

Appendix 1

Item in the baseline questionnaire in 2006 used to define individuals with occasional low back pain forming the study sample:

Have you had any pain in your lower back in the past 6 months?

If you have experienced pain on several occasions, try to estimate an average and put an X in the most appropriate box.

1. No
2. Yes, a few days in the past six months
3. Yes, a few days per month
4. Yes, a few days per week
5. Yes, every day

Included in the study sample were individuals answering; Yes, a few days in the past six months *OR* Yes, a few days per month.

Items in the follow-up questionnaire in 2010 used to define the outcome long duration troublesome low back pain (LTLBP):

a) Have you had pain in your lower back in the past 6 months?

If you have experienced pain on several occasions, try to estimate an average and put an X in the most appropriate box.

- No
- Yes, a few days per month or more seldom
- Yes, a few days per week or more often

If Yes;

b) Have these problems decreased your workability or interfered with other daily activities?

- Yes, to a high degree
- Yes, to some degree
- No, not at all

LTLBP was defined by answering; Yes, a few days per week or more often in a) AND Yes, to a high degree *OR* Yes, to some degree in b).