

**SUPPLEMENTARY TABLE 1 OVERVIEW OF ISELF-HELP MODULES AND SUPPORTING RESOURCES**

Module	Overview	PAR Content	Type of Resource
<b>0) Welcome</b>	Led by pain team: 2 physios, 2 psychologist, 1 occupational therapist Say hi and introduce yourself to your group on the community page Check out and agree to the group guidelines Read what the programme aims to offer you Start thinking about what pain management would look like for you, what would you like to change? Do more of? Do less of? Patients and Maori community members sharing their pain management experiences	Rules and expectations	Text
		Introductory video	Video
		Pain Ngata	Illustration
		Pain as baggage	Illustration
		Tame the beast	<a href="#">YouTube video</a>
		Patient stories	Video
<b>1) Exercise</b>	Led by: Two physiotherapists Explore why exercising is worth the challenges Begin a gentle shared exercise programme we can work through together over the next twelve weeks	Introductory video	Video
		Education video	Video
		Components of exercise	Text
		Patient stories	Video
		Exercise videos - Bend and stretch - Stairs - Sit to stand - Modified star jump - Walk on spot - Combined strengthening exercises	Video
<b>2) Sensory nervous system</b>	Led by: Two physiotherapist Meet the sensory nervous system - what is its job and how does it work? Explore what pain has to do with the sensory nervous system Learn about the differences between acute and chronic pain	Introductory video	Video
		Education video	Video
		A normal example of SNS	Animation
		Visual illusions	Text
		Gorilla story	<a href="#">YouTube video</a>
		SNS in context of pain	Animation
		Snake story	<a href="#">YouTube video</a>
		Purpose of pain	Text
		Soldier in the battlefield	Text
		Acute vs. chronic pain	Text

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3) Stress response	Led by: Physiotherapist and Occupational therapist The top priority for everyone's brain is to keep us alive and keep us safe Our brains and bodies are hardwired with automatic protective responses What is the relationship between these things and chronic pain?	Visualisation of the staircase	Audio
		Patient stories	Video
		Introductory video	Video
		Education video	Video
		Fear avoidance model	Illustration
		Breathing for pain	Video
			Text
			Text
		Tornado	Illustration
		Breathwork video	Video
		Tiger in the room	Illustration
		Counting breathing	Audio
		Patient stories	Video
4) Think, feel, do	Led by: Psychologist and Occupational therapist Discovering the links between what we think, how we feel and what we do Developing an understanding of how thoughts, feelings and responses relate to pain experiences	Introductory video	Video
		Education video	Video
		Sushi train metaphor	<a href="#">YouTube video</a>
		The 3 main parts of your brain	<a href="#">YouTube video</a>
		Triune brain	Illustration
		Strategies to analyse thoughts	Text
		Safe place	Audio
		Body scan	Audio
		Patient stories	Video
5) Memory of pain	Led by: Physiotherapist and Occupational therapist The focus is on the brain and its capacity to remember and learn The memory of past experiences influences our experiences today Noticing and recognising those patterns is the first step to influencing or changing them	Introductory video	Video
		Education video	Video
		Concept of neurotags	Animation
		Baker	<a href="#">YouTube video</a>
		Implicit memory and pain	Text
		Deep breathing for pain	Audio
		Changing colour technique	Audio
		Change pain techniques	Text
		Patient stories	Video

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<b>6) Taking charge</b>	Led by: Two physiotherapists	Introductory video	Video
	Pain can dominate your decisions and choices	Education video	Video
	Take charge of your day to day life and activities despite living with pain Organise yourself so you can do more	Purposeful activity and boom bust cycle	Video
		Graded exposure	Video
		Interval training with Will	Video
		Chair yoga flow	Video
		The sofa workout	Video
		STAR	Audio
		Patient stories	Video
<b>7) Thinking and doing skills</b>	Led by: Two Psychologists Cope with pain using thinking and doing skills Be Mindful	Introductory video	Video
		Education video	Video
		Abdominal breathing	Text
		What is mindfulness	Text
		Brownpaper bag parcel	Audio
		The whiteboard	Audio
		Patient stories	Video
<b>8) Medication</b>	Led by: Pain medicine specialist and Psychologist Learn about different types of pain medication The chemicals in medicine link with different parts and actions of the brain Open the natural drug cabinet inside your brain	Introductory video	Video
		Education video	Video
		Listed groups of medications	Text
		Lock and key scenario	Illustration
		Medsafe website	Text
		Link to medication statements	Text
		Patient stories	Video
<b>9) Sleep</b>	Led by: Two physiotherapists Why do our brains and bodies need sleep? What do normal sleep patterns look like?  The relationship between pain and poor sleep	Introductory video	Video
		Education video	Video
		Similarities between fatigue and pain	Text
		Sleep and pain	Text
		Facts about sleep	Text
		Fall asleep quickly	Text
		Six steps for better sleep	Text
		Gentle yoga to help you sleep	Text
		Combat sleep deprivation	Text
		Relaxation - blanket	Audio
		Relaxation - visualisation, the corridor	Audio

Module	Overview	PAR Content	Type of Resource
<b>10) Making plans with pain</b>	Led by: Physio and Occupational therapist Look forward to your future despite living with pain Let who you are, what you value and what is important to you direct what you do, not the pain Find a way to set goals and make plans that works for you	Patient stories	Video
		Introductory video	Video
		Education video	Video
		Tiny habits	Text
		Setting goals	Text
		Bull's eye	Text
		Goal setting form	Text
		Patient stories	Video
<b>11) Sharing the journey</b>	Led by: Physio and Psychologist Your pain has an effect on pain on others around you Helping others to help you Good communication or mind reading?	Introductory video	Video
		Education video	Video
		Pain Ngata	Illustration
		Doors analogy	Illustration
		Patient stories	Video
<b>12) Pulling it all together</b>	Led by: Pain team (Physios, Occupational therapist and Psychologists) The final module but not the end of the journey  Pulling it all together and filling your kete Staying connected	Introductory video	Video
		Education video	Video
		Explain pain	<a href="#">YouTube video</a>
		NZ Pain Society booklet	<a href="#">PDF</a>
		Walk 3 miles at home	Text
		Aqua jogging	Text
		Patient stories	Video