APPENDIX 1. Search Strategy

MEDLINE

S1 (MH "Spinal Diseases+)
S2 Spinal Disorder
S3 (MH "Cauda Equina")
S4 (MH "Spine+")
S5 (MH "Neck Pain")
S6 neck NEAR3 pain
S7 (MH "Back Pain+")
S8 back NEAR3 pain
S9 Backache
S10 (MH "Hernia+")
S11 (MH "Radiculopathy")
S12 whiplash associated disorder
S13 lumbar stenosis or lumbar spinal stenosis
S14 (MH "Failed Back Surgery Syndrome") or Failed Back Surgery Syndrome
S15 spinal fusion
S16 lumbar surgery
S17 spine surgery
S18 S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11 OR S12 OR S13 OR S14 OR S15 OR S16 OR S17
S19 (MH "Pain Management")
S20 (MH "Patient Education as Topic+")
S21 (MH "Patient Care Management+")
S22 (MH "Comprehensive Health Care+")
S23 (MH "Pain Clinics")
S24 (MH "Social Support+")
S25 (MH "Psychosocial Support Systems")
S26 (MH "Interviews as Topic")
S27 multidisciplinary biopsychosocial rehabilitation
S28 cognitive functional therapy or cft
S29 pain neuroscience education
S30 mindfulness
S31 coping
S32 biopsychosocial
motivational interviewing
interdisciplinary
S19 OR S20 OR S21 OR S22 OR S23 OR S24 OR S25 OR S26 OR S27 OR S28 OR S29 OR S30 OR S31 OR S32 OR S33 OR S34 OR S35 OR S36 (MH "Randomized Controlled Trials as Topic+") or randomiz* control* trial*
(MH "Controlled Clinical Trials as Topic+") or control* clinical trial
"randomized"
placebo*
Drug Therapy
"randomly"
trial "groups"
S36 OR S37 OR S38 OR S39 OR S40 OR S41 OR S42 OR S43
"groups"
S36 OR S37 OR S38 OR S39 OR S40 OR S41 OR S42 OR S43
(MH "Humans") OR "humans"
(S43 AND S44)
S18 AND S35 AND S45

CENTRL
#1 MeSH descriptor: [Spinal Diseases] explode all trees
#2 MeSH descriptor: [Cauda Equina] explode all trees
#3 MeSH descriptor: [Spine] explode all trees
#4 MeSH descriptor: [Vertebrates] explode all trees
#5 MeSH descriptor: [Neck Pain] explode all trees
#6 (neck NEAR3 pain):ti,ab,kw
#7 MeSH descriptor: [Back Pain] explode all trees
#8 back NEAR3 pain
#9 (Backache):ti,ab,k
#10 MeSH descriptor: [Hemia] explode all trees
#11 MeSH descriptor: [Radiculopathy] explode all trees
#12 MeSH descriptor: [Whiplash Injuries] explode all trees
#13 (whiplash disorder):ti,ab,kw
#14 (lumber stenosis):ti,ab,kw
#15 MeSH descriptor: [Failed Back Surgery Syndrome] explode all trees
#16 (Failed Back Surgery Syndrome):ti,ab,kw
#17 MeSH descriptor: [Spinal Fusion] explode all trees
#18 (spinal fusion):ti,ab,kw
#19 (lumbar surgery):ti,ab,kw
#20 (spine surgery):ti,ab,kw
#21 {OR #1-#20}
#22 MeSH descriptor: [Cognitive Behavioral Therapy] explode all trees
#23 (Cognitive Behavioral Therapy):ti,ab,kw
#24 MeSH descriptor: [Pain Management] explode all trees
#25 MeSH descriptor: [Patient Education as Topic] explode all trees
#26 MeSH descriptor: [Patient Care Management] explode all trees
#27 MeSH descriptor: [Comprehensive Health Care] explode all trees
#28 MeSH descriptor: [Pain Clinics] explode all trees
#29 MeSH descriptor: [Social Support] explode all trees
#30 MeSH descriptor: [Psychosocial Support Systems] explode all trees
#31 MeSH descriptor: [Interviews as Topic] explode all trees
#32 (multidisciplinary biopsychosocial rehabilitation):ti,ab,kw
#33 (cognitive functional therapy):ti,ab,kw
#34 (pain neuroscience education):ti,ab,kw
#35 (mindfulness):ti,ab,kw
#36 (coping):ti,ab,kw
#37 (biopsychosocial):ti,ab,kw
#38 (motivational interviewing):ti,ab,kw
#39 (interdisciplinary):ti,ab,kw
#40 {OR #22-#39}
#41 #21 AND #39

CINAHL (EBSCO host)

#1
MW Spinal Diseases OR MW Cauda Equina OR MW Spine OR MW Vertebrates OR MW Neck Pain OR MW Back Pain OR MW Hernia OR MW Radiculopathy OR MW Whiplash Injuries OR MW Failed Back Surgery Syndrome OR MW Spinal Fusion OR TX Backache OR TX whiplash disorder OR TX lumbar stenosis OR TX Failed Back Surgery Syndrome OR TX lumbar surgery OR TX spine surgery

#2
MW cognitive behavioral therapy OR TX cognitive behavioral therapy OR MW pain management OR MW patient education OR MA patient education as topic OR MW patient care management OR MW Comprehensive Health Care OR MW Pain Clinics OR MW Social Support OR MW Psychosocial Support Systems OR MW Interviews as Topic OR TX multidisciplinary biopsychosocial rehabilitation OR TX cognitive functional therapy OR TX pain neuroscience education OR TX mindfulness OR TX coping OR TX biopsychosocial OR TX motivational interviewing OR TX interdisciplinary

#3
TX randomized controlled trials OR TX controlled clinical trial OR TX randomized OR TX placebo OR TX drug therapy OR TX randomly OR TX trial OR TX groups OR TX human

#4
#1 AND #2 AND #3

PsychoINFO (EBSCO host)

#1
MA spinal diseases OR MA cauda equina OR MA spine OR MA vertebrates OR MA neck pain OR MA back pain OR MA hernia OR MA radiculopathy OR MA whiplash OR MA whiplash injury OR TX whiplash disorder OR TX lumbar stenosis OR MA failed back surgery syndrome OR TX failed back surgery syndrome OR MA spinal fusion OR TX lumbar surgery

#2
MA cognitive behavioral therapy OR TX cognitive behavioral therapy OR MA pain management OR MA patient education OR MA patient education as topic OR MA patient care management OR MA Comprehensive Health Care OR MA Pain Clinics OR MA Social Support OR MA Psychosocial Support Systems OR MA Interviews as Topic OR TX multidisciplinary biopsychosocial rehabilitation OR TX cognitive functional therapy OR TX pain neuroscience education OR TX mindfulness OR TX coping OR TX biopsychosocial OR TX motivational interviewing OR TX interdisciplinary

#3
TX randomized controlled trials OR TX controlled clinical trial OR TX randomized OR TX placebo OR TX drug therapy OR TX randomly OR TX trial OR TX groups OR TX human

#4. #1 AND #2 AND #3

**Web of Science**

TS=((((Spin* Diseases or Cauda Equina or Vertebrates or Hernia or Radiculopathy or whiplash disorder or Failed Back Surgery Syndrome Spinal Fusion or Backache or lumber stenosis or (lumbar or spine) surgery) AND (cognitive behavioral therapy or pain management or patient education or patient education or patient care management or Comprehensive Health Care or Pain Clinics or Social Support or Psychosocial Support Systems or Interviews or multidisciplinary biopsychosocial rehabilitation or cognitive functional therapy or pain neuroscience education or mindfulness or coping or biopsychosocial or motivational interviewing or interdisciplinary)) AND (random* controlled trial or control* clinical trial))

**PEDro**

Abstract & Title: any
Therapy: behaviour modification, education, fitness training
Problem: pain
Body Part: head or neck, thoracic spine, lumber spine, sacro-iliac joint or pelvis
Method: clinical tria