

The STEMS pilot trial:

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Supplementary Table S2: Adjusted estimates (adjusted mean difference or odds ratio) and 95% confidence intervals for the treatment effect of outcomes based on mixed effect model (linear for continuous and logistic for binary).

Outcomes Intervention vs. control arm (reference category)	2 months	6 months	12 months
	Estimate (95% CI)	Estimate (95% CI)	Estimate (95% CI)
Physical Health: SF-36 PCS	-0.14 (-1.02, 0.74)	-0.28 (-1.35, 0.79)	0.12 (-1.27, 1.51)
Mental Health: SF-36 MCS	0.001 (-1.24, 1.24)	0.52 (-0.86, 1.91)	0.34 (-1.40, 2.07)
Pain self-efficacy (0-60)	0.62 (-0.68, 1.93)	2.22 (0.49, 3.96)	1.94 (-0.35, 4.24)
Overall perceived change from baseline: completely recovered or much improved*	0.63 (0.31, 1.29)	1.37 (0.72, 2.59)	1.05 (0.56, 1.98)
Convenience of services received for pain or pain related symptoms (0-10 NRS)	0.11 (-0.56, 0.78)	0.17 (-0.34, 0.62)	-
Satisfaction with the services received for pain problem (0-10 NRS)	0.19 (-0.29, 0.67)	0.08 (-0.44, 0.60)	-

Adjusted for baseline outcome measure (where applicable), age, gender, widespread pain, area deprivation and a random effect for GP practice

Continuous outcomes estimated by linear mixed model. *Binary outcome estimated by mixed effect logistic regression; the estimates are odds ratios and 95% CIs