**Table 1. Characteristics of the Sample**

|  |  |  |
| --- | --- | --- |
|  | Baseline  (n-2024) | Endpoint (n=1835) |
| **Age** | Mean = 49  (range: 21-95) | Mean = 49  (range: 21-95) |
| Age 50+ | 50% | 50% |
| **Female** (%) | 73% | 74% |
| **Education** |  |  |
| Less than HS | 0.3% | 0.3% |
| HS degree/GED | 7% | 7% |
| Some college | 37% | 37% |
| BA or higher | 56% | 56% |
| **Race/Ethnicity** |  |  |
| Hispanic | 5% | 5% |
| Non-Hispanic |  |  |
| White | 88% | 88% |
| Asian | 3% | 3% |
| African-American | 2% | 2% |
| American Indian/Pacific Islander/Other | 2% | 2% |
| **Working Full Time** | 59% | 59% |
| **Gross income** |  |  |
| Income < $10K | 2% | 2% |
| $10K >= income > $60K | 36% | 37% |
| $60K >= income > $100K | 30% | 30% |
| Income >= $100K | 32% | 32% |
| **Oswestry Low Back Disability Index** | Mean = 20 (SD = 13) | Mean = 18 (SD = 14) |
| **Neck Disability Index** | Mean = 23 (SD = 13) | Mean = 20 (SD = 14) |

**Table 2. Baseline and Endpoint Means (SDs) and Reliability of PROMIS-29 v2.0 Scores**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Scale | Baseline Mean | Endpoint Mean | t-test of change | p-value | Reliability |
| Physical functioning | 46 (7) | 47 (7) | 4.15 | .0000 | 0.86 |
| Pain | 56 (7) | 54 (8) | -9.48 | .0000 | 0.88 |
| Fatigue | 53 (8) | 52 (9) | -7.11 | .0000 | 0.93 |
| Sleep disturbance | 52 (8) | 50 (8) | -8.47 | .0000 | 0.85 |
| Social health | 52 (8) | 53 (8) | 7.61 | .0000 | 0.93 |
| Emotional distress | 50 (7) | 50 (8) | -0.04 | .9662 | 0.93 |
| PROMIS-29 Physical Health Summary Score | 46 (7) | 47 (8) | 5.80 | .0000 | 0.90 |
| PROMIS-29 Mental Health Summary Score | 48 (7) | 50 (7) | 9.06 | .0000 | 0.97 |

Note: Higher score is better for physical functioning, social, PROMIS-29

Physical, and PROMIS-29 Mental. Higher scores are worse for the other 4 scales.

**Table 3. Change in PROMIS-29 v2.0 Scores from Baseline to Endpoint**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Scale | Effect Size | Got worse | Same | Got better |
| Physical functioning | .08 | 9% | 78% | 13% |
| Pain | -.20 | 8% | 75% | 17% |
| Fatigue | -.15 | 13% | 64% | 23% |
| Sleep disturbance | -.17 | 6% | 80% | 14% |
| Social health | .15 | 12% | 67% | 21% |
| Emotional distress | .01 | 16% | 68% | 16% |
| PROMIS-29 Physical Health Summary Score | .10 | 9% | 76% | 14% |
| PROMIS-29 Mental Health Summary Score | .16 | 18% | 52% | 30% |

Note: Higher score is better for physical functioning, social, PROMIS-29

Physical, and PROMIS-29 Mental. Higher scores are worse for the other 4 scales.

Change (Got worse or Got better) was determined by coefficient of

repeatability = 2.77 \* standard error of measurement. “Responders” are

those in the “Got Better” subgroup.