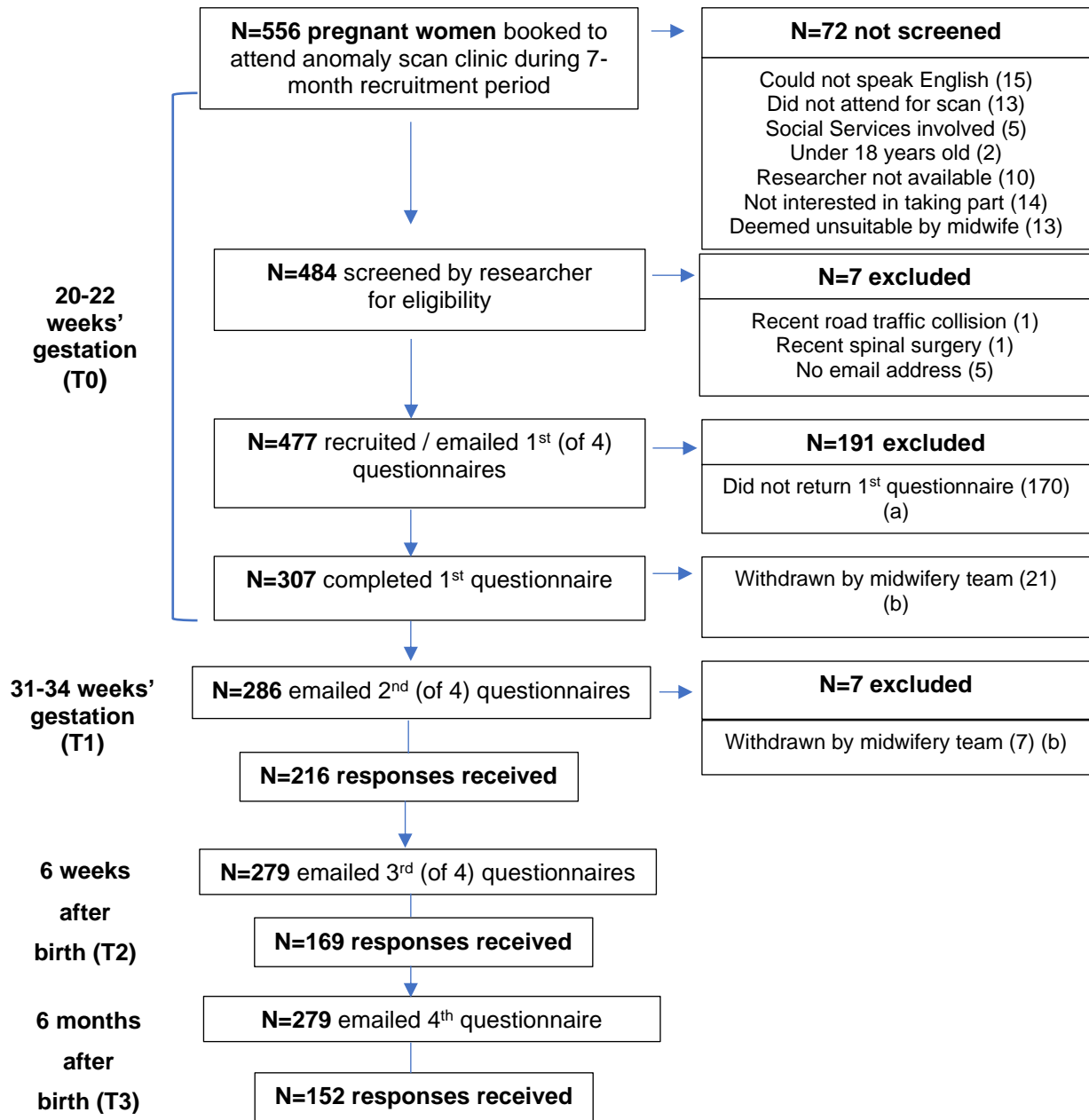


## Participant flow through the study



### Total number of study withdrawals (N=325)

- (a) Withdrawal of consent: N=170 \*(NB: These women were all eligible, and all gave their verbal consent to take part in the study along with their email contact details (NB: N=2 gave email addresses that were not recognised). However, when the study research associate sent questionnaire 1 (T0) (and each individual's pre-specified number of reminders), none of these women responded, therefore they were presumed to have withdrawn their consent to take part.
- (b) Loss to follow-up: N=155 \*(NB: N=28 of these women were withdrawn from the study on the recommendation of the midwifery team, due to health issues of their own (N=9), a preterm delivery (N=1), baby unwell (N=2), pregnancy complication (N=4); miscarriage (N=6); previous still birth / miscarriage (N=6). The remainder (N=127) were lost across the three follow-up periods (T1, T2, T3).
- (c) Death (where not the primary outcome): N=

## Baseline characteristics of respondents (N=307)

Characteristic	Range	Mean (SD)
Age (years)	18-44	30.97 (4.89)
Weight (kg)	41.5-140	74.32 (15.23)
Height (metres)	1.47-1.85	1.66 (0.07)
<b>Marital status</b>	<b>Number of participants</b>	
Single	20 (6.5%)	
Married	208 (68%)	
Live with partner	70 (23%)	
<b>Employment status</b>		
Working	245 (80%)	
Unemployed, in full-time education, or working in the home	48 (16%)	
<b>Highest educational qualification</b>		
O Level / GCSE	49 (16%)	
A level	27 (9%)	
Degree	122 (40%)	
Higher degree	47 (15%)	
<b>Parity</b>		
Primiparous	130 (42%)	
Multiparous	177 (58%)	

Key to abbreviations in table: kg = kilogrammes; SD = standard deviation

## Occurrence of LBP at each study time point, relative to previous history of LBP

Study time point (T0,1,2,3)	Respondents with current LBP (% of total for time point)	Respondents with a history of LBP (% of total for time point)	Respondents with current LBP & LBP history (%)
<b>T0 (questionnaire 1)</b>	N= 92/307 (30%)	132/307 (43%)	61/132 (46%)
<b>T1 (questionnaire 2)</b>	N= 80/216 (37%)	88/216 (41%)	50/88 (56%)
<b>T2 (questionnaire 3)</b>	N= 39/169 (23%)	87/169 (51%)	31/87 (35%)
<b>T3 (questionnaire 4)</b>	N= 25/152 (16%)	76/152 (50%)	19/76 (25%)

## Changes in patient-reported outcomes over the course of the study

PROM (SD)	T0 (20-22 weeks' gestation)	T1 (31-33 weeks' gestation)	T2 (6 weeks after birth)	T3 (6 months after birth)	MCIC (Yes/No)
<b>Composite pain – NRS (/10)</b>	6.49 (2.22)	7.14 (2.09)	6.62 (1.89)	6.41 (1.90)	No
<b>LBP-related function – RMDQ (/24)</b>	9.45 (5.40)	13.95 (5.17)	8.08 (5.70)	6.92 (6.05)	Yes
<b>No sick leave due to LBP</b>	61%	67%	N/A	N/A	N/A
<b>EuroQol-5D-5L Index (/1.00)</b>	0.83 (0.16)	0.71 (0.17)	0.87 (0.15)	0.90 (0.15)	Yes
<b>EuroQol-5D-5L VAS (/100)</b>	81.23 (16.76)	76.85 (16.92)	80.25 (15.79)	82.46 (13.30)	No
<b>FABQ - PA (/24)</b>	13.57 (5.18)	14.88 (5.58)	13.05 (5.49)	11.87 (7.48)	N/A
<b>GPCS</b>	3.1 (1.34)	3.36 (1.36)	2.38 (1.38)	2.36 (1.33)	No

**Key to abbreviations in table:** EQ-5D-5L = Euro-Qol 5 dimension/5 levels questionnaire; FABQ-PA

= Fear-avoidance Beliefs Questionnaire - Physical Activity subscale; GPCS = Global Perceived

Change Scale; LBP = low back pain; MCIC = minimal clinically important change; NRS = numerical rating scale; N/A = not applicable; PROM = patient-reported outcome measure; RMDQ = Roland and

Morris Disability Questionnaire; SD = standard deviation; VAS = Visual Analogue Scale; T0 =

questionnaire 1; T1 = questionnaire 2; T2 = questionnaire 3; T3 = questionnaire 4

## Treatments used by respondents to manage their LBP

	T0 (20-22 weeks' gestation)	T1 (31-33 weeks' gestation)	T2 (6 weeks after birth)	T3 (6 months after birth)
<b>Receiving physiotherapy</b>	29/92 (32%)	23/80 (29%)	19/39 (49%)	12/25 (48%)
<b>Self-referred to NHS physiotherapy</b>	10/29 (35%)	6/23 (26%)	10/19 (53%)	8/12 (67%)
<b>GP care</b>	17/92 (19%)	15/80 (19%)	13/39 (33%)	8/25 (32%)
<b>Painkillers</b>	23/92 (25%)	22/80 (27%)	16/39 (41%)	6/25 (24%)

**Key to abbreviations in table:** GP = General Practitioner; NHS = National Health Service; T0 =

questionnaire 1; T1 = questionnaire 2; T2 = questionnaire 3; T3 = questionnaire 4

## Number of respondents prescribed or self-medicating with painkillers for LBP

