



Centre for Health, Activity,
and Rehabilitation Research

Supplementary material 2

The Otago MASTER Trial

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Below, we present two tables, showing findings for within- and between-group comparisons.

Please note these are estimates from a feasibility trial and should not be used for interpreting effectiveness of interventions included in the trial.



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Table S1. Within-group differences (estimated marginal means and 95% confidence intervals).

Outcome	Baseline vs 4 weeks		Baseline vs 8 weeks		Baseline vs 12 weeks	
	Standardized	Tailored	Standardized	Tailored	Standardized	Tailored
Pain at rest ^Ω	0.9 (0.1 to 1.6)	1.0 (0.2 to 1.7)	1.3 (0.5 to 2.0)	2.0 (1.3 to 2.7)	1.3 (0.5 to 2.0)	2.0 (1.3 to 2.7)
Pain during movement ^Ω	3.6 (2.6 to 4.5) *	2.8 (1.9 to 3.8) *	4.2 (3.3 to 5.2) *	4.0 (3.1 to 4.9) *	4.0 (3.1 to 5.0) *	4.4 (3.5 to 5.3) *
Pain last week ^Ω	2.0 (1.2 to 3.0) *	2.3 (1.4 to 3.2) *	2.5 (1.6 to 3.4) *	3.3 (2.4 to 4.2) *	2.8 (1.9 to 3.7) *	3.4 (2.5 to 4.2) *
PSFS [#]	-2.1 (-3.4 to -0.7)	-2.6 (-4.0 to -1.3) *	-2.7 (-4.1 to -1.4) *	-3.7 (-5.0 to -2.3) *	-2.3 (-3.6 to -0.9)	-3.0 (-4.3 to -1.7) *
SPADI Pain ^Ω	35.8 (28.2 to 43.5)	35.2 (27.7 to 42.7)	31.7 (24.1 to 39.4)	34.6 (27.3 to 41.9)	35.9 (28.2 to 43.6)	34.6 (27.3 to 41.9)
SPADI Disability ^Ω	12.4 (6.0 to 18.8)	9.7 (3.5 to 15.9)	17.2 (10.7 to 23.6)	21.7 (15.7 to 27.8)	18.3 (11.9 to 24.8)	21.2 (15.1 to 27.2)
SPADI Total ^Ω	16.02 (10.2 to 21.8) *	13.1 (7.5 to 18.7)	22.6 (16.9 to 28.4) *	26.7 (21.3 to 32.1) *	25.0 (19.2 to 30.7) *	26.3 (20.9 to 31.8) *
Pain Self-efficacy [#]	-3.6 (-6.8 to 0.4)	-7.0 (-10.1 to -3.9)	-5.2 (-8.4 to -2.0)	-11.1 (-14.1 to -8.0)	-6.2 (-9.4 to -3.0)	-12.4 (-15.5 to -9.4) *

Ω = Positive differences indicate clinical improvement. # = Negative differences indicate clinical improvement.

*: within-group change greater than the minimal clinically important difference.



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Table S2. Estimated marginal means and standard error for each group, and between-group estimated marginal mean differences and their respective 75% confidence intervals.

Outcome	4 weeks			8 weeks			12 weeks		
	Standardized (n=15)	Tailored (n=13)	Mean difference	Standardized (n=15)	Tailored (n=13)	Mean difference	Standardized (n=15)	Tailored (n=13)	Mean difference
Pain at rest #	0.8 (0.2)	1.3 (0.2)	-0.5 (-0.9 to -0.2)	0.4 (0.2)	0.3 (0.2)	0.1 (-0.3 to 0.4)	0.4 (0.2)	0.3 (0.2)	0.1 (-0.3 to 0.4)
Pain during movement #	1.5 (0.4)	2.6 (0.4)	-1.1 (-1.8 to -0.5)	0.9 (0.4)	1.5 (0.4)	-0.6 (-1.3 to 0.0)	1.0 (0.4)	1.1 (0.4)	0.0 (-0.7 to 0.6)
Pain last week #	1.9 (0.3)	2.0 (0.2)	-0.1 (-0.5 to 0.3)	0.4 (0.3)	1.0 (0.2)	0.4 (-0.1 to 0.8)	1.1 (0.3)	0.9 (0.2)	0.2 (-0.2 to 0.6)
PSFS^Ω	7.0 (0.6)	7.0 (0.6)	0.1 (-0.9 to 1.1)	7.6 (0.6)	8.0 (0.6)	-0.3 (-1.3 to 0.7)	7.2 (0.6)	7.3 (0.6)	-0.1 (-1.1 to 0.9)
SPADI Pain #	14.0 (3.1)	17.6 (2.9)	-3.6 (-8.6 to 1.5)	18.1 (3.1)	18.8 (2.9)	0.0 (-5.0 to 5.0)	13.9 (3.1)	18.8 (2.9)	-4.2 (-9.2 to 0.8)
SPADI Disability #	10.6 (2.6)	16.1 (2.4)	-5.5 (-9.7 to -1.3)*	5.8 (2.6)	4.8 (2.4)	1.0 (-3.2 to 5.1)	4.7 (2.6)	5.4 (2.4)	-0.7 (-4.9 to 3.4)
SPADI Total #	14.4 (2.4)	22.9 (2.2)	-5.5 (-9.4 to -1.6)*	10.8 (2.4)	9.7 (2.2)	1.0 (-2.8 to 4.9)	8.4 (2.4)	10.1 (2.2)	-1.6 (-5.5 to 2.2)
Pain Self-efficacy^Ω	54.3 (1.0)	53.7 (1.0)	0.6 (-1.1 to 2.3)	55.9 (1.0)	57.5 (0.9)	-1.6 (-3.3 to 0.0)	56.9 (1.0)	58.9 (0.9)	-2.0 (-3.7 to -0.3)*

Ω = Positive differences favours standardized group. # = Negative differences favours tailored group.

*denotes differences between groups.