**S1 Table. Classification scheme for determination of the pattern**

|  |  |
| --- | --- |
| **AEM pattern** | **Score** |
| Adaptive pain-response (AR) | DASS <10TSS<3 and BES <3  |
| Fear-avoidance response (FAR) | DASS ≥10TSS<3 and BES <3 |
| Distress endurance response (DER) | DASS ≥10TSS ≥3 and/or BES ≥3 |
| Eustress-endurance response (EER) | DASS <10TSS ≥3 and/or BES ≥3 |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |

AEM, Avoidance-Endurance Model; DASS, Depression Anxiety Stress Scale (depression subscale); TSS, Thought Suppression Scale; BES, Behavioral Endurance Scale; Adapted: use of DASS, instead of BDI

Scholich et al., 2011

|  |  |
| --- | --- |
| **S2 Table. Correlations between outcome variables at the four measurement time points (n=51)** |  |
|  |  |  |  |
| Outcome variable | Time point | Spearman's rho  |   |
|   |   | correlation coefficient | *P* < 0.05 |
| NRS and ODI | 1 | 0.29 | 0.040 |
|  | 2 | 0.61 | 0.001 |
|  | 3 | 0.70 | 0.001 |
|  | 4 | 0.66 | 0.001 |
|  |  |  |  |
| NRS and MCI | 1 | 0.15 | 0.281 |
|  | 2 | 0.11 | 0.430 |
|  | 3 | 0.13 | 0.354 |
|  | 4 | 0.005 | 0.973 |
|  |  |  |  |
| ODI and MCI | 1 | 0.30 | 0.036 |
|  | 2 | 0.11 | 0.434 |
|  | 3 | 0.05 | 0.723 |
|   | 4 | 0.04 | 0.764 |
|  |  |  |  |
| r = 0 .00–0.19 very weak, r = 0.20–0.39 weak, r = 0.40–0.59 moderate; r= 0.60–0.79 strong, r = 0.80–1.00 very strong effect |
| *P* = *P*-value; NRS, numeric self-rating scale; ODI, Oswestry Disability Index; MCI, movement control impairment |  |