**SHERRIFF et al., 2023 [Modified Delphi Study]**

If using or citing the dataset, please reference the associated publication:

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DATA CODING KEY:

**ROUND 1 (n = 39)**

**Participant\_ID**

Participant’s unique identity number

**Completion\_Date**

Date participant submitted online survey

**Q1\_Consent**

I confirm that I have read and understood the information provided and I agree to take part in the study.

**1 = YES / TICKED / SELECTED / APPLICABLE**

SUB-SECTION: (1) PATIENT’S BELIEFS AND CHARACTERISTICS

Q2. What is your opinion of the following aspects of the patient’s treatment history?

RESPONSE OPTIONS (Questions 2\_1 to 2\_3)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q2\_1** :– **Actively investigating patient’s needs, feelings, preferences, and previous experiences**.

[Please tick applicable box(es)]

Q2\_1\_Valid

I think it is a valid approach

Q2\_1\_Use

I use this approach in practice

Q2\_1\_Conf

I am confident to use without training

Q2\_1\_NA

Not Applicable

**Q2\_2** :– **Supporting the patient in reframing negative memories (e.g., reinterpret an x-ray / scan or explain radiological reports / GP letters)**.

[Please tick applicable box(es)]

Q2\_2\_Valid

I think it is a valid approach

Q2\_2\_Use

I use this approach in practice

Q2\_2\_Conf

I am confident to use without training

Q2\_2\_NA

Not Applicable

**Q2\_3** :– **Taking note of inaccurate knowledge from previous treatment experiences (e.g., ‘my spine is crumbling’ or ‘my back is worn out’)**.

[Please tick applicable box(es)]

Q2\_3\_Valid

I think it is a valid approach

Q2\_3\_Use

I use this approach in practice

Q2\_3\_Conf

I am confident to use without training

Q2\_3\_NA

Not Applicable

Q3. What is your opinion of attempting to create positive outcomes via the following approaches?

RESPONSE OPTIONS (Questions 3\_1 to 3\_4)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q3\_1** :– **Communicating to patients an intervention is likely to be effective (e.g., ‘this treatment usually works for most people with low back pain’)**.

[Please tick applicable box(es)]

Q3\_1\_Valid

I think it is a valid approach

Q3\_1\_Use

I use this approach in practice

Q3\_1\_Conf

I am confident to use without training

Q3\_1\_NA

Not Applicable

**Q3\_2** :– **Emphasising positive outcomes such as overall pain-reducing effects (e.g., ‘manual or physical therapies are often as effective as painkillers’)**.

[Please tick applicable box(es)]

Q3\_2\_Valid

I think it is a valid approach

Q3\_2\_Use

I use this approach in practice

Q3\_2\_Conf

I am confident to use without training

Q3\_2\_NA

Not Applicable

**Q3\_3** :– **Being optimistic during the consultation and regarding their dysfunction (e.g., ‘I believe you will get back to your usual level of functioning again’)**.

[Please tick applicable box(es)]

Q3\_3\_Valid

I think it is a valid approach

Q3\_3\_Use

I use this approach in practice

Q3\_3\_Conf

I am confident to use without training

Q3\_3\_NA

Not Applicable

**Q3\_4** :– **Helping patients associate hands on techniques with positive outcomes using positive verbal instructions (e.g., ‘I expect your pain will improve after this manipulation’)**.

[Please tick applicable box(es)]

Q3\_4\_Valid

I think it is a valid approach

Q3\_4\_Use

I use this approach in practice

Q3\_4\_Conf

I am confident to use without training

Q3\_4\_NA

Not Applicable

Q4. What is your opinion of attempting to reduce negative outcomes via the following approaches?

RESPONSE OPTIONS (Questions 4\_1 to 4\_6)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q4\_1** :– **Reinforcing a shift in patient’s negative thoughts to positive ones (e.g., outcomes to highlight progress)**.

[Please tick applicable box(es)]

Q4\_1\_Valid

I think it is a valid approach

Q4\_1\_Use

I use this approach in practice

Q4\_1\_Conf

I am confident to use without training

Q4\_1\_NA

Not Applicable

**Q4\_2** :– **Rephrasing negative information (e.g., during leg flexion test: ‘this procedure may lead to a slight increase in pain’ rather say instead: ‘this procedure might be a bit uncomfortable but only temporarily’)**.

[Please tick applicable box(es)]

Q4\_2\_Valid

I think it is a valid approach

Q4\_2\_Use

I use this approach in practice

Q4\_2\_Conf

I am confident to use without training

Q4\_2\_NA

Not Applicable

**Q4\_3** :– **Describing how (un)common side effects are numerically (e.g., 1 in 100 people)**.

[Please tick applicable box(es)]

Q4\_3\_Valid

I think it is a valid approach

Q4\_3\_Use

I use this approach in practice

Q4\_3\_Conf

I am confident to use without training

Q4\_3\_NA

Not Applicable

**Q4\_4** :– **Anticipating and helping reduce patient’s anxiety about the treatment / procedure**.

[Please tick applicable box(es)]

Q4\_4\_Valid

I think it is a valid approach

Q4\_4\_Use

I use this approach in practice

Q4\_4\_Conf

I am confident to use without training

Q4\_4\_NA

Not Applicable

**Q4\_5** :– **Allocating time for patients to ask about negative aspects of treatment**.

[Please tick applicable box(es)]

Q4\_5\_Valid

I think it is a valid approach

Q4\_5\_Use

I use this approach in practice

Q4\_5\_Conf

I am confident to use without training

Q4\_5\_NA

Not Applicable

**Q4\_6** :– **Avoiding negative phrases (e.g. ‘wear and tear’, ‘damage’, ‘degeneration’, ‘ongoing’ instead of ‘chronic’ pain, ‘plan activities’ instead of ‘do exercise’ )**.

[Please tick applicable box(es)]

Q4\_6\_Valid

I think it is a valid approach

Q4\_6\_Use

I use this approach in practice

Q4\_6\_Conf

I am confident to use without training

Q4\_6\_NA

Not Applicable

Q5. What is your opinion of the following cognitive behavioural strategies?

RESPONSE OPTIONS (Questions 5\_1 to 5\_8)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q5\_1** :– **Reframing patient’s prior misconceptions about low back pain (e.g., ‘pain is not always a sign of physical tissue damage’, ‘your spine is flexible not fragile’)**.

[Please tick applicable box(es)]

Q5\_1\_Valid

I think it is a valid approach

Q5\_1\_Use

I use this approach in practice

Q5\_1\_Conf

I am confident to use without training

Q5\_1\_NA

Not Applicable

**Q5\_2** :– **Reframing patient’s prior misconceptions about treatment (e.g., ‘bed rest does not usually help patients recover faster but modified activity can’)**.

[Please tick applicable box(es)]

Q5\_2\_Valid

I think it is a valid approach

Q5\_2\_Use

I use this approach in practice

Q5\_2\_Conf

I am confident to use without training

Q5\_2\_NA

Not Applicable

**Q5\_3** :– **Explaining the multi-dimensional nature (biopsychosocial aspects) of pain (i.e., beliefs, emotions, and behaviours (movement and lifestyle)) via suitable educational materials**.

[Please tick applicable box(es)]

Q5\_3\_Valid

I think it is a valid approach

Q5\_3\_Use

I use this approach in practice

Q5\_3\_Conf

I am confident to use without training

Q5\_3\_NA

Not Applicable

**Q5\_4** :– **Clarifying maladaptive perceptions (e.g., catastrophising: ‘My vertebrae are out of line. I stopped gardening, so I won’t end up in wheelchair’)**.

[Please tick applicable box(es)]

Q5\_4\_Valid

I think it is a valid approach

Q5\_4\_Use

I use this approach in practice

Q5\_4\_Conf

I am confident to use without training

Q5\_4\_NA

Not Applicable

**Q5\_5** :– **Assisting in decreasing fear-avoidance and harm beliefs along with avoidant behaviours**.

[Please tick applicable box(es)]

Q5\_5\_Valid

I think it is a valid approach

Q5\_5\_Use

I use this approach in practice

Q5\_5\_Conf

I am confident to use without training

Q5\_5\_NA

Not Applicable

**Q5\_6** :– **Helping patients plan and monitor treatment success (e.g., SMART goals, motivational interviewing)**.

[Please tick applicable box(es)]

Q5\_6\_Valid

I think it is a valid approach

Q5\_6\_Use

I use this approach in practice

Q5\_6\_Conf

I am confident to use without training

Q5\_6\_NA

Not Applicable

**Q5\_7** :– **Empowering patients to self-care and anticipate barriers (e.g., reminders, implementation intentions, journal / logbook, NHS online self-care resources)**.

[Please tick applicable box(es)]

Q5\_7\_Valid

I think it is a valid approach

Q5\_7\_Use

I use this approach in practice

Q5\_7\_Conf

I am confident to use without training

Q5\_7\_NA

Not Applicable

**Q5\_8** :– **Developing patient’s self-confidence in performing and persisting with a new behaviour to pursue a goal**.

[Please tick applicable box(es)]

Q5\_8\_Valid

I think it is a valid approach

Q5\_8\_Use

I use this approach in practice

Q5\_8\_Conf

I am confident to use without training

Q5\_8\_NA

Not Applicable

Q6. What is your opinion of considering sociocultural contexts?

RESPONSE OPTIONS (Questions 6\_1 to 6\_2)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q6\_1** :– **Displaying a balanced attitude to patient’s alternative or cultural beliefs if not harmful (e.g. acupuncture)**.

[Please tick applicable box(es)]

Q6\_1\_Valid

I think it is a valid approach

Q6\_1\_Use

I use this approach in practice

Q6\_1\_Conf

I am confident to use without training

Q6\_1\_NA

Not Applicable

**Q6\_2** :– **Involving significant others and/or primary carers in treatment**.

[Please tick applicable box(es)]

Q6\_2\_Valid

I think it is a valid approach

Q6\_2\_Use

I use this approach in practice

Q6\_2\_Conf

I am confident to use without training

Q6\_2\_NA

1 = Not Applicable

Optional:

**Q7.** **Please provide any additional ideas / suggestions concerning patient’s characteristics and beliefs you may have based on your expertise, and practice with chronic LBP patients.**

[Please specify any further suggestions:]

{Open-ended free text responses}

[Q7\_1\_Suggest to Q7\_5\_Suggest]

SUB-SECTION: (2) PRACTITIONER’S BELIEFS AND CHARACTERISTICS

Q8. What is your opinion of demonstrating your expertise via the following approaches?

RESPONSE OPTIONS (Questions 8\_1 to 8\_4)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q8\_1** :– **Prescribing or administering treatments you believe and expect to be effective**.

[Please tick applicable box(es)]

Q8\_1\_Valid

I think it is a valid care strategy

Q8\_1\_Use

I use this care strategy in practice

Q8\_1\_EnTx

It might enhance treatment effects

Q8\_1\_NA

Not Applicable

Q8\_2 :– **Clearly communicating your expectations (i.e., what you anticipate will occur) whilst administering care**.

[Please tick applicable box(es)]

Q8\_2\_Valid

I think it is a valid care strategy

Q8\_2\_Use

I use this care strategy in practice

Q8\_2\_EnTx

It might enhance treatment effects

Q8\_2\_NA

Not Applicable

**Q8\_3** :– **Using indicators of expertise / high status (e.g. health qualifications, professional memberships) in offices or correspondence**.

[Please tick applicable box(es)]

Q8\_3\_Valid

I think it is a valid care strategy

Q8\_3\_Use

I use this care strategy in practice

Q8\_3\_EnTx

It might enhance treatment effects

Q8\_3\_NA

Not Applicable

**Q8\_4** :– **Wearing a laboratory coat / medical apparel or tailored / formal clothing to symbolise professionalism**.

[Please tick applicable box(es)]

Q8\_4\_Valid

I think it is a valid care strategy

Q8\_4\_Use

I use this care strategy in practice

Q8\_4\_EnTx

It might enhance treatment effects

Q8\_4\_NA

Not Applicable

Q9. What is your opinion of adapting your mindset or attitude via the following approaches?

RESPONSE OPTIONS (Questions 9\_1 to 9\_3)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q9\_1** :– **Remaining attentive and fully focused on the patient throughout the appointment**.

[Please tick applicable box(es)]

Q9\_1\_Valid

I think it is a valid care strategy

Q9\_1\_Use

I use this care strategy in practice

Q9\_1\_EnTx

It might enhance treatment effects

Q9\_1\_NA

Not Applicable

**Q9\_2** :– **Being genuine and honest to instil a sense of trustworthiness and authenticity**.

[Please tick applicable box(es)]

Q9\_2\_Valid

I think it is a valid care strategy

Q9\_2\_Use

I use this care strategy in practice

Q9\_2\_EnTx

It might enhance treatment effects

Q9\_2\_NA

Not Applicable

**Q9\_3** :– **Displaying self-confidence without appearing arrogant or dismissive**.

[Please tick applicable box(es)]

Q9\_3\_Valid

I think it is a valid care strategy

Q9\_3\_Use

I use this care strategy in practice

Q9\_3\_EnTx

It might enhance treatment effects

Q9\_3\_NA

Not Applicable

Optional:

**Q10. Please provide any additional ideas / suggestions concerning practitioner’s characteristics and beliefs you may have based on your expertise, and practice with chronic LBP patients.**

[Please specify any further suggestions:]

{Open-ended free text responses}

[Q10\_1\_Suggest to Q10\_5\_Suggest]

SUB-SECTION: (3) PATIENT–PRACTITIONER RELATIONSHIP

Q11. What is your opinion of displaying the following non-verbal behaviours?

RESPONSE OPTIONS (Questions 11\_1 to 11\_5)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q11\_1** :– **Being warm, confident, friendly, relaxed and open during the appointment**.

[Please tick applicable box(es)]

Q11\_1\_Valid

I think it is a valid approach

Q11\_1\_Use

I use this approach in practice

Q11\_1\_Conf

I am confident to use without training

Q11\_1\_NA

Not Applicable

**Q11\_2** :– **Using eye contact, smiling, caring expressions of support and interest to convey empathy and compassion**.

[Please tick applicable box(es)]

Q11\_2\_Valid

I think it is a valid approach

Q11\_2\_Use

I use this approach in practice

Q11\_2\_Conf

I am confident to use without training

Q11\_2\_NA

Not Applicable

**Q11\_3** :– **Using affirmative head nodding, forward leaning, open body postures / orientations**.

[Please tick applicable box(es)]

Q11\_3\_Valid

I think it is a valid approach

Q11\_3\_Use

I use this approach in practice

Q11\_3\_Conf

I am confident to use without training

Q11\_3\_NA

Not Applicable

**Q11\_4** :– **Not rushing or interrupting the patient; giving them time to tell their story**.

[Please tick applicable box(es)]

Q11\_4\_Valid

I think it is a valid approach

Q11\_4\_Use

I use this approach in practice

Q11\_4\_Conf

I am confident to use without training

Q11\_4\_NA

Not Applicable

**Q11\_5** :– **Applying different forms of touch (e.g., assistive touch, touch to prepare the patient, touch to provide information, touch to reassure the patient)**.

[Please tick applicable box(es)]

Q11\_5\_Valid

I think it is a valid approach

Q11\_5\_Use

I use this approach in practice

Q11\_5\_Conf

I am confident to use without training

Q11\_5\_NA

Not Applicable

Q12. What is your opinion of the following aspects of the patient-centred approach?

RESPONSE OPTIONS (Questions 12\_1 to 12\_8)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q12\_1** :– **Using verbal expressions of empathy, support, and language reciprocity (e.g. using the patient’s words / phrasing)**.

[Please tick applicable box(es)]

Q12\_1\_Valid

I think it is a valid approach

Q12\_1\_Use

I use this approach in practice

Q12\_1\_Conf

I am confident to use without training

Q12\_1\_NA

Not Applicable

Q12\_2 :– **Ensuring the patient feels listened to and heard (e.g., active listening or noting their responses)**.

[Please tick applicable box(es)]

Q12\_2\_Valid

I think it is a valid approach

Q12\_2\_Use

I use this approach in practice

Q12\_2\_Conf

I am confident to use without training

Q12\_2\_NA

Not Applicable

**Q12\_3** :– **Adopting psychosocial talk or partnership statements (e.g. we, us, together)**.

[Please tick applicable box(es)]

Q12\_3\_Valid

I think it is a valid approach

Q12\_3\_Use

I use this approach in practice

Q12\_3\_Conf

I am confident to use without training

Q12\_3\_NA

Not Applicable

**Q12\_4** :– **Requesting the patient’s opinions and demonstrating you trust and respect them**.

[Please tick applicable box(es)]

Q12\_4\_Valid

I think it is a valid approach

Q12\_4\_Use

I use this approach in practice

Q12\_4\_Conf

I am confident to use without training

Q12\_4\_NA

Not Applicable

**Q12\_5** :– **Individualising the interaction style according to a patient’s preference (e.g., collaborative or authoritative)**.

[Please tick applicable box(es)]

Q12\_5\_Valid

I think it is a valid approach

Q12\_5\_Use

I use this approach in practice

Q12\_5\_Conf

I am confident to use without training

Q12\_5\_NA

Not Applicable

**Q12\_6** :– **Providing treatment choices and encouraging patients to choose option(s) if they so wish**.

[Please tick applicable box(es)]

Q12\_6\_Valid

I think it is a valid approach

Q12\_6\_Use

I use this approach in practice

Q12\_6\_Conf

I am confident to use without training

Q12\_6\_NA

Not Applicable

**Q12\_7** :– **Engaging in collaborative decision-making with patients (e.g. mutually agreed and flexible goals)**.

[Please tick applicable box(es)]

Q12\_7\_Valid

I think it is a valid approach

Q12\_7\_Use

I use this approach in practice

Q12\_7\_Conf

I am confident to use without training

Q12\_7\_NA

Not Applicable

**Q12\_8** :– **Promoting the patient’s sense of relatedness and partnership with you (i.e., therapeutic alliance)**.

[Please tick applicable box(es)]

Q12\_8\_Valid

I think it is a valid approach

Q12\_8\_Use

I use this approach in practice

Q12\_8\_Conf

I am confident to use without training

Q12\_8\_NA

Not Applicable

Q13. What is your opinion of using the following diagnostic practices?

RESPONSE OPTIONS (Questions 13\_1 to 13\_4)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q13\_1** :– **Providing a detailed, definitive, and confident diagnosis**.

[Please tick applicable box(es)]

Q13\_1\_Valid

I think it is a valid approach

Q13\_1\_Use

I use this approach in practice

Q13\_1\_Conf

I am confident to use without training

Q13\_1\_NA

Not Applicable

**Q13\_2** :– **Providing effective reassurance via clear and understandable explanations**.

[Please tick applicable box(es)]

Q13\_2\_Valid

I think it is a valid approach

Q13\_2\_Use

I use this approach in practice

Q13\_2\_Conf

I am confident to use without training

Q13\_2\_NA

Not Applicable

**Q13\_3** :– **Asking questions about the meaning of the patient’s symptoms (i.e., what symptoms indicate to them)**.

[Please tick applicable box(es)]

Q13\_3\_Valid

I think it is a valid approach

Q13\_3\_Use

I use this approach in practice

Q13\_3\_Conf

I am confident to use without training

Q13\_3\_NA

Not Applicable

**Q13\_4** :– **Examining the patient fully using appropriate therapeutic ‘hands on’ touch during the clinical examination**.

[Please tick applicable box(es)]

Q13\_4\_Valid

I think it is a valid approach

Q13\_4\_Use

I use this approach in practice

Q13\_4\_Conf

I am confident to use without training

Q13\_4\_NA

Not Applicable

Optional:

**Q14. Please provide any additional ideas / suggestions concerning the patient-practitioner relationship you may have based on your expertise, and practice with chronic LBP patients.**

[Please specify any further suggestions:]

{Open-ended free text responses}

[Q14\_1\_Suggest to Q14\_5\_Suggest]

SUB-SECTION: (4) TREATMENT CHARACTERISTICS

Q15. What is your opinion when explaining the following treatment options?

RESPONSE OPTIONS (Questions 15\_1 to 15\_3)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q15\_1** :– **Overtly encouraging patients to engage in therapy / exercise with an optimistic mindset to try establish positive associations with pain relief**.

[Please tick applicable box(es)]

Q15\_1\_Valid

I think it is a valid care strategy

Q15\_1\_Use

I use this care strategy in practice

Q15\_1\_EnTx

It might enhance treatment effects

Q15\_1\_NA

Not Applicable

**Q15\_2** :– **Encouraging patients to find suitable incentives / reinforcement strategies to increase daily activity (e.g., personalised activities, exercise partners)**.

[Please tick applicable box(es)]

Q15\_2\_Valid

I think it is a valid care strategy

Q15\_2\_Use

I use this care strategy in practice

Q15\_2\_EnTx

It might enhance treatment effects

Q15\_2\_NA

Not Applicable

**Q15\_3** :– **To show and tell the patient that as a therapy is applied it helps (e.g. ‘I am applying pressure here because it helps…’)**.

[Please tick applicable box(es)]

Q15\_3\_Valid

I think it is a valid care strategy

Q15\_3\_Use

I use this care strategy in practice

Q15\_3\_EnTx

It might enhance treatment effects

Q15\_3\_NA

Not Applicable

Q16. What is your opinion of the following appointment features?

RESPONSE OPTIONS (Questions 16\_1 to 16\_3)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q16\_1** :– **Ensuring the patient is cared for by the same practitioner / therapist (i.e., continuity of care)**.

[Please tick applicable box(es)]

Q16\_1\_Valid

I think it is a valid care strategy

Q16\_1\_Use

I use this care strategy in practice

Q16\_1\_EnTx

It might enhance treatment effects

Q16\_1\_NA

Not Applicable

**Q16\_2** :– **Verbalising future treatment plans by stating the number of appointments and/or follow-ups (e.g. ‘I will treat you every second week for 30 minutes’)**.

[Please tick applicable box(es)]

Q16\_2\_Valid

I think it is a valid care strategy

Q16\_2\_Use

I use this care strategy in practice

Q16\_2\_EnTx

It might enhance treatment effects

Q16\_2\_NA

Not Applicable

**Q16\_3** :– **Increasing the frequency and/or duration of appointments (i.e., provide extra time / attention)**.

[Please tick applicable box(es)]

Q16\_3\_Valid

I think it is a valid care strategy

Q16\_3\_Use

I use this care strategy in practice

Q16\_3\_EnTx

It might enhance treatment effects

Q16\_3\_NA

Not Applicable

Q17. What is your opinion of the following alternative feedback strategies?

RESPONSE OPTIONS (Questions 17\_1 to 17\_2)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q17\_1** :– **Administering treatments along with visual feedback (e.g., using mirrors during exercises)**.

[Please tick applicable box(es)]

Q17\_1\_Valid

I think it is a valid care strategy

Q17\_1\_Use

I use this care strategy in practice

Q17\_1\_EnTx

It might enhance treatment effects

Q17\_1\_NA

Not Applicable

**Q17\_2** :– **Enabling patients to engage with other patients undergoing treatment with positive results (e.g. group exercise classes, sharing success stories / testimonials, informally in the waiting area)**.

[Please tick applicable box(es)]

Q17\_2\_Valid

I think it is a valid care strategy

Q17\_2\_Use

I use this care strategy in practice

Q17\_2\_EnTx

It might enhance treatment effects

Q17\_2\_NA

Not Applicable

Optional:

**Q18. Please provide any additional ideas / suggestions concerning the treatment characteristics you may have based on your expertise, and practice with chronic LBP patients.**

[Please specify any further suggestions:]

{Open-ended free text responses}

[Q18\_1\_Suggest to Q18\_5\_Suggest]

SUB-SECTION: (5) HEALTHCARE SETTING / ENVIRONMENT

Q19. What is your opinion of the following interior design and layout strategies?

RESPONSE OPTIONS (Questions 19\_1 to 19\_4)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q19\_1** :– **Ensuring facilities have ample natural light or windows, and are suitably heated / ventilated (i.e., comfortable temperature)**.

[Please tick applicable box(es)]

Q19\_1\_Valid

I think it is a valid care strategy

Q19\_1\_Use

I use this care strategy in practice

Q19\_1\_EnTx

It might enhance treatment effects

Q19\_1\_NA

Not Applicable

**Q19\_**2 :– **Ensuring treatment facilities have privacy provisions (e.g., private changing area and treatment room, curtains / blinds on windows**).

[Please tick applicable box(es)]

Q19\_2\_Valid

I think it is a valid care strategy

Q19\_2\_Use

I use this care strategy in practice

Q19\_2\_EnTx

It might enhance treatment effects

Q19\_2\_NA

Not Applicable

**Q19\_3** :– **Considering seating provisions in the waiting areas (e.g., quantity, varying chair sizes, general arrangement)**.

[Please tick applicable box(es)]

Q19\_3\_Valid

I think it is a valid care strategy

Q19\_3\_Use

I use this care strategy in practice

Q19\_3\_EnTx

It might enhance treatment effects

Q19\_3\_NA

Not Applicable

**Q19\_4** :– **Considering seating provisions in treatment office (e.g., relative position to desk, additional chairs for carer)**.

[Please tick applicable box(es)]

Q19\_4\_Valid

I think it is a valid care strategy

Q19\_4\_Use

I use this care strategy in practice

Q19\_4\_EnTx

It might enhance treatment effects

Q19\_4\_NA

Not Applicable

Q20. What is your opinion of the setting’s decor?

RESPONSE OPTIONS (Questions 20\_1 to 20\_5)

**1 = STATEMENT TICKED / SELECTED;**

**0 = STATEMENT NOT TICKED / NOT SELECTED.**

**Q20\_1** :– **Waiting areas and treatment facilities are uncluttered and tidy**.

[Please tick applicable box(es)]

Q20\_1\_Valid

I think it is a valid care strategy

Q20\_1\_Use

I use this care strategy in practice

Q20\_1\_EnTx

It might enhance treatment effects

Q20\_1\_NA

Not Applicable

**Q20\_2** :– **Providing visual indicators or cues to signify it is a medical setting (e.g., model of spine, patient information brochures, medicalised décor)**.

[Please tick applicable box(es)]

Q20\_2\_Valid

I think it is a valid care strategy

Q20\_2\_Use

I use this care strategy in practice

Q20\_2\_EnTx

It might enhance treatment effects

Q20\_2\_NA

Not Applicable

**Q20\_3** :– **Decorating the waiting area with cheerful ornamentation (e.g., healthy indoor plants, leisure reading materials, comfortable cushions)**.

[Please tick applicable box(es)]

Q20\_3\_Valid

I think it is a valid care strategy

Q20\_3\_Use

I use this care strategy in practice

Q20\_3\_EnTx

It might enhance treatment effects

Q20\_3\_NA

Not Applicable

**Q20\_4** :– **Combining positive distractors such as soft or soothing music, nice aromas, hot or cold beverages**.

[Please tick applicable box(es)]

Q20\_4\_Valid

I think it is a valid care strategy

Q20\_4\_Use

I use this care strategy in practice

Q20\_4\_EnTx

It might enhance treatment effects

Q20\_4\_NA

Not Applicable

**Q20\_5** :– **Using nature artworks that include green vegetation, flowers, or water may help to reduce anxiety**.

[Please tick applicable box(es)]

Q20\_5\_Valid

I think it is a valid care strategy

Q20\_5\_Use

I use this care strategy in practice

Q20\_5\_EnTx

It might enhance treatment effects

Q20\_5\_NA

Not Applicable

Optional:

**Q21. Please provide any additional ideas / suggestions concerning the healthcare environment you may have based on your expertise, and practice with chronic LBP patients**.

[Please specify any further suggestions:]

{Open-ended free text responses}

[Q21\_1\_Suggest to Q21\_5\_Suggest]

SUB-SECTION: (6): DEMOGRAPHICS (Question 22 to Question 27)

**Q22\_Age**

Age (years) [Please enter a number.]

**Q23\_Gender**

Gender [please select option from drop-down menu]

1 = Male

2 = Female

3 = Non-binary

4 = Prefer not to disclose

5 = Other\*

**\*Q23a\_Gen\_Other**

[If you selected Other, please specify:]

**Q24\_Prac\_Type**

Practitioner Type: [please select one option]

1 = Chiropractor

2 = Osteopath

3 = Physiotherapist

4 = Sports Therapist

5 = Prefer not to disclose

6 = Other\*

\***Q24a\_Prac\_Other**

[If you selected Other, please specify:]

**Q25\_Clin\_Exp**

Years of Clinical Experience (Post-Qualifying):

[Please enter a number (years).]

**Q26\_Prac\_Setting**

Current Practice Setting: [please select one option]

1 = Private practice

2 = Public (NHS setting)

3 = Combination of both

4 = Prefer not to disclose

5 = Other\*

\***Q26a\_Setting\_Other**

[If you selected Other, please specify:]

**Q27\_Prac\_Region**

Current Practice Region: [please select option from drop-down menu]

1 = Northern Ireland

2 = Scotland

3 = Wales

4 = North East and Cumbria

5 = North West

6 = Yorkshire and the Humber

7 = West Midlands

8 = East Midlands

9 = London

10 = East of England

11 = South East

12 = South West

13 = Prefer not to disclose

14 = Other\*

\***Q27a\_Region\_Other**

[If you selected Other, please specify:]