

## Supplementary 1

### Primary and secondary outcomes

	T0				T1			
	Rise-uP		CG		Rise-uP		CG	
	M	SD	M	SD	M	SD	M	SD
Pain Intensity (0 - 10)	5.22	1.71	5.21	1.74	3.37	2.35	4.02	2.19
Anxiety (0 - 21)	5.71	5.84	5.13	5.51	5.47	5.90	6.44	6.23
Depression (0-21)	7.95	7.14	7.13	7.21	7.62	7.59	8.84	8.07
Stress (0-21)	12.12	7.58	11.34	8.01	10.75	7.95	12.61	8.01
Functional ability (0% - 100%)	72.4%	18.6%	78.1%	17.6%	80.2%	18.1%	78.3%	17.8%
Mental wellbeing (M = 50, SD = 10)	45.80	10.96	47.12	11.28	47.13	11.22	45.09	11.07
Physical wellbeing (M = 50, SD = 10))	40.65	8.38	43.38	8.16	46.06	8.42	45.69	8.00

Means and standard deviations for the primary and secondary outcomes at T0 and T1 both for the Rise-uP and the control group. The table contains values of those patients who were analyzed in the present paper (completers).

## Supplementary 2

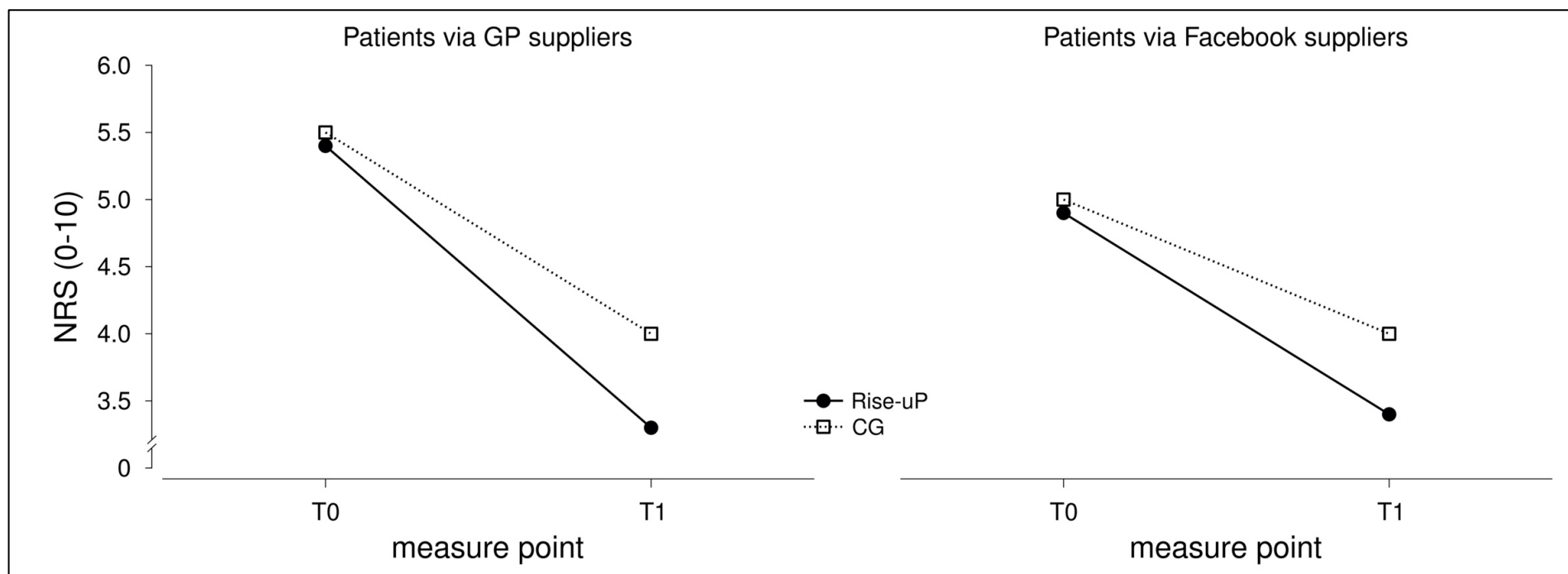


Illustration of the pain index scores at T0 and T1 for both groups (Rise-uP vs. CG) separately for GP suppliers and Facebook suppliers. Visual inspection reveals a similar profile for organic and Facebook patients.