

Appendix 2:

Demographics	
Age , mean (SD), range	13.7 (2.7), 9 to 18 years
8-15 years, n (%)	18 (66.6%)
16-19 years, n (%)	9 (33.3%)
Sex , n (%): Boys	13 (48.1)
Girls	14 (51.9)
Ethnicity : White British, n (%)	26 (96.3)
Other White background, n (%)	1 (3.7)
Current status : School, n (%)	27 (100)
Part time/full time work, n (%)	5 (18.5)
Satisfaction with school / work / college	
Very Satisfied n (%)	8 (29.6)
Satisfied, n (%)	16 (59.3)
Slightly dissatisfied n (%)	1 (3.7)
Severely dissatisfied, n (%)	2 (7.4)
Screen time	
< 1 hour/day, n (%)	2 (7.4)
1-2 hours/day, n (%)	2 (7.4)
3-4 hours/day, n (%)	10 (37.0)
> 5 hours/ day, n (%)	12 (44.4)
Don't know, n (%)	1 (3.7)
Physical activity*	
<1 time/day, n (%)	6 (22.2)
1-2 times/day, n (%)	10 (37.0)
3-4 times/day, n (%)	9 (33.3)
>5 times/day, n (%)	1 (3.7)
Don't know, n (%)	1 (3.7)
Comorbidities:	
Yes, n (%)	22 (81)
Number comorbidities, mean (SD), range	2.1 (1.9), 0-7
<i>Most common comorbidities reported:</i>	
Musculoskeletal pain, n (%)	11 (40.7)
Headache, n (%)	9 (33.3)
Eczema, n (%)	8 (29.6)
Details about the consultation for the musculoskeletal condition	
Body region consulted about (>1 site could be reported)	
Head	0
Face	0
Chest pain	1
Spine (e.g. cervical, thoracic, Lumbar spine), n	7
Cervical	1
Thoracic	2
Low back	4
Lower limb	23
Hip	2
Gluteal region	2
Hip / knee/ ankle	2
Hip / foot	1
Thigh	1
Knee	7
Knee / ankle	3
Ankle	1
Foot	3
Foot / ankle	1
Upper limb	4

Elbow	1
Wrist	1
Hand + wrist	1
Hand	1
Pain still present, Yes, n (%)	24 (88.9)
Duration of current pain: < 6 weeks, n (%)	2 (8.3)
> 12 weeks, n (%)	22 (91.7)
First episode of this pain, Yes, n (%)	10 (37)
Mechanism of injury	
Accident or injury	5 (18.5)
Gradual onset with no injury	10 (37.0)
Sudden onset with no injury	8 (29.6)
Don't know	4 (14.8)
Received treatment, Yes, n (%)	23 (85.0)
Medication, Yes, n (%)	16 (59.3)
Advice / education, n (%)	15 (55.6)
Health professional referral, n (%)	14 (51.9)
Referral for further investigations, n (%)	15 (55.6)
Pain outcomes	
Pain intensity:	
Current pain, mean (SD), range	2.8 (2.7), 0 to 8
Usual pain intensity over last 7 days, mean (SD), range	4.3 (2.1), 0 to 7
Bothersomeness:	
Not at all	7 (25.9)
Slightly	2 (7.4)
Moderately	14 (51.9)
Very much	4 (14.8)
Extremely	0 (0)
Time off school, Yes, n (%), duration (%)	7 (25.9) < 1 week (100)
Visual pain trajectories:	
a) First episode	0 (0)
b) Recurrent episode	5 (18.5)
c) Mild pain that gets worse sometimes	13 (48.4)
d) Pain goes up and down all the time, and sometimes it is really bad	7 (25.9)
e) Bad pain nearly all the time	0 (0)
f) Pain has slowly been getting worse	0 (0)
g) Pain has been getting better	2 (7.4)
Psychological outcomes	
Child self-efficacy scale, mean (SD), range\pm	2.3 (1.0), 1 to 5
Fear of Pain Questionnaire (single items):	
Fear of pain	
I feel I can control my pain, Agree, n (%)	14 (51.9)
Feelings of pain are scary, Agree, n (%)	6 (22.2)
Avoidance of activity, Agree, n (%)	17 (63.0)
Functional / activity limitation	
Pediatric pain screening tool:	
Total score, mean (SD), range	3.1 (2.2) 0 to 8
Physical subscale	1.7 (1.4) 0 to 4
Psychosocial subscale	1.5 (1.4) 0 to 4
Low risk (Total score \leq 2)	12 (44.4)
Medium risk (Total score \geq 3, psychosocial score 0-2)	9 (33.3)
High risk (Total score \geq 3, psychosocial score \geq 3)	6 (22.2)
Functional disability inventory, mean (SD), range	10.7 (8.2), 0 to 29

No / mild disability (score <=12)	17 (63)
Moderate disability (score 13 – 29)	10 (37)
Severe disability (score >=30)	0 (0)
Activity interference, mean (SD), range	3.7 (2.1), 0 to 8
Sleep:	
Duration , mean (SD), range	9hr 30min (56min), 7hrs 30mins to 11hrs 30mins
Quality:	
Trouble falling asleep, Not at all, n (%)	6 (22.2)
Waking in the night, Not at all, n (%)	16 (59.3)
Trouble staying asleep, Not at all, n (%)	18 (66.7)
Waking feeling tired/worn out, Not at all, n (%)	6 (22.2)
Health related quality of life	
KIDSCREEN-27**	
Physical well-being, mean T-value (SD)	43.3 (7.9)
Psychological well-being, mean T-value (SD)	45.8 (6.8)
Autonomy and parent relations, mean T-value (SD)	50.8 (8.3)
Social support and peers, mean T-value (SD)	50.4 (12.0)
School environment, mean T-value (SD)	48.5 (8.2)
Interview Acceptability	
Ease of interview	
Very difficult, n (%)	0 (0)
Quite difficult, n (%)	0 (0)
OK, n (%)	11 (40.7)
Quite easy, n (%)	13 (48.1)
Very easy, n (%)	3 (11.1)
Acceptability of interview duration	
Too short, n (%)	0 (0)
Just right, n (%)	26 (96.3)
Too long, n (%)	1 (3.7)
Willingness to participate in future research, Yes, n (%)	25 (92.6)
Preferences for research involvement: (>1 option could be selected)	
Frequency of contact	
Daily, n (%)	5 (18.5)
Weekly, n (%)	14 (51.9)
Every 2 weeks, n (%)	22 (81.5)
Every month, n (%)	22 (81.5)
Don't know, n (%)	1 (3.7)
Preferred method of contact:	
Email link to online survey, n (%)	21 (77.8)
Direct response to email, n (%)	16 (59.3)
Study app, n (%)	20 (74.1)
Direct response by text message, n (%)	20 (74.1)
Face to face interview, n (%)	21 (77.8)
Paper questionnaire by post, n (%)	26 (96.3)
Over the phone, n (%)	18 (66.7)
Most preferred method of contact	
Email link to online survey, n (%)	2 (7.4)
Study app, n (%)	6 (22.2)
Direct response by text message, n (%)	3 (11.1)
Face to face interview, n (%)	7 (25.9)
Paper questionnaire by post, n (%)	3 (11.1)
Over the phone, n (%)	2 (7.4)
Missing, n (%)	4 (14.8)
Access to communication technologies	
Smart phone, n (%)	23 (85.2)

Tablet, n (%)	23 (85.2)
Internet, n (%)	26 (96.3)
CAM-Pain 6 week follow up preferences	
Follow up preferences	
Phone	19 (70.4)
Postal mail	6 (22.2)
Email	2 (7.4)

± Scored on a 1 (“very sure”) to 5 (“very unsure”) Likhert scale with lower score indicating greater self-efficacy (McClain, 2011)