**Table 1: Methodological details of individual RCTs included (Outcome data shown in Figure 2)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Study** | **Chronic pain population** | **Total N** | **Control group** | **Yates Quality Score (range 0-35)** | **Minimum to define completion** | **Drop-out from programme (%)** | **No follow-up data (%)** | **Powered to detect effect** | **ITT** | **No of statistically significant results/ total no of outcomes measured**  |
| **Economic** | **Clinical** | **Humanistic** |
| Astin 2003 | Fibromyalgia | 128 | Education | 16 | Not stated | No sessions:18.8 (I)32.8 (C) | 50 (I)49 (C) | No | No | 0/7 | 0/4 | 0/2 |
| Brown 2013 | Chronic musculoskeletal pain | 40 | Standard care | 20 | Not stated | <3 sessions: 15 (I) | 20 (I)25 (C) | No | No | N/A | 0/3 | 4/5 |
| Esmer 2010 | Failed back surgery syndrome | 40 | Waiting list | 16 | Not stated | Lost before 12 wks:21 (I)24 (C) | 21 (I)52 (C) | No | No | 1/1 | 2/2 | 1/2 |
| Morone 2009 | Mixed aetiology | 40 | Education | 28 | 4 sessions | 20 (I)5 (C) | 20 (I)5 (C) | No | No | N/A | 0/3 | 1/9 |
| Morone 2008 | Mixed aetiology | 37 | Waiting list | 26 | Not stated | 32 (I)6 (C) | 37 (I)6 (C) | No | Yes | N/A | 0/3 | 0/6 |
| Plews-Ogan 2005 | Chronic musculoskeletal pain | 30 | 2 control groups: 1. Massage
2. Standard care
 | 10 | Not stated | 50 (I)10 (C1) | 40 (I)10 (C1)20 (C2) | No | No | N/A | 0/2 | 0/2 |
| Pradhan 2007 | Rheumatoid arthritis | 63 | Waiting list | 25 | Not stated | Not stated | 10-19 (I)0-12.5 (C) | No | No | N/A | 0/3 | 0/2 |
| Schmidt 2011 | Fibromyalgia | 177 | 2 control groups:1. Education, relaxation & stretching
2. Waiting list
 | 29 | 4 sessions | <2 sessions9 (I)5 (C1) | 14 (I)8 (C1)12 (C2) | Yes | Yes | N/A | 2/7 | 1/3 |
| Weissbecker 2002 & Sephton 2007 | Fibromyalgia | 91 | Waiting list | 21 | 4 sessions | <4 sessions18 (I) | 27 (SOC) (I)20 (I)38 (SOC) (C)33 (C) | Yes | No (SOC)Yes | N/A | 2/3 | 0/1 |
| Wong 2011 | Mixed aetiology | 99 | Multidisciplinary pain intervention (mainly educational) | 31 | >4 sessions | <5 sessions20 (I)12 (C) | 14 (I)6 (C) | Yes | Yes | 0/1 | 0/11 | 0/2 |
| Zautra 2008 | Rheumatoid arthritis | 144 | 2 Control groups:1. CBT for pain
2. Eductation
 | 27 | Not stated | 2 (I)4 (C1)0 (C2) | 8 (I)4 (C1)2 (C2) | Yes | No | N/A | 1/7 | 2/3 |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | = Significant results (economic)  |  | = Significant results (clinical)  |  | = Significant results (humanistic) |  | = No significant results |