

## Supplementary material 1

# The Otago MASTER Trial

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## 1. Overview

Below, we present the estimated marginal means, standard error (SE) and 95% confidence intervals (CI) for estimates when analyzing data using the mixed-effect model, the robust mixed-effect model.

The estimated marginal means and standard errors are very similar between the standard and robust mixed-effect models for all outcomes. For that reason, we presented in the manuscript findings from the standard mixed-effect model in the main manuscript.



## 2. Pain at rest

#### 2.1. Mixed-effect model

Group	Time point	EMM	SE	95% CI	
Standardized	2	0.8	0.2	0.3 to 1.2	
Tailored	2	1.3	0.2	0.9 to 1.7	
Standardized	3	0.4	0.2	0.0 to 0.8	
Tailored	3	0.3	0.2	-0.1 to 0.7	
Standardized	4	0.4	0.2	0.0 to 0.8	
Tailored	4	0.3	0.2	0.0 to 0.7	

EMM: estimated marginal means. SE: standard error. CI: confidence interval.

### 2.2. Robust mixed-effect model

Group	Time	EMM	SE	95% CI	
Standardized	2	0.8	0.2	0.3 to 1.2	
Tailored	2	1.2	0.2	0.8 to 1.6	
Standardized	3	0.4	0.2	0.0 to 0.8	
Tailored	3	0.3	0.2	-0.1 to 0.7	
Standardized	4	0.4	0.2	0.0 to 0.8	
Tailored	4	0.3	0.2	-0.1 to 0.7	



## 3. Pain during movement

#### 3.1. Mixed-effect model

Group	Time point	EMM	SE	95% CI	
Standardized	2	1.5	0.4	0.7 to 2.3	
Tailored	2	2.6	0.4	1.9 to 3.4	
Standardized	3	0.9	0.4	0.1 to 1.7	
Tailored	3	1.5	0.4	0.7 to 2.2	
Standardized	4	1.0	0.4	0.2 to 1.9	
Tailored	4	1.1	0.4	0.3 to 1.9	

EMM: estimated marginal means. SE: standard error. CI: confidence interval.

#### 3.2. Robust mixed-effect model

Group	Time	EMM	SE	95% CI
Standardized	2	1.5	0.3	0.8 to 2.1
Tailored	2	2.5	0.3	2.0 to 3.1
Standardized	3	0.8	0.3	0.2 to 1.4
Tailored	3	1.2	0.3	0.6 to 1.7
Standardized	4	1.0	0.3	0.4 to 1.6
Tailored	4	0.9	0.3	0.4 to 1.5



### 4. Pain last week

#### 4.1. Mixed-effect model

Group	Time point	EMM	SE	95% CI	
Standardized	2	1.9	0.3	1.3 to 2.4	
Tailored	2	2.0	0.2	1.5 to 2.5	
Standardized	3	1.4	0.3	0.8 to 1.9	
Tailored	3	1.0	0.2	0.5 to 1.5	
Standardized	4	1.1	0.3	0.6 to 1.6	
Tailored	4	0.9	0.2	0.4 to 1.4	

EMM: estimated marginal means. SE: standard error. CI: confidence interval.

#### 4.2. Robust mixed-effect model

Group	Time	EMM	SE	95% CI
Standardized	2	1.8	0.2	1.3 to 2.3
Tailored	2	1.8	0.2	1.4 to 2.3
Standardized	3	1.4	0.2	0.9 to 1.9
Tailored	3	1.0	0.2	0.6 to 1.5
Standardized	4	1.1	0.2	0.6 to 1.6
Tailored	4	0.9	0.2	0.4 to 1.3



## 5. SPADI Pain

#### 5.1. Mixed-effect model

Group	Time	EMM	SE	95% CI
Standardized	2	14.0	3.1	7.8 to 20.3
Tailored	2	17.6	2.9	11.7 to 23.5
Standardized	3	18.1	3.1	11.9 to 24.4
Tailored	3	18.8	2.9	12.4 to 23.9
Standardized	4	13.9	3.1	7.7 to 20.2
Tailored	4	18.8	2.9	12.4 to 23.9

EMM: estimated marginal means. SE: standard error. CI: confidence interval.

#### 5.2. Robust mixed-effect model

Group	Time	EMM	SE	95% CI	
Standardized	2	14.0	2.7	8.6 to 19.4	
Tailored	2	17.6	2.5	12.5 to 22.6	
Standardized	3	16.7	2.7	11.3 to 22.0	
Tailored	3	17.1	2.5	12.1 to 22.0	
Standardized	4	13.9	2.7	8.5 to 19.3	
Tailored	4	16.3	2.5	11.3 to 21.3	



## 6. SPADI Disability

#### 6.1. Mixed-effect model

Group	Time	EMM	SE	95% CI	
Standardized	2	10.6	2.6	5.4 to 15.8	
Tailored	2	16.1	2.4	11.3 to 20.9	
Standardized	3	5.8	2.6	0.6 to 11.0	
Tailored	3	4.8	2.4	0.1 to 9.6	
Standardized	4	4.7	2.6	-0.5 to 9.9	
Tailored	4	5.4	2.4	0.6 to 10.2	

EMM: estimated marginal means. SE: standard error. CI: confidence interval.

#### 6.2. Robust mixed-effect model

Group	Time	EMM	SE	95% CI	
Standardized	2	10.3	1.5	7.3 to 13.4	
Tailored	2	13.8	1.4	10.9 to 16.7	
Standardized	3	5.6	1.5	2.5 to 8.6	
Tailored	3	3.2	1.4	0.3 to 6.0	
Standardized	4	4.4	1.5	1.4 to 7.5	
Tailored	4	3.7	1.4	0.9 to 6.5	



## 7. SPADI Total

#### 7.1. Mixed-effect model

Group	Time	EMM	SE	95% CI	
Standardized	2	17.4	2.4	12.6 to 22.2	
Tailored	2	22.9	2.2	18.4 to 27.4	
Standardized	3	10.8	2.4	5.9 to 15.5	
Tailored	3	9.7	2.2	5.3 to 14.2	
Standardized	4	8.4	2.4	3.6 to 13.2	
Tailored	4	10.1	2.2	5.6 to 14.5	

EMM: estimated marginal means. SE: standard error. CI: confidence interval.

#### 7.2. Robust mixed-effect model

Group	Time	EMM	SE	95% CI
Standardized	2	17.2	2.0	13.2 to 21.2
Tailored	2	20.6	1.9	16.8 to 24.3
Standardized	3	10.4	2.0	6.3 to 14.4
Tailored	3	8.7	1.9	5.0 to 12.4
Standardized	4	8.3	2.0	4.2 to 12.3
Tailored	4	8.9	1.9	5.9 to 12.6



## 8. Pain Self-Efficacy

#### 8.1. Mixed-effect model

Group	Time	EMM	SE	95% CI	
Standardized	2	54.3	1.0	52.2 to 56.3	
Tailored	2	53.7	1.0	51.7 to 55.6	
Standardized	3	55.9	1.0	53.9 to 57.9	
Tailored	3	57.5	0.9	55.6 to 59.4	
Standardized	4	56.9	1.0	54.9 to 58.9	
Tailored	4	58.9	0.9	57.0 to 60.8	

EMM: estimated marginal means. SE: standard error. CI: confidence interval.

### 8.2. Robust mixed-effect model

Group	Time	EMM	SE	95% CI	
Standardized	2	54.5	0.9	52.7 to 56.2	
Tailored	2	54.2	0.8	52.6 to 55.9	
Standardized	3	56.2	0.9	54.5 to 58.0	
Tailored	3	57.8	0.8	56.2 to 59.4	
Standardized	4	57.1	0.9	55.3 to 58.8	
Tailored	4	58.6	0.8	57.0 to 60.2	



## 9. Patient-specific functional scale

#### 9.1. Mixed-effect model

Group	Time	EMM	SE	95% CI	
Standardized	2	7.0	0.6	5.7 to 8.2	
Tailored	2	6.9	0.6	5.7 to 9.1	
Standardized	3	7.6	0.6	6.3 to 8.9	
Tailored	3	7.9	0.6	6.7 to 9.1	
Standardized	4	7.2	0.6	5.9 to 8.4	
Tailored	4	7.3	0.6	6.1 to 8.4	

EMM: estimated marginal means. SE: standard error. CI: confidence interval.

#### 9.2. Robust mixed-effect model

Group	Time	EMM	SE	95% CI	
Standardized	2	7.1	0.5	6.0 to 8.2	
Tailored	2	6.9	0.5	5.9 to 8.0	
Standardized	3	7.6	0.6	6.5 to 8.8	
Tailored	3	8.1	0.5	7.1 to 9.1	
Standardized	4	7.8	0.6	6.7 to 8.9	
Tailored	4	7.8	0.5	6.7 to 8.8	