|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  | | | | | | | | | | | | | | | | | | | | | |
| **Table 1. Summary of findings** | | | | | |  |  | | |  | |  | | |  |  | | |  |  |
| **OUTPATIENT SETTINGS** | | | | | | | | | | | | | | | | | | | | |
| **author, year** | **n** | **agea** | **study design** | **intervention** | **targeted pain** | **number of sessions, location** | **pain-related outcomes** | | | **p-value** | | **health service use** | | | **p-value** | **analgesic use** | | | **p-value** | **quality assessment** |
| **Psychological interventions** | | | | | | | | | | | | | | | | | | | | | |
| Barakat 2010 | 53 | 14.2;1.8 | RCT | 1. CBT (n=17) | daily pain | 4, home | pain frequency (% pain days of total days, M;SD) | | |  | | frequency of health service use in 1 year (M;SD) | | |  |  |  |  |  | 8/13 |
|  |  | 2. education (n=20) |  | |  |  |  |  |  |
|  |  |  | CBT | control |  | |  | CBT | control |  |  |  |  |  |
|  |  | pre | 24.9;29.6 | 15.0;25.9 |  | | pre | 5.4;5.4 | 6.2;7.1 |  |  |  |  |  |
|  |  |  |  | post | 16.6;16.6 | 17.3;23.2 | 0.19 | | FU | 7.0;9.8 | 6.6;7.0 | 0.67 |  |  |  |  |
|  |  |  |  | FU | 16.7;23.0 | 7.8;12.3 | 0.8 | |  |  |  |  |  |  |  |  |
| Gil 2001 | 46 | 12.0 (8-17) | RCT | 1. CBT (n=26) | daily pain | 2, OPD or home | pain frequency | | |  | | frequency of health service use | | |  | analgesic use | | |  | 8/13 |
|  |  | 2. standard care (n=20) | NR |  |  |  | |  | NR | |  |  |
|  |  | pain intensity (10p scale) | | |  | | NR |  |  | NS |  |  |  |  |
|  |  |  | NR |  |  |  | |  |  |  |  |  |  |  |  |
| Schatz 2015 | 46 | 13.0;2.5 | RCT | 1. CBT (n=23) | daily pain | 1, home | pain frequency (number of days with pain in 8 weeks) | | |  | |  | | |  |  |  |  |  | 8/13 |
|  |  |  | |  |  |  |  |  |  |  |  |
|  |  | 2. waitlist (n=23) |  | CBT | control |  | |  |  |  |  |  |  |  |  |
|  |  | 17.7;14.9 | | 16.4;14.3 |  | |  |  |  |  |  |  |  |  |
| Dobson 2014 | 21 | 8.4 (6-11) | QED | 1. CBT (n=21) | daily pain | 1, OPD or home | pain frequency (episodes/month) | | | | | ED (1 month pre-post) | | |  | analgesic use | | |  | 8/10 |
|  |  |  | pre | 5.6;3.3 |  |  | | pre | 3 |  |  | NR | |  | NS |
|  |  |  | post | 2.5;4.1 |  | 0.00 | | post | 1 |  |  |  | | |  |
|  |  |  |  |  | Δ -3.1 |  |  | |  | Δ -2 |  | NS |  |  |  |  |
|  |  |  |  | pain intensity (5p scale) | | |  | | HA (1 month pre-post) | | |  |  | | |  |
|  |  |  | pre | 2.4;1.2 |  |  | | pre | 6 |  |  |  |  |  |  |
|  |  |  | post | 0.7;1.2 |  |  | | post | 3 |  |  |  | | |  |
|  |  |  |  | Δ -1.7 |  | 0.003 | |  | Δ -3 |  | NS |  |  |  |  |
| Sil 2020 | 101 | 13.4;2.9 | QED | 1. CBT (n=57) | chronic pain | 7.00, OPD | pain intensity (10p scale) | | |  | | ED (12 months pre-post) | | |  |  |  |  |  | 9/10 |
|  |  | 2. standard care (n=44) | pre | 5.47;2.24 | |  | |  | CBT | control |  |  |  |  |  |
|  |  |  | post | 3.76;2.84 | |  | | pre | 3.0;4.5 | 2.0;2.7 |  |  |  |  |  |
|  |  |  |  |  | Δ -1.71 | | 0.009 | | post | 3.2;7.1 | 2.1;2.6 | NS |  |  |  |  |
|  |  |  |  |  |  |  |  | | HA (12 month pre-post) | | |  |  |  |  |  |
|  |  |  |  |  |  |  |  | |  | CBT | control |  |  |  |  |  |
|  |  |  |  |  |  |  |  | | pre | 5.2;4.4 | 3.6;3.7 |  |  |  |  |  |
|  |  |  |  |  |  |  |  | | post | 5.3;6.2 | 3.4;3.5 | NS |  |  |  |  |
|  |  |  |  |  |  |  |  | | LOS (12 month pre-post) | | |  |  |  |  |  |
|  |  |  |  |  |  |  |  | |  | CBT | control |  |  |  |  |  |
|  |  |  |  |  |  |  |  | | pre | 4.7;2.8 | 4.4;3.3 |  |  |  |  |  |
|  |  |  |  |  |  |  |  | | post | 4.1;1.6 | 4.0;3.0 | NS |  |  |  |  |
| *(Continued)* |  |  |  |  |  |  |  | | |  | |  | | |  |  | | |  |  |
| Cozzi 1987 | 8 | 14.8;3.8 | QED | 1. biofeedback (n=8) | acute pain | 13, OPD or home | pain frequency (frequency of self-treated crises) | | |  | |  | | |  | Number of days on which analgesic were taken) | | |  | 7/10 |
|  |  |  |  | |  | | |  |  |  |
|  |  |  | week 1-4 | | 2.2 |  | |  | | |  | week 1-4: | | 8.00 |  |  |
|  |  |  |  | week 9-12 | | 0.4 | <0.001 | | |  |  |  | week 9-12: | | 1.26 |  |  |
|  |  |  |  |  |  | Δ -1.8 |  | |  | | |  |  |  | Δ -6.74 | <0.001 | |
|  |  | |
|  |  |  |  |  | pain intensity (5p scale) | | |  | |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | week 1-4 | | 1.9 |  | |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | week 9-12 | | 0.5 |  | |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | Δ -1.4 | <0.05 | |  |  |  |  |  |  |  |  |  |
| Myrvik 2012 | 10 | 12.1;3.5 | QED | 1. biofeedback (n=10) | daily pain | 1, home | pain frequency (days with pain per week) | | |  | |  | | |  |  | | |  | 7/10 |
|  |  |  | |  |  |
|  |  | pre | 3.1;2.3 | |  | |  |  |
|  |  |  |  | post | 1.8;1.9 | |  | |  |  |
| **Integrative medicine** | | | | | | | | | | | | | | | | | | | | | |
| Lemanek 2009 | 34 | 10.0;2.5 and 11.6;1.0 | RCT | 1. massage (n=18) | daily pain | 4, home | pain intensity (5p scale) | | |  | | ED (6 months pre-post) | | |  |  |  |  |  | 8/13 |
|  |  | NR |  |  | 0.05 | | massage | | control |  |  |  |  |  |
|  |  | 2. attention (n=16) |  |  |  |  | | pre | 0.5;0.9 | 0.2;0.4 |  |  |  |  |  |
|  |  |  |  |  |  | | post | 0.5;0.7 | 0.5;0.6 | NS |  |  |  |  |
|  |  |  |  |  |  |  |  | | HA (6 months pre-post) | | |  |  |  |  |  |
|  |  |  |  |  |  |  | | massage | | control |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | | pre | 0.5;0.7 | 0.5;1.0 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | | post | 0.9;1.4 | 0.6;1.0 | NS |  |  |  |
|  |  |  |  |  |  |  |  |  | | LOS (6 months pre-post) | | |  |  |  |  |
|  |  |  |  |  |  |  |  |  | | massage | | control |  |  |  |  |
|  |  |  |  |  |  |  |  |  | | pre | 1.8;2.9 | 2.8;5.3 |  |  |  |  |
|  |  |  |  |  |  |  |  |  | | post | 3.7;6.0 | 3.6;5.9 | NS |  |  |  |
| **OUTPATIENT SETTINGS** | | | | | | | | | | | | | | | | | | | | | |
| **author, year** | **n** | **agea** | **study design** | **intervention** | **targeted pain** | **number of sessions, location** | **pain-related outcomes** | | | **p-value** | | **health service use** | | | **p-value** | **analgesic use** | |  | **p-value** | **quality assessment** |
| **Integrative medicine** | | | | | | | | | | | | | | | | | | | | | |
| Agrawal 2019 | 30 | median 16.0 (IQR 13.3-20.0) | QED | 1. virtual reality (n=30) | acute pain | 1, hospital | pain intensity (10p scale, M;SD) | | |  | |  | | |  |  |  |  |  | 7/10 |
|  |  | pre | 7.3;2.7 |  |  | |  |  |  |  |  |  |  |  |
|  |  | post | 5.8;3.2 | < 0.001 | |  | |  |  |  |  |  |  |  |
|  |  |  |  | Δ -1.5 |  |  |  | |  |  |  |  |  |  |  |
| **Physical interventions** | | | | | | | | | | | | | | | | | | | | | |
| Moody 2017 | 73 | 14.5 (6-21) | RCT | 1. yoga (n=35) | acute pain | 2.5, hospital | pain intensity (10p scale) | | |  | | LOS (days) | | |  | IV opiod use (mg/kg/hour) | | |  | 12/13 |
|  |  | 2. attention (n=35) |  | yoga | control |  | |  | yoga | control |  |  | yoga | control |  |
|  |  | pre | 5.6 | 5.9 |  | |  | 5;2.8 | 5;2.4 | NS |  | 0.033 ;0.016 | 0.037 ;0.018 |  |
|  |  | post | 5.0 | 5.9 |  | |  |  |  |  |  | NS |
|  |  |  | Δ -0.6;1.0 | | Δ -0.0;1.4 | 0.029 | |  |  |  |  |  |  |  |  |
| a Data is displayed as mean (M) (standard deviation, SD) or mean (range) unless otherwise stated. | | | | | | | | | | | | | | | | | | | | | |
| Abbreviations: n, number of participants; NS, not significant; NR, not reported; HA, hospital admissions; LOS, length of stay (in hospital); ED, emergency department visits; OPD, outpatient department;  RCT, randomized controlled trial; QED, quasi-experimental design; FU, follow-up; pre, measurement prior to intervention; post, measurements after intervention, IQR; interquartile range | | | | | | | | | | | | | | | | | | |  |  | |