Supplementary Online Content


eFigure 1. Global Impression of Change

eFigure 2. Expectancy

This supplementary material has been provided by the authors to give readers additional information about their work.
*The intervention participants had more improvement in their back pain symptoms compared to the control participants ($P<.0001$)
eFigure 2. Expectancy

At this point, how much do you really feel that the workshop series will help you to reduce your back pain?

Timepoint = Baseline

Frequency

Treatment Group  intv  Ctrl

Not at all  2  3  4  Somewhat  6  7  8  Very much