| **Variable** | **Description of variable** | | **Possible data** | **Response option and scoring** | | | **Data type** | | | **Time points** | | | | | | | | | | | | | | | **Reference** | | | **Group of patients** | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **S=String**  **Ca=Categorical**  **O=Ordinal**  **Co=Continuous** | | | **Baseline** | | | **1 m** | | | **3m** | | | **6m** | | | **12m** | | | **Private** | | | | **Elderly** | | | | **Children** | | | |
| **Demographics** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| age | Age of patient | | 0-110 | Age in years | | | **Co** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| gender | Sex of patient | | 0  1 | 0=Female  1=Male | | | **Ca** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| latency | How long has it been since the patient contacted the physiotherapist | | 1-7 | 1= <1w  2= 1-2w  3= 2-4w  4= 4w-3m  5= 3-6m  6= 6-12m  7= >1 year | | | **O** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| priokey | The physiotherapists’s prioritization | | 1-4 | 1= Quick start of intervention is essential and waiting time will lead to negative consequences.  2= Good treatment outcome is associated with early intervention  3= Intervention is expected to have good effect, but start of treatment can wait up to 1 month.  4= Intervention is expedient for maintenance and improvement of activities of daily living, but start of intervention can wait without any significant consequences. | | | **O** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| comob\_\* | Specify diagnosis of comorbidity  (multiple choice) | | 1 | Scoring 1=patient has scored  Missing= patient has not scored  comob\_psycho  comob\_arthrosis  comob\_rheumatism  comob\_headache  comob\_dizziness  comob\_neuro  comob\_cardio  comob\_other  comob\_otherspec | | | **Ca**  **S** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| height | Height in centimeters (cm) | | 100-240 | Cm | | | **Co** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| weight | Weight in kilograms (kg) | | 30-300 | Kg | | | **Co** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| smoking | Smoking? | | 0  1 | 0= No  1=Yes | | | **Ca** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | |  | | | |
| education | Highest level of education? | | 1-5 | 1= Primary school or lower  2= High school  3= Up to 4 years college/university  4= > 4 years college/university  5= Other | | | **O** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | |  | | | |
| ethnicity | Where are you born? | | 1-3 | 1= Norway  2= Europe, North America and Oceania  3= Africa, Asia, South- or Central America | | | **Ca** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| marital | Marital status | | 1-4 | 1= Married/cohabitant  2= Divorced  3= Widow/widower  4= Single | | | **Ca** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | |  | | | |
| family | Living situation | | 1  2 | 1= Alone in own home  2= With others in own home | | | **Ca** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | |  | | | |
| family\_child | How many children below 18 years old do you have daily care for? | | 1-4 | 1= 1 child  2= 2 children  3= 3 children  4= >3 children | | | **0** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | |  | | | |
| treatment\_12m | Have you received treatment for your complaints during the last year? | | 0-3 | 0= None treatments last 12 months  1= 1-5 treatments last 12 months  2= 6-10 treatments last 12 months  3= More than 10 treatments last 12 months | | | **Ca** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| treat\_goal\_base | Main treatment goal is set in collaboration with the patient. Evaluated at follow up. | |  | Free text | | | **S** | | | x | | | x | | | x | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| treat\_base | Main treatment intervention is set in collaboration with the patient. Evaluated at follow-up. | |  | Free text | | | **S** | | | x | | | x | | | x | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
|  |  | |  |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | | |  | | | |  | | | |
| **Disability and function** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | |  | | | |  | | | |
| activity\_1 | How much reduced is your activities of daily life because of pain or complaints? | | 1-4 | 1= Very reduced  2= Quite reduced  3= Slightly reduced  4= Not reduced | | | **O** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| physio\_diagnosis | Diagnosis defined by the physiotherapist and not from the referral. | |  | Free text | | | **S** | | | x | | |  | | |  | | |  | | |  | | |  | | | x | | | | x | | | | x | | | |
| psfs1\_1 | Patient-Specific Functional Scale. Patients in collaboration with therapist define 3 activities. | | 0-10 | NRS: 0-10, where 0= no problem to perform activity and 10= Not able to perform activity) | | | **C** | | | x | | | x | | | x | | | x | | | x | | | 1 | | | x | | | | x | | | | x | | | |
| psfs1\_act\_1 | Patient-Specific Functional Scale activity definition | |  | Free text | | | **S** | | |  | | |  | | |  | | |  | | |  | | |  | | |  | | | |  | | | |  | | | |
| eq5d\_walk\_1  eq5d\_care\_1  eq5d\_adl\_1  eq5d\_pain\_1  eq5d\_depr\_1 | Health related quality of life. Consists of 5 items related to mobility, self- care, usual activities, pain, anxiety/depression. | | 1-5 | See labels in the dataset for each of the 5 variables | | | **O** | | | x | | |  | | | x | | | x | | | x | | | 2 | | | x | | | | x | | | |  | | | |
| pai\_group\_1 | Physical activity level defined as 3 groups | | 1-3 | 1= Inactive  2=Medium  3= High | | | **Ca** | | | x | | |  | | | x | | | x | | | x | | |  | | |  | | | |  | | | |  | | | |
| **Employment/work** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| employment\_1 | Employment situation. Multiple choice. | | 1-8 | 1= Working and no welfare  2= Working, 100 % sick leave  3= Working, 50-90% sick leave  4= Working, < 50 sick leave  5=Work allowance  6= Other: Student,retiree, non-paid work  7= Disability pension  8= Unemployed | | | Ca | | | x | | |  | | | x | | | x | | | x | | |  | | | **x** | | | | **x** | | | |  | | | |
| work\_ability\_1 | What is your current ability compared with the lifetime best? | | 0-10 | NRS: 0-10, where 0 =cannot work and 10=working at best | | | Co | | | x | | |  | | | x | | | x | | | x | | | 3 | | | x | | | | x | | | |  | | | |
| work\_type\_1 | Description of the work type | | 1-4 | 1= Mostly seated  2= Work demands much walking  3= Work demands much walking and lifting  4= Heavy work using the body | | | Ca | | | x | | |  | | |  | | |  | | |  | | |  | | |  | | | |  | | | |  | | | |
| **Pain related variables** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| pain\_lweek\_1 | Pain intensity last week | | 0-10 | NRS: 0-10, where 0= no pain and 10= Pain as bad as it could be | | | Co | | | x | | |  | | | x | | | x | | | x | | | 4 | | | x | | | | x | | | |  | | | |
| pain\_duration\_1 | Pain duration | | 1-5 | 1= < 1 months  2= 1m- <3m  3= 3- <6m  4= 6-12m  5= > 1 year | | | O | | | x | | |  | | |  | | |  | | |  | | | 4 | | | x | | | | x | | | |  | | | |
| painsite\_1  painsite\_\* | Number of pain sites  Variable for each pain site is also given | | 0-10 |  | | | Co | | | x | | |  | | | x | | | x | | | x | | | 5 | | | x | | | | x | | | |  | | | |
| pain\_continuous\_1  pain\_vary\_1  pain\_variation\_1  pain\_freq\_1 | 1. Is the pain continually?  2. Does the pain intensity vary?  If yes on 2:  3.Describe the temporal aspects of the pain:  How often do you have pain | | 0  1  0  1  1  2  3  1  2  3  4 | 0= No, off and on  1= Yes, all the time  0= No, it is stable  1= Yes  1= Varies within the day  2= Varies from day to day  3= Other  1= Each day  2= Once or several days per week  3= Once or several times per week  4= Less than once per month | | | Ca | | | x | | |  | | | x | | | x | | | x | | |  | | | x | | | | x | | | |  | | | |
| medic\_1  medic\_number\_1 | Have you used pain medication the last week?  Number daily medicines: | | 0  1  0-2 | 0= No  1= Yes  0= None  1= 1-4  2= 5 or more | | | Ca | | | x | | |  | | | x | | | x | | | x | | |  | | | x | | | | x | | | |  | | | |
|  | | **Psychosocial factors** | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | |  | | | |  | | | |
| hscl10\_mean\_1  hscl10\_q\* | Hopkins Symptom Check List- 10 item version  Single items | | 1.0-4.0  1-4 | Each item is scored on a 4 point scale ranging from 1= not at all to 4= very much (extremely). Average item score is calculated. | Co  Ca | | | | x | | |  | | | x | | | x | | | X | | | 6 | | | x | | | |  | | | |  | | | |
| fear\_1 | How much fear do you have that these complaints would be increased by physical activity? | | 0-10 | NRS: 0-10, where 0= no fear and 10= very much fear | Co | | | | x | | |  | | |  | | |  | | |  | | | 7 | | | x | | | | x | | | |  | | | |
| Oreb\_sum\_1  Oreb\_q\* | Total score for Ørebro Screening questionnaire 10-item  Single items from the questionnaire | | 0-100  0-10 | Range: 0-100, where higher score indicate higher levels of estimated risk for developing pain related disability  Range from 0-10 | Co | | | | x | | |  | | |  | | |  | | |  | | | 4 | | | x | | | |  | | | |  | | | |
| pseq\_1  pseq\_q1\_1  pseq\_q2\_1 | Pain Self Efficacy Questionnaire-2 item.    Item 1: I can do some form of work, despite pain (work includes housework and paid and unpaid work).  Item 2: I can live a normal lifestyle, despite pain. | | 0-12  0-6  0-6 | Range: 0-12, where higher score indicate higher levels of self-efficacy  0-6, where 0= not at all confident and 6= completely confident.  0-6, where 0= not at all confident and 6= completely confident. | Co | | | | x | | |  | | | x | | | x | | | x | | | 9 | | | x | | | |  | | | |  | | | |
| treat\_belief | I believe physiotherapy will improve my function. | | 1-5 | 1= Totally agree  2= Agree  3= Neither agree nor disagree  4= Disagree  5=Totally disagree | O | | | | x | | |  | | | x | | | x | | | x | | | 10 | | | x | | | | x | | | | x | | | |
| sleep\_15D\_1 | Sleep item from SF-36 | | 1-5 | 1= Sleep normally  2= Slight problem  3= Moderate problem  4= Great problems  5= Severe sleeplessness | O | | | | x | | |  | | | x | | | x | | | x | | | 11  12 | | | x | | | |  | | | |  | | | |
| vital15D\_1 | Vitality item from SF 36. | | 1-5 | 1= Healthy and energetic  2= Slightly weary  3= Moderately weary  4= Very weary  5= Extremely weary | O | | | | x | | |  | | | x | | | x | | | x | | | x | | | |  | | | |  | | | |
|  | | **Region specific questionnaires** | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | |  | | | |  | | | |
| odi\_totsal\_1 | Neck Disability Index total score | | 0-100 | Range: 0-100, where 0= no disability and 100= 100% disability | | | Co | | | x | | |  | | | x | | | x | | | x | | | 17,18 | | | x | | | |  | | | |  | | | |
| odi\_total\_1 | Oswestry Disability Index total score | |  | Range: 0-100, where 0= no disability and 100= 100% disability | | | Co | | | x | | |  | | | x | | | x | | | x | | | 19 | | | x | | | |  | | | |  | | | |
| sbt\_risk\_1  sbt\_sub\_1  sbt\_sum\_1  sbt\_q\* | Keele STarTBack screening tool **risk groups**  Keele STarTBack screening tool  Psychological score  Keele STarTBack screening tool  Total score  Single items from the Keele STarTBack screening tool | | 1-3  0-5  0-9  0  1 | 1= Low risk  2= Medium risk  3= High risk  Range 0-5  Range: 0-9  0= No  1=Yes  See labels in the dataset for explanation of content | | | Ca  Co  Co  Ca | | | x | | |  | | |  | | |  | | |  | | | 20 | | | x | | | |  | | | |  | | | |
| spadi\_total\_1 | Shoulder Pain and Disability Index total score | | 0-100 | Range: 0-100, where 0= no disability and 100= 100% disability | | | Co | | | x | | |  | | | x | | | x | | | x | | | 21 | | | x | | | |  | | | |  | | | |
| isi\_total\_1 | Insomnia Severity Index, 7 items | | 0-28 | Range: 0-28, where higher scores indicate greater insomnia severity | | | Co | | | x | | |  | | | x | | | x | | | x | | | **27** | | | x | | | |  | | | |  | | | |
| **Evaluation of treatment** | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | |  | | | |  | | | |
| gpe\_3 | Global Perceived Effect (1-7) | | 1-7 | 1=Very much better  2=Much better  3=Slightly better  4=Neither better nor worse | | 5=Slightly worse  6=Much worse  7=Very much worse | | O | | |  | | |  | | | x | | | x | | | x | | | **28** | | | | x | | | | x | | | | x | | | |
| treat\_benefit\_3 | To what degree where your expectations to physiotherapy fulfilled? | | 1-5 | 1= Very much  2= Much  3= Some  4= Little  5= Very little | | | O | | |  | | |  | | | x | | | x | | | x | | |  | | | x | | | | x | | | | x | | | |
| treat\_expect\_3 | To what degree have you benefited from physiotherapy? | |  | | |  | | | x | | | x | | | x | | |  | | | x | | | | x | | | | x | | | |
| compliance | Patient compliance of treatment | | 1-4 | 1= Somewhat  2= Quite regularly  3= Very regularly  4= Not received exercises | | |  | | |  | | |  | | | x | | | x | | | x | | |  | | |  | | | |  | | | |  | | | |

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