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Table SI. Interdisciplinary Multimodal Pain Therapy Treatment Schedule

IPC: Individual psychological consultation; PMR: progressive muscle relaxation; SML: social medicine lectures; MD: medical doctor; P: psychologist.

Time	Monday		Tuesday		Wednesday		Thursday		Friday		
	Group A	Group B	Group A	Group B	Group A	Only Group B	Group A	Group B	Group A	Group B	
08:00	IPC	IPC		IPC		IPC	IPC		Team meeting		
09:00	Welcoming (only first day)			Back exercise		Aqua jogging	Motivation	Break			
09:30	Basic information	Work hardening					Break	Work hardening	Break	Motivation	Back exercise
09:45			Back exercise								
10:30	PMR	Basic information	Sports theory	PMR		Work hardening	Lecture about social medicine, FAQ 's		SML	Work hardening	
10:45											
11:30	Break		Break			Break	Break		Break		
11:45	Work hardening	SML	SML	Sports theory		SML	Back exercise		Work hardening	PMR	
12:45	Break		Break			Break	Break		Break		
13:30	Medical training therapy	Medical training therapy				Outdoor fitness	Medical training therapy		Medical training therapy		
14:30											
15:00											
15:30		Consultation MD or P		Consultation MD or P		Consultation MD or P		Consultation MD or P			

Table SII. Additional sample characteristics

IG: Intervention Group; CG: Control Group; SD: standard deviation; IMPT: Interdisciplinary Multimodal Pain Therapy; RP: Relapse Prophylaxis.

	IG	CG	
	IMPT + RP	IMPT	p-Value
	n (%)	n (%)	
Relationship status			
Unmarried and no partner	29 (20.0%)	26 (18.7%)	
Married or partner	116 (80.0%)	113 (81.3%)	0.78
<i>Missing</i>	5	8	
How many people currently reside in your household, including yourself?			
1	19 (13.0%)	19 (13.3%)	
2	49 (33.6%)	46 (32.2%)	
3	32 (21.9%)	38 (26.6%)	0.95
4+	46 (31.5%)	40 (28.0%)	
<i>Missing</i>	4	4	
How many children under 18 currently reside in your household?			
0	77 (56.2%)	84 (64.1%)	
1	30 (21.9%)	22 (16.8%)	
2	19 (13.9%)	18 (13.7%)	0.21
3+	11 (8.0%)	7 (5.4%)	
<i>Missing</i>	13	16	
Country of birth			
Germany	119 (81.0%)	120 (83.9%)	
Other	28 (19.0%)	23 (16.1%)	0.51
Missing	3	4	
Place of residence			
Rural	97 (66.0%)	87 (60.8%)	
Urban	48 (32.7%)	55 (38.5%)	0.52
Declined to answer	2 (1.4%)	1 (0.7%)	
<i>Missing</i>	3	4	
Home ownership status			
Owner	74 (50.0%)	94 (66.2%)	0.005**

	IG	CG	
	IMPT + RP	IMPT	p-Value
	n (%)	n (%)	
Tenant	74 (50.0%)	48 (33.8%)	
<i>Missing</i>	2	5	
Type of residence			
Apartment	53 (35.8%)	38 (26.8%)	
House	95 (64.2%)	104 (73.2%)	0.10
<i>Missing</i>	2	5	
Monthly net household income			
Under 500 Euro	0 (0%)	1 (0.7%)	
500 - 1.000 Euro	1 (0.7%)	3 (2.1%)	
1.000 - 2.000 Euro	38 (25.8%)	42 (30.0%)	
2.000 - 3.000 Euro	59 (40.1%)	46 (32.8%)	
3.000 - 4.000 Euro	24 (16.3%)	25 (17.9%)	0.86
4.000 - 5.000 Euro	18 (12.2%)	15 (10.7%)	
5.000 - 6.000 Euro	5 (3.4%)	5 (3.5%)	
6.000 Euro or higher	2 (1.4%)	3 (2.1%)	
<i>Missing</i>	3	7	