

Appendix J. Individual study results and pooled effects log-transformed and back-transformed for primary outcome of pain-intensity

Source	Study design	Follow-up time point	Number of participants	Log MD [95% CI] ^a	Exp MD [95% CI] ^b
General Population					
Exercise vs. Control (short-term)^c					
<i>Haufe et al.</i> ²⁷ (2017)	RCT	5-months	189	-0.40 [-0.89 to 0.09]	0.67 [0.41 to 1.09]
<i>Pedersen et al.</i> ³⁴ (2013)	C-RCT (57 cluster)	5-months	334	-0.52 [-0.75 to -0.28]	0.59 [0.47 to 0.76]
Pooled effect				-0.50 [-0.71 to -0.28]	0.61 [0.49 to 0.76]
Exercise and Education vs. Control (short-term)					
<i>Lonn et al.</i> ³² (1999)	RCT	5-months	81 ^d	-0.45 [-0.78 to -0.12]	0.64 [0.46 to 0.89]
<i>Soukup et al.</i> ³⁶ (1999)	RCT	5-months	69	-0.04 [-0.37 to 0.29]	0.96 [0.69 to 1.34]
<i>Kamioka et al.</i> ³⁰ (2011)	C-RCT (4 clusters)	3-months	34	0.29 [-0.08 to 0.66]	1.34 [0.92 to 1.94]
Pooled effect				0.07 [-0.49 to 0.34]	0.93 [0.62 to 1.40]
Exercise and Education vs. Control (long-term)					
<i>Chaleat-Valayer et al.</i> ⁸ (2016)	RCT	18-months	280	-0.02 [-0.16 to 0.12]	0.98 [0.85 to 1.12]
<i>Glomsrod et al.</i> ²⁵ (2001); <i>Lonn et al.</i> ³² (1999)	RCT	12-months	73	-0.51 [-0.88 to -0.14]	0.60 [0.41 to 0.87]
<i>Soukup et al.</i> ³⁷ (2001); <i>Soukup et al.</i> ³⁶ (1999)	RCT	12-months	69	-0.21 [-0.56 to 0.14]	0.81 [0.57 to 1.15]
<i>Warming et al.</i> ⁴⁰ (2008) (TTPT)	C-RCT (11 clusters)	12-months	49	-0.32 [-1.77 to 1.13]	0.73 [0.17 to 3.10]
Pooled effect				-0.20 [-0.46 to 0.06]	0.82 [0.63 to 1.06]
Education vs. Control (short-term)					
<i>Donaldson et al.</i> ¹⁸ (1993)	RCT	3-months	172 ^d	-0.12 [-0.55 to 0.31]	0.89 [0.58 to 1.36]
<i>Irvine et al.</i> ²⁹ (2015) (FitBack program)	RCT	4-months	288	-0.71 [-2.02 to 0.60]	0.49 [0.13 to 1.83]
<i>Irvine et al.</i> ²⁹ (2015) (alternative care)	RCT	4-months	294	-0.10 [-1.02 to 0.82]	0.90 [0.36 to 2.27]
<i>Menzel et al.</i> ³³ (2006)	RCT	3-months	23	0.57 [-0.14 to 1.28]	1.77 [0.87 to 3.58]
Pooled effect				0.01 [-0.41 to 0.43]	1.01 [0.66 to 1.53]
Education vs. Control (long-term)					
<i>Jensen et al.</i> ⁷ (2006) (SMI)	C-RCT (19 clusters)	24-months	78	0.32 [-1.03 to 1.67]	1.28 [0.51 to 3.22]
<i>Warming et al.</i> ⁴⁰ (2008) (TT)	C-RCT (11 clusters)	12-months	48	0.19 [-1.06 to 1.44]	1.21 [0.35 to 4.24]
Pooled effect				0.25 [-0.67 to 1.17]	1.28 [0.51 to 3.22]
Ergonomic vs. Control (short-term)					
<i>Driessen et al.</i> ²⁰ (2011)	C-RCT (37 clusters)	6-months	552	0.16 [-1.17 to 1.49]	1.17 [0.31 to 4.45]
Ergonomic vs. Control (long-term)					
<i>Driessen et al.</i> ²⁰ (2011)	C-RCT (37 clusters)	12-months	538	0.23 [-1.22 to 1.68]	1.26 [0.30 to 5.37]
Ergonomic and Education vs. Control (short-term)					
<i>Ijzelenberg et al.</i> ²⁸ (2007)	C-RCT (18 clusters)	6-months	192	0.09 [-1.14 to 1.32]	1.09 [0.32 to 3.76]
Ergonomic and Education vs. Control (long-term)					
<i>Ijzelenberg et al.</i> ²⁸ (2007)	C-RCT (18 clusters)	12-months	184	0.00 [-1.27 to 1.27]	1.00 [0.28 to 3.58]
<i>Jensen et al.</i> ⁷ (2006) (TTI)	C-RCT (19 clusters)	24-months	82	0.08 [-1.47 to 1.63]	1.08 [0.23 to 5.09]
Pooled effect				0.03 [-0.95 to 1.02]	1.03 [0.39 to 2.76]
Pregnant Population					
Exercise vs. Control (short-term)					
<i>Eggen et al.</i> ²¹ (2012)	RCT	8-months	240	-0.22 [-0.81 to 0.37]	0.80 [0.45 to 1.44]
<i>Garshasbi et al.</i> ²³ (2005)	RCT	3-months	212	-0.03 [-0.19 to 0.13]	0.97 [0.83 to 1.14]

Pooled effect				-0.04 [-0.19 to 0.11]	0.96 [0.82 to 1.12]
Children					
Exercise and Education vs. Control (short-term)					
<i>Fanucchi et al,²² (2009)</i>	RCT	6-months	70	-0.15 [-2.95 to 2.65]	0.86 [0.05 to 14.20]

Abbreviations: Log, Logarithm; MD, Mean Difference; CI, Confidence Interval; Exp, Exponential; RCT, Randomised Controlled Trial; C-RCT, Cluster-Randomised Controlled Trial; TTPT, Transfer Technique and Physical Activity; TT, Transfer Technique; SMI, Stress Management Intervention; TTI, Transfer Technique Intervention.

^a A negative value of the log mean difference estimate represents an effect in favour of the intervention group.

^b Exp values were generated using the exponential of the log MD and represent the treatment effect as a ratio. Values below 0 represents an effect in favour of the intervention group.

^c Barene et al,¹⁷ (2014) was not included in this meta-analysis using log values as raw data was only presented as a mean difference 95% CI.

^d Only baseline data was available.

Short-term indicates follow-up assessment of less than 12-months.

Long-term indicates follow-up assessment of 12-months or more.