

Supplementary material to article by V. M. Iversen et al. "Resistance training vs general physical exercise in multidisciplinary rehabilitation of chronic neck pain: A randomized controlled trial"

**Table SI.** Within- and between-group Cohen's d effect sizes and 95% confidence intervals of improvement from baseline to 12 weeks

Outcome	General physical exercise	Elastic resistance band	Elastic resistance bands compared with general physical exercise
Neck Disability Index	0.78 (0.31; 1.25)	0.76 (0.29; 1.24)	-0.02 (-0.65; 0.62)
NRS; current NP	0.08 (-0.45; 0.51)	0.30 (-0.13; 0.72)	0.22 (-0.36; 0.80)
NRS; worst NP last 2 weeks	-0.07 (-0.49; 0.35)	0.46 (0.05; 0.90)	0.53 (-0.04; 1.10)
NRS; worst NP last 4 weeks	0.10 (-0.30; 0.51)	0.62 (0.21; 1.02)	0.51 (-0.03; 1.07)
Additional pain sites	0.07 (-0.30; 0.43)	0.32 (-0.01; 0.64)	0.25 (-0.23; 0.73)
Work Ability Index	0.40 (0.06; 0.75)	0.64 (0.26; 1.02)	0.23 (-0.27; 0.73)
HSCL-25	0.14 (-0.16; 0.43)	0.36 (0.06; 0.65)	0.22 (-0.19; 0.63)
EQ-5D	0.24 (-0.19; 0.66)	0.39 (-0.03; 0.82)	0.16 (-0.42; 0.74)
FABQ A	0.26 (-0.11; 0.63)	0.16 (-0.22; 0.54)	-0.10 (-0.62; 0.42)
FABQ B	-0.19 (-0.53; 0.16)	0.17 (-0.14; 0.49)	0.36 (-0.10; 0.82)
PSFS	0.53 (0.07; 0.98)	0.72 (0.20; 1.24)	0.19 (-0.47; 0.86)
Shoulder abductor MVC	0.08 (-0.06; 0.22)	0.31 (0.17; 0.44)	0.23 (0.03; 0.42)
Neck flexor MVC	0.39 (0.20; 0.57)	0.44 (0.27; 0.61)	0.05 (-0.20; 0.30)
Neck extensor MVC	0.24 (0.03; 0.44)	0.42 (0.24; 0.61)	0.18 (-0.09; 0.46)
Pressure pain threshold	0.10 (-0.17; 0.37)	-0.12 (-0.35; 0.11)	-0.22 (-0.57; 0.13)

NRS: Numerical pain rating scale; NP: neck pain; HSCL-25: Hopkins Symptom Checklist 25; FABQ A: Fear Avoidance Beliefs Questionnaire in relation to physical activity; FABQ B: Fear Avoidance Beliefs Questionnaire in relation to work; PSFS: patient-specific functioning scale; MVC: maximal isometric voluntary contraction.