

Supplementary Data

Supplementary Table 1. Continuous outcome measure scores at baseline, four weeks, and six months.

	Intervention Group mean (SD)			Control Group mean (SD)		
	Baseline	4 Weeks	6 Months	Baseline	4 Weeks	6 Months
SF36 Domains						
Physical function	34.8 (23.7)		51.9 (27.2)	23.7 (19.0)		23.2 (21.3)
Physical Role	31.7 (28.9)		47.0 (30.3)	19.4 (21.7)		26.8 (22.5)
Bodily Pain	45.6 (33.5)		47.4 (33.1)	32.1 (25.3)		33.9 (27.4)
General Health	47.3 (23.9)		54.1 (28.3)	40.7 (23.4)		39.6 (22.6)
Vitality	32.3 (21.4)		39.2 (27.3)	26.6 (17.6)		28.3 (20.2)
Social Function	39.7 (33.2)		56.9 (30.2)	34.4 (29.8)		37.0 (25.1)
Role Emotional	70.1 (29.5)		68.7 (34.5)	61.0 (32.6)		62.5 (35.4)
Mental Health	65.5 (21.1)		67.9 (23.8)	58.4 (23.8)		59.3 (25.2)
Physical Summary score	33.1 (11.1)		38.7 (10.8)	28.7 (7.9)		29.5 (9.2)
Mental Summary score	45.2 (13.0)		45.9 (13.6)	42.6 (13.3)		43.3 (14.2)
HADS Anxiety	6.5 (3.8)	6.4 (4.3)	6.9 (4.8)	7.7 (4.9)	7.0 (4.8)	7.9 (5.6)
HADS Depression	5.4 (4.0)	4.2 (3.5)	5.2 (3.9)	8.0 (4.5)	7.8 (4.3)	8.4 (5.0)
WSAS	24.7 (7.9)	19.8 (8.2)	20.2 (10.5)	27.6 (7.5)	26.9 (7.9)	26.9 (10.2)
Berg Balance Scale	39.0 (13.8)	47.1 (13.5)	47.7 (13.8)	35.7 (13.2)	34.3 (14.7)	37.0 (14.7)
10 metre walk time *	16.8 (10.0)	16.2 (13.2)	9.6 (3.8)	24.6 (17.3)	26.9 (23.3)	19.0 (10.6)
Functional Mobility Scale	11.7 (4.1)	14.3 (3.7)	14.5 (3.5)	10.0 (3.6)	10.6 (3.9)	10.0 (3.9)
DASH	51.8 (19.6)	36.4 (22.2)	39.6 (25.6)	51.2 (15.0)	54.1 (20.6)	48.1 (21.4)
B-IPQ composite score	50.0 (10.8)	32.6 (13.2)	39.4 (16.1)	54.6 (10.6)	52.0 (14.2)	51.0 (13.0)

* 2 outliers removed from the intervention group (baseline times of 197 and 182 seconds). Removing these outliers decreased the treatment effect by 1.4 seconds. **Higher scores represent better health** in the SF36, Berg Balance and Functional Mobility Scale. **Higher scores represent worse health** for HADS, Work and Social Adjustment, 10 metre timed walk and DASH. Abbreviations: HADS=Hospital Anxiety and Depression Scale; WSAS=Work and Social Adjustment Scale; DASH=Disabilities of Arm Shoulder and Hand.

Supplementary Table 2. Clinical Global Impression Scale at four weeks and six months. We defined a good outcome as a rating of improved or much improved, and a poor outcome as a rating of no change, worse or much worse.

	4 Weeks		6 Months	
	Intervention Group	Control Group	Intervention Group	Control Group
Much worse	0	1 (4%)	0	3 (11%)
Worse	0	7 (28%)	1 (3%)	6 (21%)
No change	2 (7%)	14 (56%)	7 (24%)	14 (50%)
Improved	12 (41%)	2 (8%)	11 (38%)	5 (18%)
Much improved	15 (52%)	1 (4%)	10 (35%)	0
Collapsed Scores				
Good Outcome	27 (93%)	3 (12%)	21 (72%)	5 (18%)
Poor Outcome	2 (7%)	22 (88%)	8 (28%)	23 (82%)

Treatment Fidelity

Fidelity to the treatment protocol was assessed at the level of the participant, by attendance, completion of intervention workbook, and patient feedback form.

All participants in the intervention group attended all five days of treatment, except for one participant who missed two days due to sickness. All sections of the workbook were covered for each participant. The majority of participants endorsed the following statements in post treatment feedback (strongly agree in a 5-point Likert scale): The programme helped me understand my symptoms (93%); The programme helped me gain more control over my symptoms (83%); The programme has helped me to create a plan to improve my symptoms (90%); and The programme included information about thoughts, feelings and psychological influences on my symptoms (86%).

We recognise that there are limitations in our measures of fidelity. A more robust measure would include independent observation of treatment sessions and assessment according to specific criteria. However we did not consider this feasible considering the number and length of sessions. Despite the limitations in assessment, we consider that treatment fidelity was at least satisfactory.

Supplementary Table 3. Average cost per patient of the intervention in 2014/2015 GBP

Cost item	Cost per patient
Consultation with neurologist - 20 minutes	£35
Consultation with physiotherapist - 20 minutes	£16
8 times 90 minute physiotherapist sessions	£586
Machines (assuming 42 patients per year and a 5 year life span)	£5
Workbook	£5
Lunch	£30
Hotel	£517
Splint	£6
Total average cost per patient	£1200