

Self-management interventions for work participation in patients with musculoskeletal disorders:
a scoping review

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Appendix 1. Bibliographic search strategies

Database	Search strategy
AMED (via EBSCO) 2025-07-07	<p>S1: TI ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR AB ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR SU ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment")</p> <p>S2: TI (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR AB (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR SU (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*)))</p> <p>S3: TI (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR “sick* absence*” OR “medical leave*” OR workplace OR</p>

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	<p>employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR "work* outcome*" OR “work reintegration” OR worker OR employee OR (occupational N1 (health OR risk*)) OR “work* disabilit*” OR “work absence*” OR “sick listed” OR “sick day*”) OR AB (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR “sick* absence*” OR “medical leave*” OR workplace OR employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR "work* outcome*" OR “work reintegration” OR worker OR employee OR (occupational N1 (health OR risk*)) OR “work* disabilit*” OR “work absence*” OR “sick listed” OR “sick day*”) OR SU (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR “sick* absence*” OR “medical leave*” OR workplace OR employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR "work* outcome*" OR “work reintegration” OR worker OR employee OR (occupational N1 (health OR risk*)) OR “work* disabilit*” OR “work absence*” OR “sick listed” OR “sick day*”)</p> <p>S4: S1 and S2 and S3 = 100 results</p>
<p>Academic Search Complete (via EBSCO) 2025-07-07</p>	<p>S1: TI ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR AB ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR SU ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment")</p> <p>S2: (DE "Self-Management (Psychology)")</p> <p>S3: TI (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR AB (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR</p>

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	<p>lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR SU (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*)))</p> <p>S4: (DE "Overuse injuries" OR DE "Sports injuries" OR DE "Work-related injuries" OR DE "Wounds & injuries" OR DE "Neck injuries" OR DE "Musculoskeletal system injuries" OR DE "Muscle injuries" OR DE "Ligament injuries" OR DE "Knee injuries" OR DE "Joint injuries" OR DE "Injuries of the anatomical extremities" OR DE "Hip joint injuries" OR DE "Heel injuries" OR DE "Hand injuries" OR DE "Forearm injuries" OR DE "Finger joint injuries" OR DE "Finger injuries" OR DE "Elbow injuries" OR DE "Back injuries" OR DE "Arm injuries" OR DE "Ankle injuries" OR DE "Wrist injuries" OR DE "Skeletal muscle injuries" OR DE "Shoulder joint injuries" OR DE "Rotator cuff injuries" OR DE "Musculoskeletal system diseases" OR DE "Musculoskeletal pain" OR DE "Peripheral nerve injuries" OR DE "Peripheral neuropathy")</p> <p>S5: TI (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR “sick* absence*” OR “medical leave*” OR workplace OR employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR "work* outcome*" OR “work reintegration” OR worker OR employee OR (occupational N1 (health OR risk*)) OR “work* disabilit*” OR “work absence*” OR “sick listed” OR “sick day*”) OR AB (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR “sick* absence*” OR “medical leave*” OR workplace OR employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR "work* outcome*" OR “work reintegration” OR worker OR employee OR (occupational N1 (health OR risk*)) OR “work* disabilit*” OR “work absence*” OR “sick listed” OR “sick day*”) OR SU (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR “sick* absence*” OR “medical leave*” OR</p>
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	<p>workplace OR employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR "work* outcome*" OR “work reintegration” OR worker OR employee OR (occupational N1 (health OR risk*)) OR “work* disabilit*” OR “work absence*” OR “sick listed” OR “sick day*”)</p> <p>S6: (DE "Employee health promotion" OR DE "Quality of work life" OR DE "Insurance" OR DE "Unemployment" OR DE "Job absenteeism" OR DE "Sick leave" OR DE "Work")</p> <p>S7: S1 or S2</p> <p>S8: S3 or S4</p> <p>S9: S5 or S6</p> <p>S10: S7 and S8 and S9 = 530 results</p>
<p>APA PsycInfo (via EBSCO) 2025-07-07</p>	<p>S1: TI ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR AB ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR SU ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment")</p> <p>S2: (DE "Self-Management") OR (DE "Self-Care")</p> <p>S3: TI (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR AB (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm*</p>

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	<p>or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR SU (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR "low back pain" OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR "frozen shoulder" OR capsul* OR "labr* tear" OR "shoulder instability" OR dislocation OR subluxation OR luxation OR "trigger finger" OR "lower back pain" OR lumbalgia OR "lumbar pain" OR stenosis OR spondyl* OR menisc* OR sciatica OR "carpal tunnel*" OR radiculopath* OR "cervicobrachial*" OR "back ache" OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*)))</p> <p>S4: DE "Musculoskeletal Disorders" OR DE "Injuries" OR DE "Athletic Injuries" DE "Peripheral Neuropathy"</p> <p>S5: TI (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational N1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*") OR AB (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational N1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*") OR SU (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational N1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*")</p> <p>S6: DE "Occupations" OR DE "Employment Status" OR DE "Occupational Health" OR DE "Insurance" OR DE "Workers' Compensation Insurance" OR DE "Employee Health Insurance" OR DE "Unemployment" OR DE "Employee Absenteeism" OR DE "Employee Leave Benefits" OR DE "Reemployment" OR DE "Employment"</p> <p>S7: S1 or S2</p>
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	<p>S8: S3 or S4</p> <p>S9: S5 or S6</p> <p>S10: S7 and S8 and S9 = 333 results</p>
<p>CINAHL (via EBSCO) 2025-07-07</p>	<p>S1: TI ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR AB ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR SU ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment")</p> <p>S2: (MH "Self-Management") OR (MH "Self-Care")</p> <p>S3: TI (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR AB (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR SU (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR</p>

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	<p>“back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*)))</p> <p>S4: (MH "Occupational-Related Injuries") OR (MH "Musculoskeletal Pain") OR (MH "Musculoskeletal Diseases") OR (MH "Occupational Diseases") OR MH (“Neck Injuries”) OR MH (“Sprains and Strains”) OR (MH “Arm Injuries”) OR (MH “Athletic Injuries”) OR (MH “Hand Injuries”) OR (MH "Wounds and Injuries") OR (MH "Tendon Injuries") OR (MH "Shoulder Injuries") OR (MH "Meniscal Injuries") OR (MH "Ligament Injuries") OR (MH "Leg Injuries") OR (MH "Knee Injuries") OR (MH "Hip Injuries") OR (MH "Forearm Injuries") OR (MH "Foot Injuries") OR (MH "Finger Injuries") OR (MH "Elbow Injuries") OR (MH "Back Injuries") OR (MH "Arm Injuries") OR (MH "Ankle Injuries") OR (MH "Soft Tissue Injuries") OR (MH "Rotator Cuff Injuries") OR (MH "Peripheral Nervous System Diseases")</p> <p>S5: TI (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR “sick* absence*” OR “medical leave*” OR workplace OR employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR "work* outcome*" OR “work reintegration” OR worker OR employee OR (occupational N1 (health OR risk*)) OR “work* disabilit*” OR “work absence*” OR “sick listed” OR “sick day*”) OR AB (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR “sick* absence*” OR “medical leave*” OR workplace OR employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR "work* outcome*" OR “work reintegration” OR worker OR employee OR (occupational N1 (health OR risk*)) OR “work* disabilit*” OR “work absence*” OR “sick listed” OR “sick day*”) OR SU (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR “sick* absence*” OR “medical leave*” OR workplace OR employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR "work* outcome*" OR “work reintegration” OR worker OR employee OR (occupational N1 (health OR risk*)) OR “work* disabilit*” OR “work absence*” OR “sick listed” OR “sick day*”)</p> <p>S6: (MH "Occupations and Professions") OR (MH "Occupational Health") OR (MH "Insurance, Disability") OR (MH "Insurance, Unemployment") OR (MH "Absenteeism") OR (MH "Sick Leave") OR (MH "Job Re-Entry") OR (MH "Work") OR (MH "Employment") OR (MH "Insurance, Health")</p> <p>S7: S1 or S2</p> <p>S8: S3 or S4</p>
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	<p>S9: S5 or S6</p> <p>S10: S7 and S8 and S9 = 960 results</p>
<p>Embase (via OVID) 2025-07-07</p>	<ol style="list-style-type: none"> 1) 'self-management':ti,ab,kw OR 'self-care':ti,ab,kw OR selfcare:ti,ab,kw OR 'self-help':ti,ab,kw OR 'self-treatment':ti,ab,kw 2) 'self care'/exp OR 'self management intervention'/exp 3) injur*:ti,ab,kw OR musculoskeletal*:ti,ab,kw OR 'musculo-skeletal':ti,ab,kw OR msk:ti,ab,kw OR 'chronic pain':ti,ab,kw OR lbp:ti,ab,kw OR 'low back pain':ti,ab,kw OR fracture*:ti,ab,kw OR sprain*:ti,ab,kw OR rupture*:ti,ab,kw OR tear*:ti,ab,kw OR osteoarthritis:ti,ab,kw OR oa:ti,ab,kw OR tendon*:ti,ab,kw OR tenosyn*:ti,ab,kw OR bursopath*:ti,ab,kw OR bursitis:ti,ab,kw OR epicondyl*:ti,ab,kw OR 'tennis elbow':ti,ab,kw OR 'golfer* elbow':ti,ab,kw OR whiplash:ti,ab,kw OR impingement:ti,ab,kw OR 'frozen shoulder':ti,ab,kw OR capsul*:ti,ab,kw OR 'labr* tear':ti,ab,kw OR 'shoulder instability':ti,ab,kw OR dislocation:ti,ab,kw OR subluxation:ti,ab,kw OR luxation:ti,ab,kw OR 'trigger finger':ti,ab,kw OR 'lower back pain':ti,ab,kw OR lumbalgia:ti,ab,kw OR 'lumbar pain':ti,ab,kw OR stenosis:ti,ab,kw OR spondyl*:ti,ab,kw OR menisc*:ti,ab,kw OR sciatica:ti,ab,kw OR 'carpal tunnel':ti,ab,kw OR radiculopath*:ti,ab,kw OR 'cervicobrachial*:ti,ab,kw OR 'back ache':ti,ab,kw OR lumbago:ti,ab,kw OR (((neck OR back OR lumbar OR shoulder* OR arm* OR forearm* OR wrist* OR hand* OR finger* OR joint* OR hip OR knee) NEAR/1 (tension OR pain OR ache* OR injur* OR disorder* OR disease*)):ti,ab,kw) 4) 'occupational accident'/exp OR 'musculoskeletal pain'/exp OR 'musculoskeletal disease'/exp OR 'occupational disease'/exp OR 'injury'/exp OR 'peripheral neuropathy'/exp OR 'musculoskeletal injury'/exp OR 'soft tissue injury'/exp 5) occupation*:ti,ab,kw OR absenteeism:ti,ab,kw OR presenteeism:ti,ab,kw OR rtw:ti,ab,kw OR 'sick* leave*:ti,ab,kw OR 'sick* absence*:ti,ab,kw OR 'medical leave*:ti,ab,kw OR workplace:ti,ab,kw OR employment:ti,ab,kw OR 'return to work':ti,ab,kw OR 'work performance':ti,ab,kw OR 'work ability':ti,ab,kw OR 'stay at work':ti,ab,kw OR 'remain at work':ti,ab,kw OR 'work resumption':ti,ab,kw OR 'work* outcome*:ti,ab,kw OR 'work reintegration':ti,ab,kw OR worker:ti,ab,kw OR employee:ti,ab,kw OR ((occupational NEAR/1 (health OR risk*)):ti,ab,kw) OR 'work* disabilit*:ti,ab,kw OR 'work absence*:ti,ab,kw OR 'sick listed':ti,ab,kw OR 'sick day*:ti,ab,kw 6) 'occupation and occupation related phenomena'/exp OR 'disability insurance'/exp OR 'health insurance'/exp OR 'unemployment insurance'/exp 7) #1 OR #2

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	<p>8) #3 OR #4 9) #5 OR #6 10) #7 AND #8 AND #9 AND [embase]/lim = 2,869 results</p>
<p>MEDLINE (via EBSCO) 2025-07-07</p>	<p>S1: TI ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR AB ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR SU ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment")</p> <p>S2: (MH "Self-Management") OR (MH "Self-Care")</p> <p>S3: TI (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR AB (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR SU (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*)))</p>

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	<p>S4: (MH "Occupational Injuries") OR (MH "Musculoskeletal Pain") OR (MH "Musculoskeletal Diseases") OR (MH "Occupational Diseases") OR (MH "Wounds and Injuries") OR (MH "Ankle Injuries") OR (MH "Athletic Injuries") OR (MH "Shoulder Injuries") OR (MH "Hand Injuries") OR (MH "Foot Injuries") OR (MH "Arm Injuries") OR (MH "Neck Injuries") OR (MH "Forearm Injuries") OR (MH "Knee Injuries") OR (MH "Back Injuries") OR (MH "Hip Injuries") OR (MH "Finger Injuries") OR (MH "Elbow Injuries") OR (MH "Tendon Injuries") OR (MH "Leg Injuries") OR (MH "Wrist Injuries") OR (MH "Rotator Cuff Injuries") OR (MH "Peripheral Nerve Injuries") OR (MH "Sprains and Strains") OR (MH "Soft Tissue Injuries") OR (MH "Peripheral Nervous System Diseases")</p> <p>S5: TI (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational N1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*") OR AB (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational N1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*") OR SU (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational N1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*")</p> <p>S6: (MH "Occupations") OR (MH "Work") OR (MH "Occupational Health") OR (MH "Insurance, Health") OR (MH "Insurance, Disability") OR (MH "Unemployment") OR (MH "Employment") OR (MH "Absenteeism") OR (MH "Sick Leave")</p> <p>S7: S1 or S2</p> <p>S8: S3 or S4</p> <p>S9: S5 or S6</p> <p>S10: S7 and S8 and S9 = 1,145 results</p>
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<p>Scopus 2025-07-07</p>	<p>(TITLE-ABS-KEY("Self-management" OR "Self-care" OR selfcare OR "self-help" OR "Self-treatment") AND TITLE-ABS-KEY(injur* OR musculoskeletal* OR "musculo-skeletal" OR msk OR "chronic pain" OR lbp OR "low back pain" OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer* elbow" OR spondyl* OR whiplash OR impingement OR "frozen shoulder" OR capsul* OR "labr* tear" OR "shoulder instability" OR dislocation OR subluxation OR luxation OR "trigger finger" OR "lower back pain" OR lumbalgia OR "lumbar pain" OR stenosis OR spondyl* OR menisc* OR sciatica OR "carpal tunnel*" OR radiculopath* OR cervicobrachial* OR "back ache" OR lumbago OR ((neck OR back OR lumbar OR shoulder* OR arm* OR forearm* OR wrist* OR hand* OR finger* OR joint* OR hip OR knee) W/1 (tension OR pain OR ache* OR injur* OR disorder* OR disease*))) AND TITLE-ABS-KEY(occupation* OR absenteeism OR presenteeism OR rtw OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational W/1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*"))</p> <p>= 1,696 results</p>
<p>SPORTDiscus (via EBSCO) 2025-07-07</p>	<p>S1: TI ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR AB ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment") OR SU ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment")</p> <p>S2: (DE "HEALTH self-care")</p> <p>S3: TI (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR “frozen shoulder” OR capsul* OR “labr* tear” OR "shoulder instability" OR dislocation OR subluxation OR luxation OR “trigger finger” OR “lower back pain” OR lumbalgia OR “lumbar pain” OR stenosis OR spondyl* OR menisc* OR sciatica OR “carpal tunnel*” OR radiculopath* OR “cervicobrachial*” OR “back ache” OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR AB (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR “low back pain” OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's</p>

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	<p>elbow" OR spondyl* OR whiplash OR impingement OR "frozen shoulder" OR capsul* OR "labr* tear" OR "shoulder instability" OR dislocation OR subluxation OR luxation OR "trigger finger" OR "lower back pain" OR lumbalgia OR "lumbar pain" OR stenosis OR spondyl* OR menisc* OR sciatica OR "carpal tunnel*" OR radiculopath* OR "cervicobrachial*" OR "back ache" OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*))) OR SU (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR "low back pain" OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR "frozen shoulder" OR capsul* OR "labr* tear" OR "shoulder instability" OR dislocation OR subluxation OR luxation OR "trigger finger" OR "lower back pain" OR lumbalgia OR "lumbar pain" OR stenosis OR spondyl* OR menisc* OR sciatica OR "carpal tunnel*" OR radiculopath* OR "cervicobrachial*" OR "back ache" OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) N1 (tension or pain or ache* or injur* or disorder* or disease*)))</p> <p>S4: DE "JOINT instability" OR DE "OCCUPATIONAL diseases" OR DE "LEG injuries" OR DE "FOOT injuries" OR DE "WRIST injuries" OR DE "SKELETAL muscle injuries" OR DE "SHOULDER joint injuries" OR DE "SHOULDER injuries" OR DE "SCAPULA injuries" OR DE "SACRUM injuries" OR DE "RIB injuries" OR DE "NECK injuries" OR DE "MUSCULOSKELETAL system injuries" OR DE "MUSCLE injuries" OR DE "MENISCUS injuries" OR DE "KNEE injuries" OR DE "JOINT injuries" OR DE "HIP joint injuries" OR DE "HEEL injuries" OR DE "HAND injuries" OR DE "FOREARM injuries" OR DE "FINGER joint injuries" OR DE "FINGER injuries" OR DE "ELBOW injuries" OR DE "BONE injuries" OR DE "BACK injuries" OR DE "ARTICULAR cartilage injuries" OR DE "ARM injuries" OR DE "ANKLE injuries" OR DE "TENDON injuries" OR DE "LIGAMENT injuries" OR DE "ARTICULAR ligament injuries" OR DE "SOFT tissue injuries" OR DE "SPRAINS" OR DE "ROTATOR cuff injuries" OR DE "OVERUSE injuries" OR DE "SPORTS injuries" OR DE "WOUNDS & injuries" OR DE "PERIPHERAL neuropathy" OR DE "ENTRAPMENT neuropathies"</p> <p>S5: TI (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational N1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*") OR AB (occupation* OR</p>
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	<p>absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational N1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*") OR SU (occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational N1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*")</p> <p>S6: DE "HEALTH insurance" OR DE "OCCUPATIONAL rehabilitation"</p> <p>S7: S1 or S2</p> <p>S8: S3 or S4</p> <p>S9: S5 or S6</p> <p>S10: S7 and S8 and S9 = 161 results</p>
<p>Cochrane Library 2025-07-07</p>	<ol style="list-style-type: none"> 1) ("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment"):ti,ab,kw <ol style="list-style-type: none"> a. Limits: Search word variations 2) MeSH descriptor: [Self Care] explode all trees 3) MeSH descriptor: [Self-Management] explode all trees 4) (Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR "low back pain" OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR (golfer* NEXT elbow) OR spondyl* OR whiplash OR impingement OR "frozen shoulder" OR capsul* OR (labr* NEXT tear) OR "shoulder instability" OR dislocation OR subluxation OR luxation OR "trigger finger" OR "lower back pain" OR lumbalgia OR "lumbar pain" OR stenosis OR spondyl* OR menisc* OR sciatica OR (carpal NEXT tunnel*) OR radiculopath* OR cervicobrachial* OR "back ache" OR lumbago OR ((neck or back or lumbar or shoulder* or arm* or forearm* or wrist* or hand* or finger* or joint* or hip or knee) NEXT (tension or pain or ache* or injur* or disorder* or disease*))) :ti,ab,kw 5) MeSH descriptor: [Accidents, Occupational] explode all trees 6) MeSH descriptor: [Occupational Injuries] explode all trees 7) MeSH descriptor: [Musculoskeletal Pain] explode all trees 8) MeSH descriptor: [Musculoskeletal Diseases] explode all trees

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	<p>9) MeSH descriptor: [Occupational Diseases] explode all trees</p> <p>10) MeSH descriptor: [Neck Injuries] explode all trees</p> <p>11) MeSH descriptor: [Sprains and Strains] explode all trees</p> <p>12) MeSH descriptor: [Arm Injuries] explode all trees</p> <p>13) MeSH descriptor: [Athletic Injuries] explode all trees</p> <p>14) MeSH descriptor: [Hand Injuries] explode all trees</p> <p>15) MeSH descriptor: [Wounds and Injuries] explode all trees</p> <p>16) MeSH descriptor: [Tendon Injuries] explode all trees</p> <p>17) MeSH descriptor: [Shoulder Injuries] explode all trees</p> <p>18) MeSH descriptor: [Leg Injuries] explode all trees</p> <p>19) MeSH descriptor: [Knee Injuries] explode all trees</p> <p>20) MeSH descriptor: [Hip Injuries] explode all trees</p> <p>21) MeSH descriptor: [Forearm Injuries] explode all trees</p> <p>22) MeSH descriptor: [Foot Injuries] explode all trees</p> <p>23) MeSH descriptor: [Finger Injuries] explode all trees</p> <p>24) MeSH descriptor: [Elbow Injuries] explode all trees</p> <p>25) MeSH descriptor: [Back Injuries] explode all trees</p> <p>26) MeSH descriptor: [Arm Injuries] explode all trees</p> <p>27) MeSH descriptor: [Ankle Injuries] explode all trees</p> <p>28) MeSH descriptor: [Soft Tissue Injuries] explode all trees</p> <p>29) MeSH descriptor: [Rotator Cuff Injuries] explode all trees</p> <p>30) MeSH descriptor: [Peripheral Nervous System Diseases] explode all trees</p> <p>31) (occupation* OR absenteeism OR presenteeism OR RTW OR (sick* NEXT leave*) OR (sick* NEXT absence*) OR (medical NEXT leave*) OR workplace OR employment OR “return to work” OR “work performance” OR “work ability” OR “stay at work” OR “remain at work” OR “work resumption” OR (work* NEXT outcome*) OR “work reintegration” OR worker OR employee OR (occupational NEXT (health OR risk*)) OR (work* NEXT disabilit*) OR (work NEXT absence*) OR “sick listed” OR (sick NEXT day*)):ti,ab,kw</p> <p>32) MeSH descriptor: [Occupations] explode all trees</p> <p>33) MeSH descriptor: [Occupational Health] explode all trees</p> <p>34) MeSH descriptor: [Insurance, Health] explode all trees</p> <p>35) MeSH descriptor: [Insurance, Disability] explode all trees</p> <p>36) MeSH descriptor: [Absenteeism] explode all trees</p> <p>37) MeSH descriptor: [Sick Leave] explode all trees</p> <p>38) MeSH descriptor: [Return to Work] explode all trees</p> <p>39) MeSH descriptor: [Work] explode all trees</p> <p>40) MeSH descriptor: [Employment] explode all trees</p> <p>41) #1 or #2 or #3</p> <p>42) #4 or #5 or #6 or #7 or #8 or #9 or #10 or #11 or #12 or #13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26 or #27 or #28 or #29 or #30</p> <p>43) #31 or #32 or #33 or #34 or #35 or #36 or #37 or #38 or #39 or #40</p>
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	44) #41 and #42 and #43 = 496 results (6 reviews, 490 trials)
Physiotherapy Evidence Database (PEDro) 2025-07-07	<p>Via Advanced search: no restrictions on year of publication, method (study design), source and score.</p> <ol style="list-style-type: none"> 1) Self-management AND *Musculoskeletal AND *work; 112 results generated / 16 results exported 2) Self-management AND *pain AND *work; 121 results generated / 3 results exported 3) Self-treatment AND *Musculoskeletal AND *work; 180 results generated / 1 results exported 4) Self-treatment AND *pain AND *work; 200 results / 0 results exported 5) Self-care AND *Musculoskeletal AND *work; 150 results generated / 0 results exported 6) Self-care AND *pain AND *work; 165 results generated / 0 results exported <p>Total: 20 results</p>

Appendix 2. Grey literature search strategies

Database	Search strategy
ProQuest Dissertations & Theses Global 2025-07-07	<p>(noft("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment")) OR subject("self help" OR "self help programs" OR "self management")) AND (noft(Injur* OR musculoskeletal* OR "musculo-skeletal" OR MSK OR "chronic pain" OR LBP OR "low back pain" OR fracture* OR sprain* OR rupture* OR tear* OR osteoarthritis OR OA OR tendon* OR tenosyn* OR bursopath* OR bursitis OR epicondyl* OR "tennis elbow" OR "golfer's elbow" OR spondyl* OR whiplash OR impingement OR "frozen shoulder" OR capsul* OR "labr* tear" OR "shoulder instability" OR dislocation OR subluxation OR luxation OR "trigger finger" OR "lower back pain" OR lumbalgia OR "lumbar pain" OR stenosis OR spondyl* OR menisc* OR sciatica OR "carpal tunnel*" OR radiculopath* OR "cervicobrachial*" OR "back ache" OR lumbago OR ((neck OR back OR lumbar OR shoulder* OR arm* OR forearm* OR wrist* OR hand* OR finger* OR joint* OR hip OR knee) NEAR/1 (tension OR pain OR ache* OR injur* OR disorder* OR disease*))) OR subject(("injuries" OR "occupational diseases" OR "joint and ligament injuries" OR "occupational accidents" OR "peripheral neuropathy" OR "musculoskeletal diseases")) AND (noft(occupation* OR absenteeism OR presenteeism OR RTW OR "sick* leave*" OR "sick* absence*" OR "medical leave*" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work* outcome*" OR "work reintegration" OR worker OR employee OR (occupational NEAR/1 (health OR risk*)) OR "work* disabilit*" OR "work absence*" OR "sick listed" OR "sick day*") OR subject("health insurance" OR "professions" OR "employment" OR "occupations" OR "employee absenteeism" OR "occupational health" OR "workers with disabilities" OR "sick leave" OR "return to work programs" OR "unemployment insurance" OR "absenteeism" OR "workers compensation" OR "professional occupations" OR "disability insurance" OR "unemployment" OR "workforce" OR "workers' compensation" OR "workers"))</p> <p>= 134 results</p>
Google scholar 2025-07-17	<p>("Self-management" OR "Self-care" OR Selfcare OR "self-help" OR "Self-treatment")</p> <p>AND</p> <p>(Injury OR injuries OR "musculoskeletal" OR "musculo-skeletal" OR MSK OR "chronic pain" OR "low back pain" OR "back pain" OR "osteoarthritis" OR "Neck pain" OR "tendinopathy")</p> <p>AND</p> <p>(occupation OR occupational OR absenteeism OR presenteeism OR RTW OR "sick leave" OR "sickness absence" OR "medical leave" OR workplace OR employment OR "return to work" OR "work performance" OR "work ability" OR "stay at work" OR "remain at work" OR "work resumption" OR "work outcome" OR "work reintegration" OR worker OR employee OR "work disability" OR "work disabilities" OR "work absence" OR "sick</p>

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	<p>listed” OR “sick day” OR “stay at work” OR “sustainable return to work” OR “work participation”)</p> <p>First 200 results screened = 20 results</p>
Google search 2025-07-17	<p>Advanced search in Google</p> <ol style="list-style-type: none">1) All these words: self-management, musculoskeletal, work<ol style="list-style-type: none">a. Screened the first 200 results. Exported 7 citations.2) All these words: self-management, pain, work<ol style="list-style-type: none">a. Screened the first 200 results. Exported 2 citations.

Appendix 3. List of websites consulted (between June and August 2025)

1. Institut de recherche Robert-Sauvé en santé et en sécurité du travail:
<https://www.irsst.qc.ca/>
2. Institute for Work & Health (IWH): <https://www.iwh.on.ca/>
3. National Institute for Occupational Safety and Health (NIOSH):
<https://www.cdc.gov/niosh/index.htm>
4. National Institute of Disability Management and Research:
<https://www.nidmar.ca/products/products.asp?cat=1>
5. Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST):
<http://www.cnesst.gouv.qc.ca/>
6. Finnish Institute of Occupational Health: <https://www.ttl.fi/en>
7. Canadian Centre for Occupational health and safety (CCOHS): <https://www.ccohs.ca/>
8. Partnership for Work, Health and Safety, University of British Columbia,
<http://pwhs.ubc.ca/research/>
9. Workers' Compensation Board – Alberta: <https://www.wcb.ab.ca/about-wcb/research-program/>
10. Workers Compensation Board of Manitoba: <http://www.wcb.mb.ca/research-and-workplace-innovation-program-0>
11. Workplace Safety and Insurance Board (WSIB): <https://www.wsib.ca/fr>
12. WorkSafeBC: <https://www.worksafebc.com/en/about-us/research-services>
13. Safe Work Australia et organismes partenaires (régions et associations partenaires):
<https://www.safeworkaustralia.gov.au/>
14. Agence nationale pour l'amélioration des conditions de travail (ANACT):
<https://www.anact.fr/>
15. Digi4MSK project: <https://digi4msk.eu/>
16. Portail Gérer ma douleur: <https://gerermadouleur.ca/>
17. Centre d'action en prévention et réadaptation de l'incapacité au travail (CAPRIT) :
<https://www.usherbrooke.ca/readaptation/centre-daction-en-prevention-et-readaptation-de-lincapacite-au-travail>
18. Agency for Healthcare Research and Quality (AHRQ) – Self-management support:
<https://www.ahrq.gov/ncepcr/tools/self-mgmt/home.html>
19. The Institute for Safety Compensation and Recovery Research (ISCRR):
www.iscrr.com.au
20. Work Safe Victoria: <https://www.worksafe.vic.gov.au/>

Appendix 4. Classification of study type based on the constructs evaluated

Type of study [1]	Construct assessed [1]	Description
Views studies	Perspectives	General reflections or opinions of participants following a SM intervention. Focus is on broad perceptions and judgements.
	Experiences	First-person accounts of what it was like to participate in or use the SM intervention. Often narrative, emotional, or descriptive.
	Needs	Reported needs of participants regarding the SM intervention, such as gaps in support, content, or resources they identify as necessary.
	Understandings	Participants' comprehension or interpretation of SM principles in the workplace
	Views	Participants' explicit views and attitudes toward the SM intervention, but without structured evaluation.
Process studies	Acceptability [2]	Assessment of participants' acceptability of the SM intervention based on the theoretical framework of acceptability defined by Sekhon et al. ³³ Include structured evaluation of burden, ethicality, credibility, coherence, satisfaction, and self-efficacy to participate in the intervention.
	Accessibility	Extent to which participants can access the intervention (e.g., cost, time, location, digital literacy)
	Barriers and facilitators	Assessment of barriers and facilitators to the implementation of SM intervention
	Appropriateness [3]	Evaluation of the appropriateness, suitability, relevance, and usefulness of intervention content by engaged partners (e.g., workers, experts, clinicians)
	Costs ³	Perceived or actual financial burden of the SM intervention and cost associated with implementing the intervention.
	Implementation and delivery [3]	Assessment of the implementation and delivery of SM interventions, including intervention fidelity, feasibility, adoption and engagement with the intervention, etc.

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Outcome evaluation studies	Work-related outcome	Examples: RTW rate; Work ability; Absenteeism and Presenteeism
	General outcome	Examples: Pain intensity; Disability; Self-efficacy

References

1. Hong QN, Rees R, Sutcliffe K, Thomas J (2020) Variations of mixed methods reviews approaches: A case study. *Research Synthesis Methods* 11:795–811
2. Sekhon M, Cartwright M, Francis JJ (2017) Acceptability of healthcare interventions: An overview of reviews and development of a theoretical framework. *BMC Health Services Research* 17:1–13
3. Proctor E, Silmere H, Raghavan R, Hovmand P, Aarons G, Bunger A, Griffey R, Hensley M (2011) Outcomes for Implementation Research: Conceptual Distinctions, Measurement Challenges, and Research Agenda. *Adm Policy Ment Health* 38:65–76

Appendix 5. Characteristics of the included studies (n=31)

First author, date	Country	Study design, sample size	Type of MSD^a	Population: Sex, Age (mean)	Work status	Type of study: Views, process or outcome evaluation study
Andersen, 2014 [1]	Denmark	Qualitative phenomenological study within a randomized controlled trial, n=7	Back or upper body musculoskeletal pain	Sex: 57% female Age: 47 years	All participants were employed and sick- listed before participating in the study	Views
Andersen, 2015 [2]	Denmark	Randomized controlled trial, n=141	Back or upper body musculoskeletal pain	Sex: 50% female Age: 45 years	Both employed and non-employed participants; Sick- listed citizens from municipality settings based on public compensation system	Outcome evaluation
Andersen, 2016 [3]	Denmark	Randomized controlled trial, n=141	Back or upper body musculoskeletal pain	Sex: not specified Age: 45 years	Both employed and non-employed; Sick- listed citizens from municipality settings based on public compensation system	Outcome evaluation
Bachmair, 2022 [4]	United Kingdom	Randomized controlled trial, n=367	Inflammatory rheumatic diseases (e.g., rheumatoid arthritis)	Sex: 69% female Age: 59 years	Half of participants employed with the other half either retired or unemployed	Outcome evaluation
Bailey, 2020 [5]	United States	Longitudinal observational cohort study, n=10,264	Chronic (>12 weeks) knee and low back pain	Sex: 50% female Age: 44 years	Participants were employees from 30 companies with diverse job types (e.g.,	Process and outcome evaluation

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First author, date	Country	Study design, sample size	Type of MSD^a	Population: Sex, Age (mean)	Work status	Type of study: Views, process or outcome evaluation study
					manual labors, office workers, etc.)	
Battista, 2025 [6]	United Kingdom	Qualitative process evaluation within a randomized controlled trial, n=62	Inflammatory arthritis	Sex: 82% female Age: 51 years	All participants were employed at least 15 hours/week with moderate to high risk of work instability	Views and process
Calner, 2017 [7]	Sweden	Randomized controlled trial, n=99	Chronic (>3 months) musculoskeletal pain from the back, neck, and shoulders, and/or a generalized pain condition	Sex: 86% female Age: 44 years	Majority of participants (82%) were employed with 44% on sick leave; Participants with high risk of prolonged work disability	Outcome evaluation
Dunleavy, 2022 [8]	United States	Within-subject (pre-experimental) time-control feasibility study	Chronic (>3 months) low back pain	Sex: Predominantly male (not specified) Age: 34 years	Full-time commercial clam farmers	Process and outcome evaluation
Erwin, 2022 [9]	United Kingdom	Qualitative service evaluation using a phenomenological approach, n=25	Chronic knee, hip and/or back pain	Sex: 75% female Age: 30-69 years (mean not available)	All participants were employed by small and medium-sized enterprises and large organizations across different sectors (e.g., healthcare, tourism, construction)	Views and process

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First author, date	Country	Study design, sample size	Type of MSD^a	Population: Sex, Age (mean)	Work status	Type of study: Views, process or outcome evaluation study
Geraghty, 2024 [10]	United Kingdom	Randomized controlled trial, n=825	Low back pain with or without sciatica	Sex: 56% female Age: 54 years	Majority of participants were employed full or part-time	Outcome evaluation
Hoving, 2014 [11]	Netherlands	Prospective cohort feasibility study (pre-post), n=23	Rheumatoid arthritis	Sex: 78% female Age: 48 years	All participants were employed in various types of work (administrative, healthcare, etc.)	Process and outcome evaluation
Hurley, 202 [12]	United Kingdom	Prospective cohort feasibility study with service evaluation, n=481	Chronic knee, hip and/or back pain	Sex: 74% female Age: 49 years	All participants were employed from public organization and small/medium enterprises with various types of work (sedentary, manual/active)	Process and outcome evaluation
Hutting, 2015a [13]	Netherlands	Development study using intervention mapping, n=32	Non-specific complaints of the arm, neck or shoulder (CANS)	Not described	Employees with CANS in various sectors; clinicians working with CANS patients	Views
Hutting, 2015b [14]	Netherlands	Randomized control trial, n=123	Non-specific complaints of the arm, neck or shoulder (CANS)	Sex: 83% female Age: 46 years	All participants were employed with mixed type of work from healthcare and academia	Outcome evaluation
Hutting, 2017 [15]	Netherlands	Mixed method study with qualitative	Non-specific complaints of	Sex: 84% female Age: 46 years	All participants were employed with mixed	Views and process

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First author, date	Country	Study design, sample size	Type of MSD^a	Population: Sex, Age (mean)	Work status	Type of study: Views, process or outcome evaluation study
		interviews (n=31) and quantitative questionnaires (n=53)	the arm, neck or shoulder (CANS)	(interview participants)	type of work from healthcare and academia	
Irvine, 2017 [16]	United States	Randomized control trial, n=597	Non-specific low back pain	Sex: 59% female Age: between 18-65 years	All participants were employed in various types of work (62% sitters, 25% standers, 11% lifters, 1% drivers)	Views, process and outcome evaluation
Johnston, 2014 [17]	Australia	Development and evaluation study using mixed methods, n=25 (n=8 patients; n=17 clinicians)	Chronic musculoskeletal disorders	Work-disabled individuals: Sex: 75% male Age: 26-62 years Clinicians: Sex: Not specified Age: 26-70 years	Patients were all employed but sick-listed due to their musculoskeletal disorders; Clinicians were vocational rehabilitation professionals and intervention trainers	Views and process
Jönsson, 2019 [18]	Sweden	Prospective registry-based cohort study (pre-post), n=44,634	Knee and/or hip osteoarthritis	Sex: 69% female Age: 66 years	All participants were employed with up to 20% on sick leave at baseline with mixed type of work	Outcome evaluation
Kongstad, 2024 [19]	Denmark	Secondary health-economic analysis of a randomized	Non-specific low back pain	Sex: 55% female Age: 50 years	Most participants were of working age with mixed type of work; Societal	Outcome evaluation

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First author, date	Country	Study design, sample size	Type of MSD^a	Population: Sex, Age (mean)	Work status	Type of study: Views, process or outcome evaluation study
		controlled trial, n=297			perspective analysis included long-term sickness absence (≥ 4 weeks)	
Lacaille, 2008 [20]	Canada	Pre-experimental (pre-post) pilot study, n=19	Inflammatory arthritis (e.g., rheumatoid arthritis, psoriatic arthritis, etc.)	Sex: 100% female Age: 51 years	All participants were employed with varied occupations (office- based, health care)	Process and outcome evaluation
Linton, 2005 [21]	Sweden	Randomized controlled trial, n=158	Nonspecific back or neck pain (acute or subacute)	Sex: 85% female Age: 48 years	All participants were employed with mixed types of work	Outcome evaluation
Longtin, 2020 [22]	Canada	Qualitative study involving qualitative surveys and focus group, n=11 clinicians	Chronic low back pain	Sex: 73% Age: 41 years	Intervention specifically aimed at workers with chronic and disabling low back pain struggling to stay at work	Process
Manning, 2015 [23]	United Kingdom	Economic evaluation alongside a randomized controlled trial, n=108	Rheumatoid arthritis	Sex: 76% female Age: 55 years	All participants were employed or on sick leave; Societal cost analysis included productivity costs and work absence	Outcome evaluation
Marins, 2025 [24]	Brazil	Randomized controlled trial, n=47	Chronic non- specific low back pain	Sex: 81% male Age: 39 years	All participants were public safety workers	Outcome evaluation

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First author, date	Country	Study design, sample size	Type of MSD^a	Population: Sex, Age (mean)	Work status	Type of study: Views, process or outcome evaluation study
					(police officers and firefighters)	
Markus, 2022 [25]	Germany	Prospective cohort study with propensity-score matching, n=720	Chronic musculoskeletal disorders (90% back pain)	Sex: 74% female Age: 54 years	Majority of participants were employed and involved with the German federal pension insurance system	Outcome evaluation
Östlind, 2022 [26]	Sweden	Cluster-randomized controlled trial, n=160	Hip and/or knee osteoarthritis	Sex: 83% female Age: 56 years	All participants were employed with various work types (51-58% sedentary work, 12-19% physically demanding work)	Outcome evaluation
Rasmussen, 2024 [27]	Denmark and Norway	Secondary analysis of a randomized controlled trial, n=346	Non-specific low back pain	Sex: 52% female Age: 45 years	All participants were employed with type of work stratified by physical work demands for analysis.	Outcome evaluation
Rodríguez Sánchez-Laulhé, 2022 [28]	Spain	Randomized controlled trial, n=36	Rheumatoid arthritis of the hands, wrists, or fingers	Sex: 61% female Age: 59 years	Not specified	Outcome evaluation
Sheppard, 2015 [29]	Australia	Process evaluation of a feasibility study with mixed methods, n=16	Chronic musculoskeletal disorders	Sex: 50% female Age: 46 years	All participants were employed and receiving compensation benefits	Views and process

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First author, date	Country	Study design, sample size	Type of MSD^a	Population: Sex, Age (mean)	Work status	Type of study: Views, process or outcome evaluation study
					due to their musculoskeletal disorders	
Slater, 2009 [30]	United States	Randomized controlled trial, n=67	First-onset subacute low back pain	Sex: 87% male Age: 30 years	All participants were employed as active- duty personnel and assigned to light duty at baseline	Process and outcome evaluation
Tran, 2023 [31]	Australia	Randomized controlled trial, n=49	Lateral elbow tendinopathy	Sex: 47% male Age: 47 years	All participants were injured workers with approved compensation claims with a majority of manual workers in various sectors	Outcome evaluation

^aMSD:musculoskeletal disorders

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Appendix 6. General constructs assessed in each outcome evaluation study (n=23)

Constructs	Study																						
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
Disability and function																							
Pain intensity																							
Quality of life																							
Self-efficacy																							
Anxiety and/or depression																							
Performance measures																							
Kinesiophobia																							
Physical activity level																							
Catastrophizing																							
Fatigue																							
Fear-avoidance																							
Healthcare utilization																							
Cost-effectiveness																							
Confidence to self-manage																							
Knowledge, beliefs, attitudes																							
Sleep																							
Likelihood of surgery																							
Body mass index																							
Satisfaction with care																							
Morning stiffness																							
Coping																							
Patient activation																							
Patient enablement																							
Prevention-helping behaviors																							
Risk of prolonged disability																							

Yes

No

No. of studies (%)

Study, Year

16 (70)

1. Andersen et al., 2014

16 (70)

2. Andersen et al., 2016

9 (39)

3. Bachmair et al., 2022

8 (35)

4. Bailey et al., 2020

7 (30)

5. Calner et al., 2017

5 (22)

6. Dunleavy et al., 2022

4 (17)

7. Geraghty et al., 2024

4 (17)

8. Hoving et al., 2014

4 (17)

9. Hurley et al., 2021

3 (13)

10. Hutting et al., 2015a

3 (13)

11. Irvine et al., 2017

3 (13)

12. Jönsson et al., 2019

3 (13)

13. Kongstad et al., 2024

3 (13)

14. Lacaille et al., 2008

3 (13)

15. Linton et al., 2005

3 (13)

16. Manning et al., 2015

2 (9)

17. Marins et al., 2025

2 (9)

18. Markus et al., 2022

2 (9)

19. Östlund et al., 2022

2 (9)

20. Rasmussen et al., 2024

2 (9)

21. Sánchez-Laulhé et al., 2022

1 (4)

22. Slater et al., 2009

1 (4)

23. Tran et al., 2023

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Appendix 7. Detailed impact evaluation methods of self-management interventions by type of study (n=31 studies)

View studies (n=8)

Construct assessed (n) ^a	Evaluation methods (n)
Perspectives (n=4)	Participants' general perspectives about the impact of the intervention: <ul style="list-style-type: none"> - Semi-structured individual interviews (n=2) Participants' perspectives of potential improvements: <ul style="list-style-type: none"> - Semi-structured individual interviews (n=2) - Focus groups (n=1)
Experiences (n=3)	Participants' experiences following participation in the intervention: <ul style="list-style-type: none"> - Semi-structured individual interviews (n=4) - Focus groups (n=2)
Needs (n=2)	Injured workers' reported needs to stay at work: <ul style="list-style-type: none"> - Focus groups (n=2) - Open-ended survey questions (n=1) Injured workers' reported needs to return to work: <ul style="list-style-type: none"> - Focus group (n=1) - Open-ended survey questions (n=1)
Understandings (n=1)	Understanding of the intervention content: <ul style="list-style-type: none"> - Self-reported via a 7-item custom survey (n=1)

^an indicates the number of studies that reported the construct (left column) or used the corresponding evaluation method (right column)

Process studies (n=14)

Construct assessed (n) ^a	Evaluation methods (n)
Acceptability (n=11)	Satisfaction: <ul style="list-style-type: none"> - Self-reported user satisfaction via custom survey (n=3) - Self-reported intervention satisfaction via a single custom item (n=2) - Semi-structured individual interviews (n=1) Perceived benefits: <ul style="list-style-type: none"> - Open-ended survey question (n=1) Intervention coherence: <ul style="list-style-type: none"> - Semi-structured individual interviews (n=1) - Focus groups (n=2) - Open-ended survey questions (n=2) Intervention credibility: <ul style="list-style-type: none"> - Self-reported via a custom 6-item questionnaire (n=1)
Accessibility (n=1)	Accessibility of the intervention:

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	<ul style="list-style-type: none"> - Semi-structured individual interviews (n=1) - Focus groups (n=1)
Appropriateness (n=5)	<p>Relevance and suitability of the intervention content:</p> <ul style="list-style-type: none"> - Focus groups (n=2) - Open-ended survey questions (n=2) - Semi-structured individual interviews (n=1) <p>Usefulness of the intervention:</p> <ul style="list-style-type: none"> - Self-reported via single custom item (n=1) - Focus groups (n=2) - Open-ended survey questions (n=2)
Implementation and delivery (n=8)	<p>Intervention (website) usability:</p> <ul style="list-style-type: none"> - System Usability Scale (n=1) <p>Engagement with intervention:</p> <ul style="list-style-type: none"> - Engagement level via system-recorded data (n=2) - Completion rate and attendance via system-recorded data (n=4) - Self-reported engagement with the intervention via single custom item (n=3) <p>Implementation of SM strategies (delivery and adoption):</p> <ul style="list-style-type: none"> - Self-reported use of SM strategies via a single custom item (n=2) - Self-reported ease of implementation of strategies via a single custom item (n=1) - Self-reported job accommodations made via single custom item (n=1) - Semi-structured individual interviews (n=1) <p>Recruitment rate and attrition (feasibility):</p> <ul style="list-style-type: none"> - Research project log (n=1)

^an indicates the number of studies that reported the construct (left column) or used the corresponding evaluation method (right column)

Outcome evaluation studies (n=23)

Work-related outcomes

Construct assessed (n) ^a	Evaluation methods/instrument measures (n)
Work ability (n=10)	<ul style="list-style-type: none"> - Work Ability Index (n=7) - Self-reported working percentage (n=1) - Self-reported, custom item (n=2) - Employment days via administrative data (n=1) - Michigan Hand Outcome Questionnaire – work performance subscale (n=1)

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Sick leave, absenteeism and return to work (n=9)	<ul style="list-style-type: none"> - Register-based data on days of sick leave (n=2) - Stable RTW (4 weeks) via administrative data (n=1) - Time to return to work, self-reported (n=1) - Self-reported days of sick leave (n=6)
Work disability (n=7)	<ul style="list-style-type: none"> - Work Limitations Questionnaire (n=3) - Patient Specific Functional Scale work task only (n=2) - Musculoskeletal Health Questionnaire single item on work (n=1) - Disabilities of the Arm, Shoulder and Hand questionnaire – work module (n=1) - Self-reported custom item (n=1) - Work Instability Scale (n=2)
Work productivity (n=5)	<ul style="list-style-type: none"> - Work Productivity and Activity Impairment (WPAI) (n=4) - Productivity loss – sickness absence multiplied by average national gross wage (n=1) - Endicott Work Productivity Scale (n=1)
Presenteeism (n=3)	<ul style="list-style-type: none"> - Stanford Presenteeism Scale (n=3)
Self-efficacy and work (n=2)	<ul style="list-style-type: none"> - Self-efficacy at work scale (n=1) - Self-reported via custom item (n=1)
Work adaptations (n=2)	<ul style="list-style-type: none"> - Custom questionnaire/item (n=2)
Compensation system-related data (n=1)	<ul style="list-style-type: none"> - Days with sickness absence benefits via administrative data (n=1) - Days with unemployment benefits via administrative data (n=1) - Disability pension requests via administration data (n=1)
Work status (n=1)	<ul style="list-style-type: none"> - Physician ratings based on medical records (n=1)
Burnout in occupational settings (n=1)	<ul style="list-style-type: none"> - Utrecht Burnout Scale (n=1)

^an indicates the number of studies that reported the construct (left column) or used the corresponding evaluation method/instrument measure (right column)

General outcomes

Construct assessed (n) ^a	Evaluation methods/instrument measures (n)
Disability and function (n=16)	<ul style="list-style-type: none"> - Brief Pain Inventory – Interference scale (n=1) - Pain Disability Index (n=1) - Roland-Morris Disability Questionnaire (n=5) - Knee injury and Osteoarthritis Outcome Scale (n=1) - Modified von Kork scale (n=1) - Oswestry Disability Index (n=1) - Musculoskeletal Health Questionnaire (n=1) - Disabilities of the Arm, Shoulder and Hand questionnaire (n=2)

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	<ul style="list-style-type: none"> - Health Assessment questionnaire (n=1) - Rheumatoid Arthritis Disease Activity Index (n=1) - Indicators of the Rehabilitation Status scale (n=1) - Chronic Pain Grade Scale (n=1) - Michigan Hand Outcome Questionnaire (n=1) - Sickness Impact Profile (n=1) - Patient-Rated Tennis Elbow Evaluation (n=1)
Pain intensity (n=16)	<ul style="list-style-type: none"> - Visual analog scale (n=5) - Numerical rating scale (n=10) - Descriptor Differential Scale (n=1)
Quality of life (n=9)	<ul style="list-style-type: none"> - Dartmouth CO-OP (n=1) - Health-related QoL short form (n=3) - EQ-5D-3L (n=3) - WHOQOL instrument (n=1) - Quality of Well-Being Scale (n=1)
Self-efficacy (n=8)	<ul style="list-style-type: none"> - Custom scale (n=1) - Pain Self-Efficacy Questionnaire (n=4) - Confidence to self-manage custom item (n=1) - General Self-Efficacy Scale (n=1) - Arthritis Self-Efficacy Scale (n=1) - Chronic Pain Self-Efficacy Scale (n=1)
Anxiety and/or depression (n=7)	<ul style="list-style-type: none"> - Hospital Anxiety and Depression Scale (n=2) - Patient Health Questionnaire (n=3) - Generalized Anxiety Disorder 7-item scale (n=1) - Pain Anxiety Symptom Scale (n=1) - Depression Anxiety Stress Scale (n=1)
Performance measures (n=5)	<ul style="list-style-type: none"> - Grip strength via dynamometer (n=4) - Pinch strength via pinch gauge (n=1) - Aerobic capacity via VO2 max testing (n=2) - Sit-to-stand test (n=1) - Maximum Voluntary Isometric Contraction (n=1) - Endurance tests (n=1)
Kinesiophobia (n=4)	<ul style="list-style-type: none"> - Tampa Scale of Kinesiophobia (n=5)
Physical activity level (n=4)	<ul style="list-style-type: none"> - Godin physical activity scale (n=1) - Self-reported via custom item (n=2) - International Physical Activity Questionnaire (n=1)
Catastrophizing (n=3)	<ul style="list-style-type: none"> - Pain catastrophizing scale (n=3)

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Fatigue (n=3)	<ul style="list-style-type: none"> - Chalder Fatigue Scale (n=1) - Fatigue Severity Scale (n=1) - Bristol Rheumatoid Arthritis Fatigue Multidimensional Questionnaire (n=1) - Checklist Individual Strength (n=1) - Multidimensional Assessment of Fatigue scale (n=1)
Fear-avoidance (n=3)	<ul style="list-style-type: none"> - Custom item (n=1) - Fear-Avoidance Beliefs Questionnaire (n=2)
Healthcare utilization (n=3)	<ul style="list-style-type: none"> - Self-reported general practitioner consultations (n=1) - Medication use (n=1) - Custom item (n=1)
Cost-effectiveness (n=3)	<ul style="list-style-type: none"> - Cost-effectiveness analysis (n=3)
Confidence to self-manage (n=3)	<ul style="list-style-type: none"> - Self-reported custom item (n=3)
Knowledge, beliefs and attitudes (n=2)	<ul style="list-style-type: none"> - Knowledge about back pain custom scale (n=1) - Survey of Pain Attitudes control and emotion subscales (n=1) - Attitudes toward self-management custom scale (n=1) - Pain and Impairment Relationship Scale (n=1)
Sleep (n=2)	<ul style="list-style-type: none"> - Jenkins Sleep Scale (n=1) - Pittsburgh Sleep Quality Index (n=1)
Likelihood of surgery (n=2)	<ul style="list-style-type: none"> - Self-reported custom item (n=2)
Body mass index (n=2)	<ul style="list-style-type: none"> - N/A
Satisfaction with care (n=1)	<ul style="list-style-type: none"> - Self-reported custom item (n=1)
Morning stiffness (n=1)	<ul style="list-style-type: none"> - Visual analog scale (n=1)
Coping (n=1)	<ul style="list-style-type: none"> - Coping Strategy Questionnaire (n=1)
Patient activation (n=1)	<ul style="list-style-type: none"> - Patient Activation Measure (n=1)
Patient enablement (n=1):	<ul style="list-style-type: none"> - Patient Enablement Index (n=1)
Prevention-helping behaviors (n=1)	<ul style="list-style-type: none"> - Custom scale (n=1)
Risk of prolonged disability (n=1)	<ul style="list-style-type: none"> - Start Back Screening Tool (n=1)

^an indicates the number of studies that reported the construct (left column) or used the corresponding evaluation method/instrument measure (right column)