Appendix 1. Diagram for recruiting and conducting interventions and evaluations according to SPIRIT Guidelines

<table>
<thead>
<tr>
<th>STUDY PERIOD</th>
<th>Enrolment</th>
<th>Allocation</th>
<th>Post-Allocation</th>
<th>Close-out</th>
</tr>
</thead>
<tbody>
<tr>
<td>Timepoint</td>
<td>-t₁</td>
<td>0</td>
<td>t₁ / t₂</td>
<td>t₃</td>
</tr>
</tbody>
</table>

- **ENROLMENT**
  - Eligibility screen: X
  - Informed consent: X
  - Demographic characteristic: X
  - Allocation: X

- **INTERVENTIONS:**
  - PNE interventions
  - Control (usual care)

- **ASSESSMENTS:**
  - Baseline: X
  - Primary pain measures: X / X
  - Secondary variables: X / X
  - Statistical Analysis: X

- t₁ Initial evaluation
- t₂ After 10 weeks