Supplementary Tables

Table SI. The recoding process

	Fysioprim	NNRR	Recoding	Final categories	
Nationality	1 = Norway 2 = Europe inside EU 3 = Europe outside EU 4 = Africa 5 = Asia 6 = North America 7 = South and Central America 8 = Oceania	1 = Norway 2 = Europe 3 = Africa 4 = Asia 5 = America 6 = Others	In FP: 2 & 3 merged = 2 6 & 7 merged = 5 8 = 6	1 = Norway 2 = Europe 3 = Africa 4 = Asia 5 = America 6 = Others[a]	
Marital status	1 = Partner 2 = Divorced 3 = Widow 4 = Single	1 = Married/partner 2 = Single	In FP 2 & 3 & 4 = 1	1 = Partner 2 = Single	
Smoking				0 = No 1 = Yes	
Education	1 = Elementary school 2 = College- general 3 = College- vocational 4 = University/high school ≤ 4 years 5 = University/high school > 4 years	1 = Elementary school 2 = College 3 = University/high school ≤ 4 years 4 = University/high school > 4 years	In FP 2 & 3 = 2	1 = Elementary school 2 = College[b] 3 = University/high school ≤ 4 years 4 = University/high school > 4 years	
Workload	1 = Mostly seated 2 = Work demands much walking 3 = Work demands much walking and lifting 4 = Heavy work		Scale 0-10	In NNRR 0-1= 1 2-4 = 2 5-7 = 3 8-10 = 4	1 = Mostly seated 2 = Much walking 3 = Much walking and lifting 4 = Heavy lifting
Physical activity	1 = Never 2 = Less than 1x/week 3 = 1x/week 4 = 2-3x/week 5 = Every day	1= Not physical active 2 = Less than 4h/week low intensity 3 = 4h/week moderate intensity 4 = High intensity often	In FP 1 & 2 = 1	1 = Not physical active 2 = Light 3 = Moderate 4 = Often	
Pain duration	0-1 week = 1 2-3 week = 2 4-5 week = 3 6-7 week = 4 8-9 week = 5 10-12 week = 6 3-6 months = 7 7-9 months = 8 10-12 months = 9 >1 year = 10	1 = No pain 2 = Less than 3 months 3 = 3-12 months 4 = >1 year	In FP 1-6 = 1 7-9 = 2 10 = 3 In NNRR 1 & 2 = 1 3 = 2 4 = 3	1 = <3 months 2 = 3-12 months 3 = >12 months	

[a]Africa, Asia, America and others were merged to = others in the regression models
[b]Elementary school and college were merged into one category in the regression models

Table SII. Patient characteristics and lifestyle factors for neck and back pain patients, stratified by treatment: by physiotherapists (PTs) in primary health care (PHC) (*n* = 584) and by health care professionals in treatment in departments for rehabilitation and physical medicine in specialist health care (SHC) (*n*=7541)

Variables	PHC-Neck *n* = 285	PHC-Back *n* = 299	SHC-Neck *n* = 2329	SHC-Back *n* = 5212
Age, mean (SD)	46.4 (15.7)	48.8 (17.8)	46.3 (12.3)	45.1 (15.2)
Missing	0	1	2	3
Sex, females, *n* (%)	208 (74.8)	194 (68.6)	1385 (59.5)	2824 (54.2)
Missing	7	16	2	2
Nationality, *n* (%)				
Norway	201 (94.8)	196 (92.8)	2011 (90.8)	4571 (89.4)
Europe	8 (3.8)	13 (6.5)	115 (5.2)	343 (7)
Asia	3 (1.4)	1 (0.5)	54 (2.4)	88 (1.7)
Africa	0	1 (0.5)	14 (0.6)	35 (0.7)
America	0	3 (1.4)	10 (0.5)	25 (0.5)
Other	0	0	10 (0.5)	31 (0.6)
Missing	73	85	115	315
Marital status, partner, *n* (%)	147 (69.2)	148 (70.3)	1659 (73.6)	3492 (67.4)
Missing	66	86	95	236
Smoking, yes, *n* (%)	22 (10)	21 (9.8)	438 (19.7)	904 (18.3)
Missing	65	84	101	261
Education, *n* (%)				
Elementary school	8 (3.6)	6 (2.8)	289 (14.8)	700 (14.1)
College	64 (29.1)	71 (32.9)	1049 (53.6)	2461 (48.1)
University/high school ≤4 y	78 (35.5)	83 (38.4)	489 (25.0)	1062 (19.7)
University/high school >4 y	70 (31.8)	56 (25.9)	129 (6.6)	958 (18.2)
Missing	65	83	373	241
Workload, *n* (%)				
Mostly seated	85 (57.8)	68 (59.1)	510 (25.4)	1080 (24.6)
Much walking	28 (19.1)	26 (22.6)	463 (23.0)	892 (20.3)
Walking and lifting	32 (21.8)	18 (15.7)	624 (31.0)	1373 (31.3)
Heavy lifting	2 (1.4)	3 (2.6)	413 (20.1)	1045 (23.8)
Missing	138	184	319	822
Work status, *n* (%)				
At work full time	123 (56.2)	101 (47.6)	877 (38.1)	1991 (38.6)
Home worker	2 (0.9)	2 (0.9)	15 (0.7)	33 (0.6)
Student	16 (7.3)	16 (7.5)	42 (1.8)	159 (3.1)
Retired	20 (9.1)	40 (18.9)	118 (5.1)	393 (7.6)
Unemployed	2 (0.9)	0	45 (2.0)	161 (3.1)
On sick leave ≥10%	42 (19.2)	25 (11.8)	908 (39.5)	1785 (34.6)
AAP	9 (2.1)	12 (5.7)	167 (7.3)	362 (7.0)
Disability pension	5 (1.2)	16 (7.5)	129 (5.6)	275 (5.3)
Missing	66	87	28	53
Physical activity, *n* (%)				
No/light	21 (10.8)	5 (2.8)	251 (11.4)	691 (14.2)
Moderate	25 (12.8)	42 (23.9)	1480 (67.4)	3085 (63.6)
Moderate/hard	112 (57.4)	96 (54.6)	380 (17.3)	82 (17.0)
Often/hard	37 (19.0)	33 (18.8)	85 (3.9)	250 (5.2)
Missing	90	123	133	360
Pain duration, *n* (%)				
<3 months	38 (18.4)	48 (25.7)	104 (4.6)	1524 (30.8)
3-12 months	78 (36.1)	54 (38.5)	642 (28.8)	2629 (53.1)
>12 months	99 (45.6)	112 (52.1)	1487 (66.6)	801 (16.2)
Missing	70	85	96	258
Previous PT, yes, *n* (%)	8 (2.8)	11 (5.4)	495 (22.9)	1054 (22)
Missing	0	95	165	419

Table SIII. Characteristics of patients with and without valid disability score

	With disability score $n = 5491$	Without disability score $n = 2634$
Age, mean (SD)	45.7 (14.6)	45.3 (12.8)
Sex, females, n (%)	3057 (56.0)	1551 (58.9)
Education, >13 years, *n* (%)	1783 (36.2)	1003 (41.2)
SCL-10 (1-4), mean (SD)	1.84 (0.62)	2.10 (0.67)
Pain (0-10), mean (SD)	5.54 (2.0)	6.23 (1.94)
EQ-5D (-0.59-1), mean (SD)	0.53 (0.30)	0.44 (0.33)

Table SIV. Mean difference^a (95% confidence interval (CI)) between patients treated by health care professionals in departments for physical medicine and rehabilitation in specialist health care and by physiotherapists in primary health care for Hopkins Checklist-10 (SCL-10), pain, disability and EQ5D, stratified by gender and pain duration

Variable	No. of patients	Crude Mean (CI)	Adjusted^b Mean (CI)	P-interaction
SCL-10 (1-4)				
Sex				<0.001
Female	2803	0.27 (0.17, 0.38)	0.04 (-0.06, 0.14)c	
Male	2245	0.29 (0.11, 0.47)	0.09 (-0.08, 0.25)c	
Pain duration				<0.001
<3 months	1330	0.28 (0.12, 0.44)	0.14 (-0.01, 0.29)c	
3-12 months	2245	0.25 (0.09, 0.41)	-0.01 (-0.16, 0.14)c	
>12 months	1362	0.32 (0.18, 0.46)	0.06 (-0.09, 0.20)c	
Pain (0-10)				
Sex				<0.001
Female	2957	1.18 (0.87, 1.49)	0.71 (0.41, 1.02)d	
Male	2399	1.37 (0.82, 1.92)	0.99 (0.47, 1.51)d	
Pain duration				<0.001
< 3 months	1390	0.85 (0.29, 1.41)	0.46 (-0.10, 1.02)d	
3-12 months	2494	1.47 (1.02, 1.92)	0.96 (0.52, 1.40)d	
> 12 months	1472	1.39 (0.96, 1.80)	0.86 (0.44, 1.27)d	
Disability (0-100)				
Sex				<0.001
Female	1083	9.61 (6.40, 12.82)	-4.13 (-7.08, -1.19)e	
Male	1551	11.23 (5.54, 16.94)	-5.70 (-10.19, -1.21)e	
EQ-5D (-0.59-1)				
Sex				<0.001
Female	2811	-0.18 (-0.23, -0.13)	-0.08 (-0.12, -0.33)c	
Male	2257	-0.15 (-0.23, -0.06)	-0.04 (-0.12, 0.33)c	
Pain duration				<0.001
< 3 months	1320	-0.13 (-0.21, -0.04)	0.02 (-0.01, 0.05)c	
3-12 months	2377	-0.19 (-0.27, -0.12)	-0.01 (-0.03, 0.13)c	
> 12 months	1371	-0.18 (-0.25, -0.11)	0.01 (-0.02, 0.04)c	

^{a}Linear regression

^{b}Adjusted for age, sex, nationality, workload, physical activity, pain duration, previous PT

^{c}Additionally adjusted for education, smoking, marital status, pain

^{d}Additionally adjusted for education and smoking

^{e}Additionally adjusted for pain