

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 1_04_11_2021	Yes, I did. I think I went through them a lot more in my OPD block because I think at that stage we followed that assessment form like to the t and we had a lot of time... but now in public health, because we had so many patients, you don't really have time to go into everything, and so I would often find that I would almost find out those yellow flags while I was busy treating them already. Yeah, I think if I had a bit more time out I would have done them, but yeah.
Psychosocial factors in the context of chronic pain	Social factors in the context of chronic pain	Transcript 1_04_11_2021	Yes, I did. I think I went through them a lot more in my OPD block because I think at that stage we followed that assessment form like to the t and we had a lot of time... but now in public health, because we had so many patients, you don't really have time to go into everything, and so I would often find that I would almost find out those yellow flags while I was busy treating them already. Yeah, I think if I had a bit more time out I would have done them, but yeah.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 1_04_11_2021	Uhm, I found it really challenging, especially when there was like heavy stuff going on in the family and it's like, OK, almost like you feel the best you can do is refer them to the social worker, but the social worker, no matter where I've been, is never there. So yeah, I found it quite challenging just because I didn't feel like I had the skills to help the patient in those aspects. Yeah, I think that's why you have a social worker because they are trained in that stuff. It's challenging, like I am still in my 20s and now I have a 60-year-old telling me that their grandchild is abusing them. It's like what do you do you, know? So yeah, I think the best I felt I could do was just refer them to the social worker and just hope one of these days that she would be around so yeah.
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Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 1_04_11_2021	Uh, I think there were certain patients where it really was there. I definitely think that it did impact it. But uhm, yeah. Just when like there was an absence of any pathology anywhere else. I definitely do think that in those cases it did impact it. Yeah, so I know that with one lady she was taking quite a while to recover and then I found out like a whole bunch of stuff that had happened at home and as soon as she had told me about it and I just chatted to her little bit about it and like we were kind of just chatting about things while I was busy treating her... all of a sudden she started making like the most remarkable improvement. So, it was almost like she just had someone to just chat to, you know. She was just telling me about stuff and I'm like, yeah and after a couple of sessions, she was extremely emotional. And then yeah, in our next couple of sessions she was like just so happy and like just really happy to be there and she was always like showing me, look how far my wrist can and go this time. Yeah, so I think in some yeah, it definitely does make a difference.
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Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 1_04_11_2021	So then if it is psychological, what do you do as a physio? OK what do you do? Uh, instead of just referred to the social worker, what can you actually safely do in the session to help them if that pain is psychological. So, almost having identifying features of each one.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 10_25_11_2021	So like if you are suffering with chronic pain...I myself don't suffer from chronic pain, but if I were to try and understand it... I can understand how people could like lose hope in ever getting better or you know lose hope in Physio itself if it's not improving their pain levels.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 10_25_11_2021	Thinking back to like my theory and things like that, I think when you've been suffering from pain for a long time, I think it can make you a little more sensitive or not, but I think it does alter the way you feel pain or like or express yourself in pain.

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Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 10_25_11_2021	I feel like there's a big psychological influence but of course there are other things. I feel like what holds chronic pain a lot is psychological factors. Like they have just forgotten what life is like without this pain.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 10_25_11_2021	Like they have just forgotten what life is like without this pain.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 10_25_11_2021	The way that they feel they pain now because they've had this pain for so long, I feel like that pain could be altered. I think their pain could be altered and the pain that they're feeling now is not a correct representation of those structures that are that are causing the pain. Like with patients that we have encountered, when we did the objective assessment, they kind of had no problems on any tests that we could do, but they would still feel their pain.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 11_26_11_2021	I saw that a lot of it had to do with psychological factors. In terms of... if someone comes in... anything that you do like... I had a lot of experiences like this where anything you do, the person is like... nothing helps... like nothing helps. You asked them is there anything that eases your pain and there's nothing and are you telling me like really there's nothing that helps you or is it in your mind?
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 11_26_11_2021	So that's what I felt was very different, very challenging and a lot of them had these emotional factors going on with regards to the pain. The minute you ask them to bend forward and then with this forward flexion movement they have pain... then they start crying and then go off on a tangent about something you know. A lot of the lower back ones were VERY emotional.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 11_26_11_2021	A lot of them came and it was as if they wanted you to write them a letter to say they can't work because of the pain. Sometimes I feel like it was over exaggerated.
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Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 11_26_11_2021	I think remuneration at work was one of the biggest things like honestly. I think that at Bara I must have seen like 10 or 15.... and I'm saying we saw like 2 a day in the morning... so like 10 or 15 of them that came and they were just like I want them to change what I do at work. You know I have a lot of pain so I can't do this. I know like a few of them came and they were like no, I want to letter to say that my work is causing this so that I can get paid, you know, so that's the one thing.

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 11_26_11_2021	Another thing is in their mind they feel like they'll never get better so nothing helps the pain. I don't know if it is demotivation, but like they are demotivating and they keep telling themselves that they are not ok and are in pain constantly ...So obviously your mind is going to keep upregulating, nothing is downregulating the pain so obviously the pain is going to continue. I just really believe in mind over matter.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 11_26_11_2021	Yes, I've seen it. I've seen it then they just start crying, but then they're not crying about the pain anymore [participant exasperated]...they're crying about like their daughter or son who did this or that. So yes, I think like emotionally there is a very big part in pain... the pain that they're feeling.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 11_26_11_2021	You know how it is in private, like come massage me, you know. I didn't really come across this emotional thing in private because for me it was more like, "I came for a rub-down", you know. They'll come in and you know, they just came for like a massage because they're like, "oh, you know it's so sore here... just rub it here and here".
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 11_26_11_2021	Yeah, like I'm saying most of my granny patients I have seen have been very dramatic and emotional and everything is just wrong in their life. They are always frustrated. I'm not saying all but a lot of them just like start crying and you know it's not a pretty picture
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 11_26_11_2021	After 3 sessions she really improved because she was doing her home exercise program. She started implementing the ergonomic advice I gave her and all of that, and that's actually memorable, because I know that the person took my advice and it actually helped her. So yes, she I'm not saying her pain went away completely, but it really did help. The first time she came she was crying. She was like look at me, I'm so young, how can I be in so much pain? By the third time she was so much better like emotionally so I thought that was one good thing.
Psychosocial factors in the context of chronic pain	Mental factors	Transcript 11_26_11_2021	I really believe in this mental thing of chronic pain because you see a picture when you're doing your subjective assessment. You already know, as this person, this patient is going to give you a hard time and then you kind of change your approach, try to be more stern or you try to explain more during your session because you know that this person really needs it to get through to them.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 11_26_11_2021	The way they speak about their pain, like the world is coming to an end. That's when you know. You ask them if they have been to physio before and what are you doing and they're like, yeah, I put a heat pack on but it doesn't help. Then you know, like nothing helps. Nothing helps. Why does nothing help? Then they will say things like, "at work they expect me to carry heavy boxes and I've been applying for lightweight work". Then you know they are here for a reason [to get out of doing work].

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 13_30_11_2021	often the patient might be irritable and they may also be emotional because of them constantly having to deal with the pain. I am not sure but the way he would also approach me and my colleagues a lot of the time was odd. I can speak Sotho but a lot of the time if the person can speak English, I would speak in English. I am still trying to work on certain words and how to explain some of the things we learn in varsity. It is sometimes a little bit difficult in my mind as I have processed it all in English. So he said no, it's fine, we can just speak in English and then then he would get to the point where if I was busy doing something next door, he was start speaking to my other colleagues saying like, "why does he act this way? Or why does he have that accent or I feel sorry for him that he can't do so and so". That made me feel a bit uncomfortable with him because I thought that he was being a bit rude to me, who I was and also how I was trying to help him. From that point of view, I didn't really appreciate like the things that he would say about me and how he would treat me and my colleague. She's a foreigner so she doesn't really know any South African languages at all. So yeah, that was the issue that I had. I don't know if it was a psychosocial issue or just the person being who they are.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 13_30_11_2021	In terms of an outpatient basis, it is little bit more difficult with me to pick it up because we don't see them as frequently. Often if I'm lucky, maybe I get to see them three times in the block. In terms of inpatients, I could pick it up faster and I could sort of create a picture in my head a lot easier. In ICU, some of the patients are so sick, they've been there for a month, covered with a lot of visitors. We saw them more so it was easier to build a clinical picture opposed to OPD where we only see them once a week, may once in 2 weeks.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 13_30_11_2021	When I did and if I thought of something, I would immediately go to my supervisor, give them a like a quick history and sort of give them an idea of what I think is an issue and maybe I think I should refer them to psychology or the social worker. I never ever spoke to the patient or brought up psychosocial issues with the patient. Sometimes they just brought it up in the conversation but I would never even try to elicit anything. Sometimes they would say this is x,y,z happening at home. Yeah, I wouldn't ask.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 13_30_11_2021	I think, again, people may also have like mental and social factors happening at home that may hinder their progress. If they're not opening up or having stress with jobs as well. Obviously I can't help somebody in terms of like the job if they're having issues with the boss or something so that it may be something that can hinder them. And also, I think, not having an open mind to be actively taking part in therapy, because if they just passively coming to physio every session and not actually continuing at home and changing their lifestyle, then I think that will also hinder them from dealing with their chronic pain.

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Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 14_06_12_2021	Dealing with pain for long period and taking an emotional aspect into account.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 14_06_12_2021	The patient's feeling towards their pain, their emotions and what their attitude is towards their pain and their treatment.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 14_06_12_2021	Definitely seeing her cry was the most challenging because I didn't know what to do, so that was a good learning experience for me.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 14_06_12_2021	I think that could be an element of chronic pain where the patient is just satisfied with a physio massaging and releasing the trigger points.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 14_06_12_2021	I definitely think their attitude towards their injury and if they are depressed or have anxiety. If they don't understand why they have their pain and if they're not doing anything about it. If they are not putting in effort to go to support groups and stuff like that.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 14_06_12_2021	Uhm, no, to be honest, I don't think so. If they show emotion like crying, I could see with that patient but otherwise I cannot. I wish Wits taught us more about how to speak to patients psychologically and how to talk to them about their feelings and stuff because I kind of had to learn that on my own. It's difficult to see if they are depressed or anxious.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 14_06_12_2021	You have mentioned psychological issues quite a few times. When you think of the word psychological, what are you referring to? Participant 14: The brain and the person's thoughts and perceptions
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 14_06_12_2021	I would ask, "how did the event change your life?" or "how does your injury make you feel?" or "how does the pain make you feel?" Stuff like that I guess... I have not done it. I'm probably going to ask more questions about how they feel and what makes the pain better. I will also ask what aggravates it and go into more depth in terms of the pain.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 14_06_12_2021	In terms of assessment and treatment, yes, but with speaking to patients on a deeper level in terms of their emotions and psychological thoughts, then no.

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Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 14_06_12_2021	Definitely speaking to them on a deeper level and finding out their emotions because I haven't had any experiences with speaking to a patient about their personal lives and how it makes them feel and everything. Maybe like doing a mini-psychological course. I definitely think physios have a role in the psychological aspect but it isn't really focused on.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 15_08_12_2021	I am not the best with those yellow flags and picking them up quickly enough. I think afterwards if I go and reflect, then maybe I would be able to, but in the moment I could not pick up any yellow flags. I find it difficult to pick up on yellow flags especially in the OPD setting where it is more prominent.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 15_08_12_2021	No, no. I wouldn't be able to mediate it. Oh no, no. I would not be able to. I don't know what I would do if a patient had an attitude or belief system like saying the pain is there because they were cursed or something. Honestly, I would leave it at that and just write in the file that patient believes pain is from witchcraft or whatever, but my treatment wouldn't change. How I go about the treatment and management of the patient in general would not change.
Psychosocial factors in the context of chronic pain	Mental factors	Transcript 15_08_12_2021	For her, I feel like her chronic pain was not like mental. I am thinking a lot now that chronic pain is more of a mental thing. I think it should make it easier if you have a good mindset. Like with this patient, I didn't see her for long. I saw her for the first time on Monday and the exam was on Thursday. There was so much improvement in that short time. Her strength was getting better and because her strength was getting better, her back pain was reducing. Even though it's chronic in terms of the time period as she had pain for quite a long time. She had improved in just like a week. I think that is where patients differ because she was so good with her exercises compared to other patients. I don't know about that first patient I told you about and how diligent she was with her exercises. She didn't have as much of an improvement from the first to the last week that I saw her.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 15_08_12_2021	I don't know where I read this... at some point the brain keeps getting fed that this thing is painful especially with things like lumbar OA where the OA is not like going to go away, it is not going to regenerate. So I would say that that is chronic and the patient knows that the lumbar OA diagnosis is not going to go away, that becomes like a mental thing in terms of believing that that back pain is always going to be there. With chronic pain, there is no hope of the pain disappearing.
Psychosocial factors in the context of chronic pain	Mental factors	Transcript 15_08_12_2021	

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Psychosocial factors in the context of chronic pain	Mental factors	Transcript 15_08_12_2021	When you say, "a mental thing", what exactly are you referring to? What is your thought process here? Participant 15: My thought process is that... uhm... ok, with a stab wound, it has to heal and there is no way that this can become chronic. The wound is healed and there is no other physical damage. It cannot become chronic. With chronic pain, it is my thinking that it becomes more mental, there is no physical damage that is there or the diagnosis is there forever. The brain starts to process this based on these 2 things, either the diagnosis is there forever or there is no physical damage therefore something is wrong in terms of the connection.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 2_05_11_2021	I've seen a lot of those kind of people and I feel like their mood, they are unhappy and the first thing I think is if the pain could go away, their mood would change like a lot and I see it a lot, especially with some people in retail. People who work in retail, we just think that they having a bad day or they are very rude, but what if they are in so much pain? You can just see with their posture so I just want to say, "go see a physio and you'll be way better". I think the first thing that comes to mind is knowledge about pain as sometimes we tend to think my weight causes my pain or because I'm tall. So knowledge to know that the pain can be dealt with or I can influence the pain in some sort of way, and you don't have to feel that way. Others don't know that the pain causes the mood changes well. So I think, yeah, I think that's the first thing-if they could deal with the pain they would be way friendlier. People would be so happy to be around them, especially the people they live with. I always think of that.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 2_05_11_2021	Education/knowledge that they have of pain and how the people around them react to their pain. Another thing I think is their previous experiences with pain. So let's say if a person had broken their arm before versus now they have sprained their ankle, they may relate the pain to be the same, whereas it probably isn't. So I think their past experiences influence their pain as well. And also what people around them say pain is? So if someone sees pain as, "I shouldn't do anything throughout the day, I should feel a certain way, I should feel down, I should not eat, I wouldn't have an appetite", then all of those factors come into play. But I think mostly it's knowledge and the people around them.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 3_12_11_2021	Pain is very, very subjective. It's amazing to see the placebo effect that a lot of stuff can have on the pain. Telling a patient that at a TENS machine is absolutely magic, every patient then gets better. You plug the TENS in and everyone is miraculously better the next week. You can see that there's a lot of cognition behind it, it's the way they are feeling about it and also yellow flags can increase pain a lot. The neurological conditions, it's not as pain mediated, it's really around function and how you can get them more functional. It's very different- the way that you approach your patients and the way that you approach the treatment of the patients.

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Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 3_12_11_2021	Uh, maybe not as much occupational but more home-related. The yellow flags around home-related things and how the effects of their life at home and how the people at home related to them because a lot of the people at home actually don't understand it. You can really get that a lot of them think that they're faking it because they always say, "my knees or my hips" or but they haven't injured themselves and they struggle to understand it. You can see that that there is a bit of conflict if the husband comes with his wife or wife comes with her husband. They don't understand the pain. I don't even think I understand pain. It's a very hard concept. You cannot understand it because you cannot see it.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 3_12_11_2021	Getting the people to buy in on the treatment. A lot of people are very sceptical in the first treatment. I mean, my favorite line is "what can make you 100% better, give you more energy, fix this and that?" They are expecting you to say a pil and then you say exercise and you can just see the shock on their face and they don't exactly buy into it. But the minute patients actually come and you ask them to show you the exercise programme and they perform a proper full exercise programme, they start feeling better. Once they buy into the treatment, buy into what you are selling them, that's generally when you really see a functional recovery in these patients.
Psychosocial factors in the context of chronic pain	Social factors in the context of chronic pain	Transcript 3_12_11_2021	Getting the people to buy in on the treatment. A lot of people are very sceptical in the first treatment. I mean, my favorite line is "what can make you 100% better, give you more energy, fix this and that?" They are expecting you to say a pil and then you say exercise and you can just see the shock on their face and they don't exactly buy into it. But the minute patients actually come and you ask them to show you the exercise programme and they perform a proper full exercise programme, they start feeling better. Once they buy into the treatment, buy into what you are selling them, that's generally when you really see a functional recovery in these patients.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 3_12_11_2021	I'd pay more attention within the subjective assessment to the timing of the pain. What I have noticed is that my pain is consistently there. Even though I might not be doing anything different, I can be sitting in my chair in my room and I'm good but if I'm sitting in a chair at the exam room, pretty much the same chair, the same level of support but when I get a bit stressed out, my pain in my back kind of flares up a bit more. I didn't read into those situations in the subjective assessment and I certainly feel like probably most people missed it. So like, I would pay more attention in these situations. Like if the pain flares up in the morning it's not just the time but what are they doing in the morning? It's not necessarily physical, it could just be stress-related.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 4_15_11_2021	Yeah, so maybe knowing what caused the pain. It helps knowing a specific thing and being educated about how it is causing pain. Yeah, I think just knowing, understanding what is causing the pain. I can't think of anything else... but maybe support, yeah. Emotional support also because some pain can be very life changing. You stop. You can't do whatever you should've been doing every day.

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Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 4_15_11_2021	For starters, I think because it is chronic, maybe if you're not well educated enough, that would also hinder progress because you would not understand why this pain is just there all the time and then you go to physio, they help you for day and that's it. And also maybe their financial situation. Maybe because of their home situation they think, "I'm forced to do this, I have to live through the pain because I have to work and then my work causes my lower back pain". And it could also be the work environment such that my employer doesn't allow me to sit for five minutes as you advise me or to go for stretch for 10 minutes. I should be in one position the whole time doing something. And maybe also you could have a passion for something like maybe you are a body-builder, making sure you're in shape and everything and then now the physio is telling you to stop doing that, at least for I don't know how many weeks. And then you just not willing to do that.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 4_15_11_2021	So, I was taught pain in the physiotherapy course so, yeah, they are always teaching that pain is a subjective thing. We've never really went deep into it or maybe I've missed the lecture that went deep into it. But yeah, I don't think we've went deep into it such that we acknowledge that there are so many factors that could contribute it and there are so many factors that could hinder you too.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 5_16_11_2021	've learned that pain is influenced by different factors, not just what the patient has pathologically. It's influenced obviously by yellow flags [psychosocial factors] and that kind of thing.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 5_16_11_2021	When I think of chronic pain, I mainly think of yellow flags, to be honest, yeah
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 5_16_11_2021	Obviously pain goes through the acute phase, then the sub- acute phase and it becomes chronic and if pain does become chronic it does tend to become affected by external influences. Like I had a patient, also a lower back pain patient and he was incredibly stressed at home. He thinks that his stress actually triggered his back pain. He came from an extremely poor background and his kids were living with his wife and he was never able to see his kids. He was unemployed and he perceived that his pain was coming from stress. As soon as his stress went, his lower back pain went so to me chronic pain is influenced by stress and me personally, when I'm stressed I get bad neck pain.

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 5_16_11_2021	So obviously if they're walking in and if they have a limp, then that would indicate that they are in pain, but it's also about how they perceive pain. If they have a very negative perception towards pain that this may be affecting the way that they are presenting. If they are very, very strong person and they believe that you must just work through pain, they may present differently. No, he wasn't. He wasn't using a crutch, but he just he was just limping. I can't actually remember if he came in with a crutch or not but the second time, he definitely didn't. He was trying not to weight bear on his one leg. Yeah, the doctor basically diagnosed him with peripheral neuropathy but he wasn't on any medication for like diabetes or anything like that. So I don't know why the doctor would have diagnosed him with peripheral neuropathy. There was no reason as to why he did. He just told him not to weight-bear and I think that that definitely exacerbated the condition and it obviously made him become very fearful of movement, very fearful of walking. And then during our first session with him, in fact, I actually treated him with one of my supervisors and one of my friends. So during our first session with him, we told him that he needs to start weight bearing on that leg. During the second session, he was a little bit better, but he was still very fearful of weight bearing and his pain is definitely influenced by fear.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 5_16_11_2021	It does help them a lot especially if it's chronic pain. I think also doing things that they like, things that they enjoy and movement is also very important in helping chronic pain.
Psychosocial factors in the context of chronic pain	Social factors in the context of chronic pain	Transcript 5_16_11_2021	It does help them a lot especially if it's chronic pain. I think also doing things that they like, things that they enjoy and movement is also very important in helping chronic pain.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 5_16_11_2021	I think I'll definitely do more research on chronic pain because I would say that I don't know enough about it. I've seen that it definitely is very prevalent. I've noticed, especially in the poorer communities but I don't know if that's just because I've been working in government hospitals, but I've noticed that like lower back pain is a huge issue in the poor communities. I think it's because of what kind of jobs people are doing and that kind of thing. So yeah, do more research on it. I would try to find ways to adapt my explanation of pain mechanisms and explaining the effect of their beliefs and that on pain. I still find it quite difficult to identify the yellow flags, but I'm finding it easier now, definitely.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 5_16_11_2021	I still find it quite difficult to identify the yellow flags, but I'm finding it easier now, definitely.

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 5_16_11_2021	And ask them their perception, what do they think the cause of their pain is? Because I think that question itself tells a lot about the patient's pain.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 5_16_11_2021	Speaking of the VAS, if a patient comes to you and says that they are experiencing a 12 out of 10 pain, how would you respond to that? Participant 5: So I would say to them OK, what is the most painful experience that you've ever had in your entire life? Let's make that a ten. Let's make that most painful experience that you've ever had in your entire life a 10. And then I would ask them to revise that 12 and yeah, put it into context. Researcher: And in your mind, when you hear somebody tell you something beyond a 10, what runs through your mind. Participant 5: Yellow flags definitely.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 5_16_11_2021	Ya, something psychosocial going on... yeah and oh, it could mean the exact opposite. It could mean something very acute. If they've never experienced anything like this before and it's so painful that this is all they are thinking about right now because it's so painful then I think you definitely have to delve deeper.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 6_17_11_2021	The other thing is with some of them it had a lot do with their emotions. I could see that actually the pain influenced their emotions. That is one of the things that actually touched me during this block, but like other than that it was more of like a learning block. It was actually my first time seeing patients like this and patients with chronic pain and back pain patients.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 6_17_11_2021	With chronic pain, most of them are really affected by their emotions so it is important to give them something to calm them down. In this instance, talking to them sometimes helps or doing something it may not be part of the actual treatment. Maybe putting heat or something on their spine if they are having lower back pain, something to actually calm them down or activate the PNS [Parasympathetic Nervous System] or something.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 6_17_11_2021	I think sometimes they feel like it's their fault. So a lot of it has to do with their attitudes towards the pain. I feel like psychologically how the patient is thinking about the pain has an influence. For instance, if the patient believes that the pain is going to kill them, it is easy for them to get agitated. If they tell themselves something like, "I'm going to get better" then it is easy. I feel like it is more the brain rather than the pain intensity. I feel like if the patients are more motivated and don't think that the pain is going to kill them then it is better.

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 6_17_11_2021	OK, I'll just give a few reasons, so maybe for example, like the family members or people that are closer to them, they don't actually listen to them when they're talking about the pain and how serious the pain is. Another reason would be not being optimistic, not believing that the pain will get better. Thinking that you are always going to have the pain, will make it worse. Also, thinking about money and being unable to work also makes it worse. Also thinking that pain medication is not going to help or going to physio is not going to help and will make the pain worse. Also thinking that these are just exercises, they are not going to work.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 6_17_11_2021	like the family members or people that are closer to them, they don't actually listen to them when they're talking about the pain and how serious the pain is. Another reason would be not being optimistic, not believing that the pain will get better.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 6_17_11_2021	In the beginning of the block it was easy because we have an assessment form and I was mostly like, following that assessment form. I usually get very vocal patients and they speak a lot so sometimes I don't even actually have to ask. Sometimes they just actually like tell me what's happening.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 7_18_11_2021	because you know you see a chronic pain patient and you just think uhm, you know people start saying yellow flags. It's a yellow flag patient. Before even meeting them, it's just said, this is a yellow flag patient.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 7_18_11_2021	He was a very difficult patient in a sense that even now if I have to go back with the knowledge that I have, I'm not sure how I would approach. There was chronic pain, but it was also very much yellow flag patient and that was quite a tough one.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 7_18_11_2021	Ok so he also reached this point now where he just didn't want to receive treatment anymore. He just wouldn't let you touch him. Daily, when we go to him for treatment and we would just say let's try a little bit, but before you even touch him, he was screaming. He would swear the nurses and he would swear me and so like it wasn't just chronic pain. I think he just wanted to be out of there and go home. He wasn't being corporative, he wasn't willing to participate much and he just wanted to go home. He didn't care if he was going home in a wheelchair or whatever. It was his attitude and he said he had enough people at home to help him, so why did he need this. He had money so he said he could just have nurses at home to help him with everything.

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Social factors in the context of chronic pain	Transcript 7_18_11_2021	Ok so he also reached this point now where he just didn't want to receive treatment anymore. He just wouldn't let you touch him. Daily, when we go to him for treatment and we would just say let's try a little bit, but before you even touch him, he was screaming. He would swear the nurses and he would swear me and so like it wasn't just chronic pain. I think he just wanted to be out of there and go home. He wasn't being corporative, he wasn't willing to participate much and he just wanted to go home. He didn't care if he was going home in a wheelchair or whatever. It was his attitude and he said he had enough people at home to help him, so why did he need this. He had money so he said he could just have nurses at home to help him with everything.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 7_18_11_2021	I think that was one of the challenging things and then also realising that you can't just say it is a yellow flag patient, because that's what everyone says. I think it's difficult to find the line between giving the right education, acknowledging their pain and what they're going through and then also knowing what hands on treatment to give. I think it's difficult to find the balance and to actually know where to start.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 7_18_11_2021	I think personally I do. I think it is because personally I have a higher EQ, definitely higher than my IQ. So I think I pick up quickly on people's emotions and it's something that I can pick up on quite fast. But yeah, I have now realized that it's not a natural thing for everybody to just be able to pick up on people's emotional state.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 7_18_11_2021	I think like the kind of support structures that people have and also their financial state. Their financial difficulties and difficult home situations result in their pain and emotions being the last thing to think about. They won't really deal with this adequately when they need to put food on a table.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 7_18_11_2021	Yeah, I think having support, but I think also like people who are naturally more positive towards things. Like these people will have their pain but they are willing to work through it a little bit more. I don't like to say the word positive but like a person who is just a little bit more open to dealing with this compared to a person was just believes that this is out to get them.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 7_18_11_2021	Yeah, so then it's really just the opposite of that. I think people who are naturally just half glass, half glass empty and also those who just have like a lot going on, a lot of other things going on. Like you know, it's hard to be positive when you've got so much of other strain. I always think of these old grandmothers who come in and they've got these grandkids that they still looking after and the mothers take the grant money... so it is just difficult.
Psychosocial factors in the context of chronic pain	Social factors in the context of chronic pain	Transcript 7_18_11_2021	I always think of these old grandmothers who come in and they've got these grandkids that they still looking after and the mothers take the grant money... so it is just difficult.

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 7_18_11_2021	So I think when you just start out and at the beginning of last year you think, ok wow, that's big. You know, like it's a huge caution but somehow at some point that perception changes. I don't know if it's the correct way to think, but it's almost like a touch yellow flaggy when they tell me that their pain is 15 out of 10. You are still walking and you are still allowing me to touch you or move something but then you say your pain is 15 out of 10. So I think with those patients, you have to just gauge and can't just take the pain scale at face value. You have to see how they cope and that.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 7_18_11_2021	Yeah, I think because of my experience, especially with that patient who I spoke about with the septic arthritis, I think of the patient just being "difficult". Yeah, difficult patients, that's what comes to mind. It's someone who's quite difficult to treat. Now that I think about it, I don't know if this patient had chronic pain, but in my sports block, this patient came in and she had pain everywhere. Everything was sore and she was seeing so many health professionals and nothing was really helping, so I think it is just associated with a difficult patient.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 8_22_11_2021	It was fine, but it was hard to get specifics, if that makes sense? I would ask her how is the pain and what are you struggling with and she would go, 10 out of 10 pain and she struggles with everything. She would say, no it is so bad especially when she is sitting. It was hard to get information because it was one word answers, it was quick.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 8_22_11_2021	I know she hated her job and her job involves lots of sitting, so that was also may have had an effect but other than that I didn't pick up anything.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 8_22_11_2021	Yeah. In my sports block, there was this one lady who kept coming back. It was mostly like a lumbar spine, chronic pain thing. She also seemed very irritable and that sort of thing.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 8_22_11_2021	If they have any psychosocial issues, then it obviously affects their pain and makes their pain worse. However, if they have minimal psychosocial issues then I think it will help the pain, they can understand it better. Also being able to understand the exercises and if they understand the things you are giving them, they will be more motivated. That also depends on their personality- how much do they really really want to change their pain.

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 8_22_11_2021	Some of them, with some it was blatantly obvious and then with others, it might have only been the second time you saw them and then it was like "ohhhh, that makes sense" sort of thing. Yeah, some were like really obvious, like they are on antidepressants, been here, been there, some have like a whole family history going on. Some would immediately start complaining about their job and asking for letters and stuff [sick notes] like that before you even touch them. I think there was one older lady only the second time I saw her did she start complaining about her kids and her grandkids and money. This was only when I saw her the second time.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 8_22_11_2021	Yeah, easy-ish... I don't find it difficult to talk about those things, and so yeah, so I think it was easy.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 8_22_11_2021	I would try to understand it more, try to be more respectful and stuff, ask more questions. At Bara, it was then quite easy to like refer to a social worker or someone else as needed. Yeah, but it's not easy as a physio to be sure of how to address them or I felt that.
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 8_22_11_2021	It influenced it quite a lot, I would say. Like emotions as well. If you are not feeling well and no feeling like you want to do something or go anywhere, then it influences hugely on the pain. If there's stress as well then it affects the pain.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 8_22_11_2021	If they don't understand what chronic pain is or what's going on, or things like that. If you're not really motivated to change it, and not doing the exercises and that, not coming to physio. If your social issues cannot be changed then that will affect pain.
Psychosocial factors in the context of chronic pain	Social factors in the context of chronic pain	Transcript 8_22_11_2021	If they don't understand what chronic pain is or what's going on, or things like that. If you're not really motivated to change it, and not doing the exercises and that, not coming to physio. If your social issues cannot be changed then that will affect pain.
Psychosocial factors in the context of chronic pain	Mental factors	Transcript 9_23_11_2021	Uhm, yes it was. It was quite interesting in that a lot of the time they would come back and it was almost like a mental problem because you couldn't find anything wrong when you were doing it. Not all the time, but a lot of the time something that happened a long time ago and then all of a sudden their back started hurting again that in that place. Then if you ask about their personal life, they've moved from Durban to here and they've lost their job and they used to be selling mielies or something and now they can't. So I think sometimes it does definitely relate to their mental health more than the actual pain itself.

Category	Code	Case	Text
Psychosocial factors in the context of chronic pain	Yellow flags (Attitudes, Beliefs, Compensation, Diagnosis, Emotions, Family, Work)	Transcript 9_23_11_2021	I would say sometimes. Sometimes people were very open to telling you about these things. It's in our assessment form to ask them about these things so we can refer if necessary... but then we would see them like twice in our block. We would tell them to come back two weeks later and then we were kind of asking more about their family life while we were sitting there, massaging them or whatever we were doing... then there would be a bit more open.
Psychosocial factors in the context of chronic pain	Mental factors	Transcript 9_23_11_2021	I would probably again think it is a mental thing and something else is going on especially if it's before I've even started treating them and I can see in their face that they are not in that much pain. If someone is in 12 out of 10 pain, they've broken a bone or something really serious. And so I would probably jump to conclusions and just think that there's probably some other social issue and then I would have to go into that further.
Psychosocial factors in the context of chronic pain	Psychological factors in the context of chronic pain	Transcript 9_23_11_2021	I just started just talking to her randomly, there was some music playing in the background and we started talking about music and then we just started like having a laugh while she was on the plinth. She was just a very friendly person and it was almost like a distraction when I was talking to her and but I was also enjoying it at same time.
Psychosocial factors in the context of chronic pain	Social factors in the context of chronic pain	Transcript 9_23_11_2021	Definitely their work environment. For example, it's difficult to lift and lower the beds at Bara so even if we did all the techniques and I showed her how to transfer properly and all these things, if the bed isn't the right height, she still might get that same pain and we just have to try and work around that. I would probably have to go into her environment as well to see exactly what's happening. Luckily for her, it was right around the corner. I think also like their home situation and their time. For her I think a big problem was that she didn't have time because she would work long shifts and then when she got home she was tired and had children to look after and all that stuff. So I would you try to put things in like instead of walking to work just do an extra block around and make it a bit faster and you'd have to try and modify in different ways.

