

## Supplementary materials

**Supplementary eTable 1.** The educational content delivered to the behavioural change program participants by MinaCare after the program registration.

	<b>Chronic pain</b>	<b>Headache</b>
<b>Introduction</b> (29 Jan 2020)	<ul style="list-style-type: none"> <li>● Standard education program               <ul style="list-style-type: none"> <li>➤ Share the informative website for pain</li> <li>➤ Self-assessment for your pain</li> <li>➤ How to self-care for:                   <ul style="list-style-type: none"> <li>– Lower back pain</li> <li>– Sciatica</li> <li>– Cervical spondylosis</li> <li>– Postherpetic neuralgia</li> </ul> </li> <li>➤ How to search hospitals for your pain</li> <li>➤ Flow of medical consultation at hospitals</li> <li>➤ Difference between hospitals/clinics and complementary and alternative medicine (osteopathy, chiropractic, massage, and acupuncture etc.)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Standard education program               <ul style="list-style-type: none"> <li>➤ Share the informative website for pain                   <ul style="list-style-type: none"> <li>– Types of headaches</li> </ul> </li> <li>➤ Describing your headache using the following materials                   <ul style="list-style-type: none"> <li>– “Headache Diary”</li> <li>– “Headache Checkers”</li> <li>– “What is migraine?”</li> </ul> </li> <li>➤ Medical care or self-care                   <ul style="list-style-type: none"> <li>– Preparation before medical consultation (e.g., which departments to visit, keeping a “Headache Diary”)</li> <li>– Self-management of migraine (medicine, lifestyle, exercise)</li> </ul> </li> <li>➤ How to search the hospitals for your headache</li> </ul> </li> </ul>
<b>Week 1</b> (5 Feb 2020)	<ul style="list-style-type: none"> <li>● Standard education program (same content as delivered in the “Introduction” above)</li> <li>● Basic knowledge about pain</li> </ul>	<ul style="list-style-type: none"> <li>● Dangerous headaches               <ul style="list-style-type: none"> <li>➤ Cautions for unusual headaches</li> </ul> </li> <li>● Migraine               <ul style="list-style-type: none"> <li>➤ What is migraine?</li> <li>➤ Characteristics and types of migraine</li> <li>➤ Triptans and when to take them</li> </ul> </li> </ul>
<b>Week 2</b> (12 Feb 2020)	<ul style="list-style-type: none"> <li>● Understanding your pain and establish a treatment goal with a “Pain Support Book”</li> <li>● Deepen your knowledge on pain</li> </ul>	<ul style="list-style-type: none"> <li>● Standard education program (same content as described in the “Introduction” above)</li> <li>● Negative effects of headaches               <ul style="list-style-type: none"> <li>➤ What is migraine?</li> </ul> </li> <li>● Share the informative websites               <ul style="list-style-type: none"> <li>➤ The Japanese Headache Society - Lecture on headache (regarding headaches in general)</li> <li>➤ The Japanese Headache Society - Lecture on headaches (regarding migraine)</li> </ul> </li> </ul>
<b>Week 4</b> (19 Feb 2020)	<ul style="list-style-type: none"> <li>● Understanding pain treatments available               <ul style="list-style-type: none"> <li>➤ Pharmacotherapy</li> <li>➤ Nerve block</li> <li>➤ Physical therapy</li> <li>➤ Cognitive behavioral therapy</li> <li>➤ Other</li> </ul> </li> <li>● Understanding neuropathic pain</li> </ul>	<ul style="list-style-type: none"> <li>● Deepen your knowledge on migraine               <ul style="list-style-type: none"> <li>➤ Migraine triggers (risk factors, understandings from others)</li> </ul> </li> </ul>
<b>Week 6</b> (26 Feb 2020)	<ul style="list-style-type: none"> <li>● Standard education program (same content as delivered in the “Introduction” above)</li> <li>● Learning other disorders associated with pain</li> </ul>	<ul style="list-style-type: none"> <li>● Standard education program (same content as delivered in the “Introduction” above)</li> <li>● Medication-overuse headache               <ul style="list-style-type: none"> <li>➤ Headaches caused by excessive medication use</li> </ul> </li> </ul>
<b>Week 8</b> (6 Mar 2020)	<ul style="list-style-type: none"> <li>● Standard education program (same content as delivered in the “Introduction” above)</li> <li>● Reviewing your “Pain Support Book”</li> </ul>	<ul style="list-style-type: none"> <li>● Standard education program (same content as delivered in the “Introduction” above)</li> <li>● Reviewing your “Headache Diary” and medications</li> </ul>