

Figure Legends

Fig 1.

Effect sizes for pre-treatment – post treatment (●) pre-treatment – follow up (○) differences. The 95%CI is shown (one-tail only for clarity) as the barred line. Note that the two data points for the VAS intensity measure we almost co-incident. This is marked by a *.

Fig 2.

Schematic representation of Reliable Change Index and Clinically Significant Change. See text for detailed explanation.

Figure 1

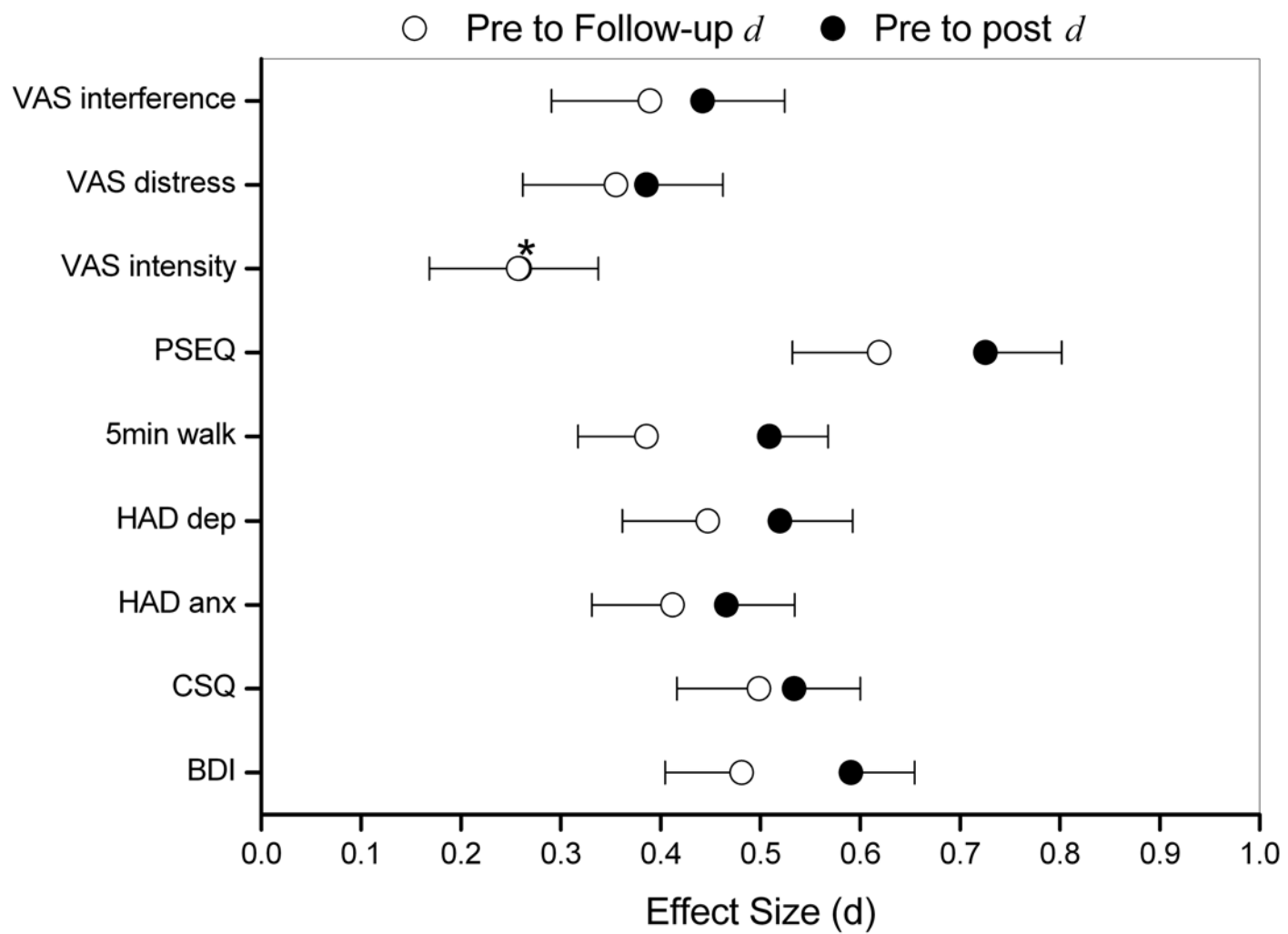


Figure 2

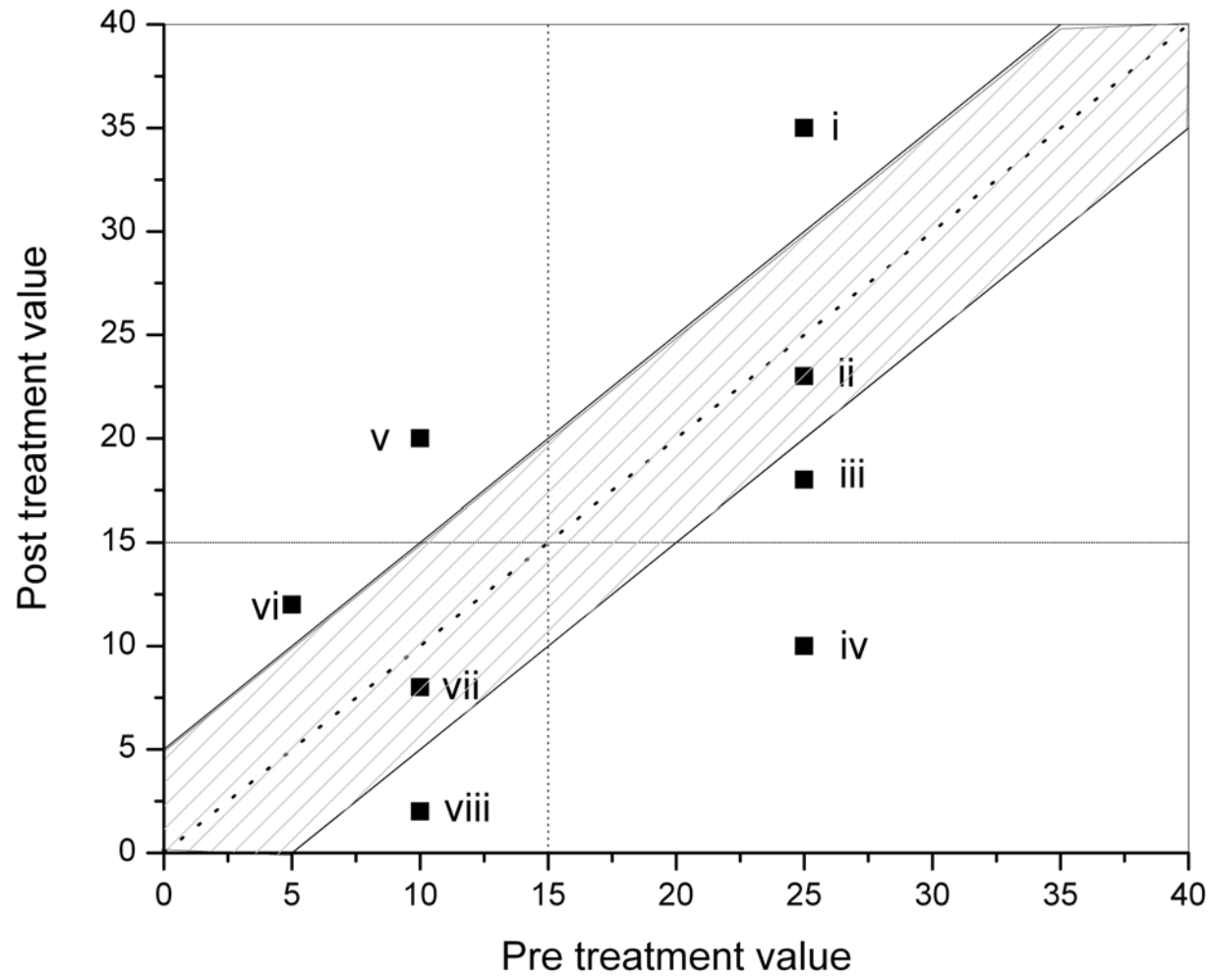


Table 1

Reliability and Clinically Significant Change data

	Reliability coefficient	Reliability type	RCI	CSC cut point	Criterion	Scale range
Pain						
Intensity	.69	s	30.06	30%	<i>n</i>	0-100
Distress	.69	s	30.84	30%	<i>n</i>	0-100
Interference	.69	s	31.30	30%	<i>n</i>	0-100
BDI	.81	α	10.79	19.68	<i>c</i>	0-63
HADS Anxiety	.84	α	4.77	8.00	<i>n</i>	0-21
HADS	.82	α	4.58	8.00	<i>n</i>	0-21
Depression						
CSQ	.78	α	10.82	1.01	<i>a</i>	0-36
Catastrophizing.						
PSEQ	.92	α	8.28	43.80	<i>a</i>	
5 minute walk	.94	icc	70.98	402.79	<i>a</i>	0-*

Notes:

BDI = Beck Depression Inventory; HADS-A = Hospital Anxiety and Depression Scale, Anxiety sub-scale; HADS-D = Hospital Anxiety and Depression Scale, Depression sub-scale; CSQ-cat. = Coping Strategies Questionnaire, catastrophizing sub-scale; PSEQ = Pain Self Efficacy Scale (the * in the Scale range indicated that there is no set upper point).

Reliability type: s = stability, α = internal consistency, icc = intraclass correlation.

RCI = value of Reliable Change Index. CSC cut point = scale point used to determine a Clinically Significant Change. Criterion = Criterion used to set CSC parameter – see text for details : n = normative, a = Jacobson criterion a , c = Jacobson criterion c .

Table 2

Descriptive statistics for the sample at the three time points; Pre-treatment, Post-treatment and Follow-up

	Pre-treatment		Post-treatment		Follow-up		$n_{\text{pre-post}}$	$n_{\text{pre-fu}}$	$r_{\text{pre-post}}$	$r_{\text{pre-fu}}$	$t_{\text{pre-post}}$	$t_{\text{pre-fu}}$
	Mean	SD	Mean	SD	Mean	SD						
Pain												
Intensity	72.62	19.48	67.24	22.24	66.07	23.80	830	639	.39	.39	6.53	5.74
Distress	60.08	24.32	57.96	27.84	57.91	28.16	826	598	.41	.35	10.20	7.64
Interference	69.57	24.68	57.65	28.88	57.75	29.80	825	595	.32	.29	10.91	7.94
BDI	19.24	8.93	13.63	9.93	14.46	9.93	833	593	.64	.61	20.22	13.18
HADS-A	11.18	4.34	9.08	4.66	9.32	4.55	720	537	.62	.59	14.30	10.48
HADS-D	9.67	3.86	7.51	4.42	7.69	4.74	720	527	.57	.54	15.03	10.77
CSQ- cat.	17.61	8.31	13.05	8.78	13.30	9.17	828	592	.60	.54	17.13	12.67
PSEQ	22.66	10.56	31.37	13.05	30.67	13.58	831	601	.50	.50	52.95	15.21
5 minute walk	196.80	104.46	250.57	116.84	243.85	116.56	801	550	.71	.70	18.75	11.68

Note

BDI = Beck Depression Inventory; HADS-A = Hospital Anxiety and Depression Scale, Anxiety sub-scale; HADS-D = Hospital Anxiety and Depression Scale, Depression sub-scale; CSQ-cat. = Coping Strategies Questionnaire, catastrophizing sub-scale; PSEQ = Pain Self Efficacy Scale.

Pre to post treatment: $n_{\text{pre-post}}$ = number of observations; $r_{\text{pre-post}}$ = correlation; $t_{\text{pre-post}}$ = t value. Pre treatment to follow up: $n_{\text{pre-fu}}$ = number of observations; $r_{\text{pre-fu}}$ = correlation; $t_{\text{pre-fu}}$ = t value

Table 3

Frequency (percent) of changes in different outcome categories (**i** to **viii** in Figure 2) at post-treatment and at follow-up

	Above criterion pre-treatment				Below criterion pre-treatment			
	i - Reliable Deterioration	ii - No change	iii - Reliable Improvement	iv - CSC Improvement	v - CSC deterioration	vi - Reliable Deterioration	vii - No change	viii - Reliable Improvement
<i>Pre to post treatment</i>								
Pain								
Intensity	30 (4)	691 (79)		109 (13)				
Distress	41 (5)	632 (77)		153 (19)				
Interference	59 (7)	581 (70)		185 (13)				
BDI	13 (2)	198 (24)	18 (2)	132 (16)	10 (1)	2 (1)	399 (49)	61 (7)
HADS Anxiety	16 (2)	376 (52)	66 (9)	104 (14)		14 (2)	136 (19)	8 (1)
HADS	17 (2)	310 (43)	47 (7)	133 (19)	10 (1)	15 (2)	188 (26)	15 (2)
Depression								
CSQ	20 (2)	620 (75)	127 (13)	36 (4)			25 (3)	
Catastrophizing								
PSEQ	49 (6)	353 (43)	267 (32)	139 (17)	1 (1)		16 (73)	6 (1)
5 minute walk	40 (5)	422 (53)	273 (34)	51 (6)		1 (1)	10 (1)	3 (1)

Table 3
continued

Pre-treatment to

Follow-up

Pain

Intensity	21 (4)	501 (84)		76 (13)				
Distress	33 (6)	446 (75)		119 (20)				
Interference	41 (7)	425 (71)		129 (22)				
BDI	10 (1)	145 (26)	9 (1)	79 (14)	4 (1)	7 (1)	271 (48)	37 (7)
HADS Anxiety	9 (2)	272 (54)	37 (7)	73 (15)	14 (3)		96 (19)	3 (1)
HADS	13 (2)	233 (44)	24 (5)	93 (19)	8 (1)		130 (26)	13 (3)
Depression								
CSQ	22 (4)	429 (73)	90 (15)	37 (6)			14 (12)	
Catastrophizing								
PSEQ	43 (7)	275 (46)	165 (28)	106 (18)			8 (1)	4 (1)
5 minute walk	39 (5)	314 (57)	157 (29)	31 (4)		2 (1)	4 (1)	2 (1)
