

Instructions
 All co-authors have agreed about the decision tree. It illustrates how the primary outcome will be interpreted, and after that, the secondary outcome. We selected the most important outcomes as per our program logic, i.e. low back pain intensity and physical behavior (composition and alternations).

The decision tree will be uploaded before unblinding the final analysis, thus making the conclusions transparent.

Interpretation

- Effective or confirm (or partly confirm) program logic
- May be effective or partly confirm program logic
- Not effective or contradict program logic
- Inconclusive, other factors may explain change

