ understanding	6.50 (3.01)	0-10	-
BIPQ emotional responses	6.11 (3.10)	0-10	-
CEQ credibility – medication (N=95)	1.27 (2.26)	(z score)	.85
CEQ expectancy – medication	1.07 (2.38)	(z score)	.85
CEQ credibility – manual therapy (N=104)	-.09 (2.85)	(z score)	.94
CEQ expectancy – manual therapy	.15 (2.97)	(z score)	.96
CEQ credibility – acupuncture (N=100)	-1.21 (2.63)	(z score)	.89
CEQ expectancy – acupuncture	-1 (2.79)	(z score)	.96
CEQ credibility – exercise (N=116)	.09 (2.70)	(z score)	.89
CEQ expectancy – exercise	-.16 (2.75)	(z score)	.94
HCAMQ Attitudes to CAM	22.91 (5.03)	6-36	.71
TSK-11 Activity Avoidance	15.5 (3.75)	6-24	.81
MHLC internal	19 (6.91)	6-36	.89
MHLC doctors	9.88 (3.04)	3-18	.63

### II. Perceptions of low back pain causes

Participants were requested to specify if they consider that several causes might be related to their low back pain (response scale from 1='Strongly disagree' to 5='Strongly agree'). Most participants perceived their low back pain as due to wear and tear (69%), own behavior (60.1%), ageing (53.6%), accident or injury (49.7%), a physical problem in their back (47.6%), or overwork (31.5%). The other causes were less frequently considered as applicable (less than 30% of participants agreed with these as possible causes).

Cause	Mean (SD)*	N (%) - Agree or Strongly Agree
Stress or worry	2.10 (1.26)	86 (20%)
Hereditary - it runs in my family	2.08 (1.28)	79 (18.4%)
A germ or virus	1.52 (.84)	14 (3.3%)
Diet or eating habits	1.80 (1.09)	53 (12.4%)
Chance or bad luck	2.25 (1.28)	96 (22.4%)
Poor medical care in my past	1.92 (1.17)	59 (22.4%)
Own behaviour ( e.g. lifting, posture, lack of exercise)	3.30 (1.39)	258 (60.1%)
Mental attitude (e.g. thinking about life negatively)	1.71 (.99)	32 (7.5%)
Family problems or worries	1.71 (.99)	35 (8.2%)
Overwork	2.43 (1.41)	135 (31.5%)
My emotional state e.g. feeling down, lonely, anxious, empty	1.84 (1.08)	46 (10.7%)
Ageing	3.10 (1.34)	230 (53.6%)
Accident or injury	3.07 (1.51)	213 (49.7%)
Malformation of the spine	2.12 (1.29)	76 (17.7%)
Pregnancy or giving birth	1.82 (1.25)	59 (13.8%)
Wear and tear	3.52 (1.33)	296 (69%)
A physical problem in my back, e.g. a 'slipped disc'	3.05 (1.50)	204 (47.6%)
A specific disease in my back, e.g. osteoporosis	2.21 (1.35)	89 (20.7%)

\*Note: Range 1-5.

### III. Treatment experience

Participants were asked if they experience a range of treatments at present, if they experienced them in the past, and (in case of a positive answer to either) how satisfied were they with the treatment (response scale from 1='very dissatisfied' to 5='very satisfied'). Most participants were using at present medication (52.9%), self-management (45.2%), self-help (39.4%). In the past, most participants had used physiotherapy (63.6%), followed by medication (48.5%), exercise (43.6%), self-help (37.3%), and chiropractic (31.9%). All other treatments were or had been used by less than 30% of participants. Mean satisfaction with treatment ranged between 2.91 (acupuncture) and 3.44 (massage).

Treatments experienced	At present (%)	In the past (%)	Satisfaction with treatment* (mean; SD; N)
Pain relief medication	52.9	48.5	3.17; 1.09; 380
Physiotherapy	12.1	63.6	2.97; 1.24; 308
Exercise (recommended by a medical professional)	25.9	43.6	3.21; 1.08; 270
Acupuncture	5.8	29.6	2.91; 1.38; 150
Osteopathy	2.3	19.8	3.11; 1.31; 94
Chiropractic	7.5	31.9	3.10; 1.35; 163
Massage	8.9	29.6	3.44; 1.04; 158
Psychological therapy	2.6	6.3	3.08; 1.18; 36
Spinal injections	6.5	21.4	2.94; 1.51; 112
Spinal fusion	1.4	4.0	3.05; 1.43; 22
Other spinal surgery	2.1	7.5	3.34; 1.33; 35
Pain clinic / Back classes	7.0	16.8	3.05; 1.29; 97
Self-help techniques e.g. hot water bottle	39.4	37.3	3.16; .94; 277
Managing your daily activities	45.2	24.0	3.20; .87; 249

\*Note: Range 1-5.