

Supplementary Table S1. Number of participants who attended physiotherapy activity and awareness intervention (PAAI) sessions in each intervention and control group, by gender.

Type of intervention	TOTAL <i>n</i>	S1(%) (Q1a)	S2 (%)	S3 (%)	S4 (%)	S5 (%)	S6 (%)	S7(%)	S8(%) (Q1b)
Intervention M Group	31 (7 refused)	24 (77)	17 (55)	14 (45)	13 (42)	12 (39)	12 (39)	12 (39)	19 (61)
Intervention F Group	19 (5 refused)	14 (74)	13 (68)	7(37)	11(58)	7 (37)	9 (47)	6 (32)	12 (63)
Total	50	38 (76)	30 (60)	21 (42)	24 (48)	19 (38)	21 (42)	18 (36)	31 (62)
Control M Group	30 (12refused)	18 (60)	9 (30)	8 (27)	6 (20)	4 (13)	5 (17)	4 (13)	9 (30)
Control F Group	21 (5 refused)	16(76)	13 (62)	12 (57)	11 (52)	13 (62)	13 (62)	10 (48)	15 (71)
Total	51	34(67)	22 (43)	20 (39)	17 (33)	17 (33)	18 (35)	14 (27)	24 (47)

Note: S= PAAI sessions, Q1a= questionnaire at first session, Q1b= questionnaire at last session, M= men group, and F= female group.

Supplementary Table S2. Group comparisons on characteristics of follow-up and dropout

		Follow-up	Dropout	P-value
Total		65	36	
Age (years), Mean (SD)		37.8 (10.3)	34.0 (12.8)	0.10
Low health literacy, <i>n</i> (%)		36 (55)	14 (39)	0.11
Female, <i>n</i> (%)		28 (43)	12 (33)	0.33
Ethnicity, <i>n</i> (%)	Arab	48 (74)	29 (81)	0.61
	Kurd	16 (25)	7 (19)	
Stayed in a transit country on way to Norway <i>n</i> (%)		46 (71)	14 (39)	0.002
Marital status (married), <i>n</i> (%)		42 (65)	20 (56)	0.37
Have children, <i>n</i> (%)		48 (74)	20 (56)	0.06
Number of children, Mean (SD)		3.4 (1.5)	3.2 (1.3)	0.55
Education (years), Mean (SD)		8.6 (4.2)	11.4 (3.9)	0.002
Self-reported health, <i>n</i> (%)				0.15
	Poor	31(48)	10(28)	
	Neither	22 (34)	17 (47)	
	Good	1218	9 (25)	
Self-reported diseases and daily use of medication, <i>n</i> (%)				
Physical or psychological pain at least 1year		41 (63)	19 (53)	0.31
Physical pain more >6 months		50 (77)	25 (70)	0.41
Never do exercise		38 (58)	11 (31)	0.007
Rheumatic arthritis		13 (20)	6 (17)	0.68
Joint disease		48 (74)	23 (64)	0.29
Mental health problems		8 (12)	5 (14)	0.82
Headache		22 (34)	7 (19)	0.12
Daily use of painkillers		19 (29)	8 (22)	0.73
Daily use of psychotropics		8 (12)	2 (6)	0.09
Study outcomes				
Impact events scales revised IESR, Mean (SD)	Intrusion (8-32)	9.4 (7.6)	9.3 (7.9)	0.96
	Avoidance (8-32)	9.5 (7.9)	10.7 (7.9)	0.46
	Hyper-arousal (6-24)	7.4 (5.7)	7 (5.8)	0.74

BPI scores	Having pain today (yes), <i>n</i> (%)	65 (100)	35 (97)	0.17
	Pain intensity (1-10), Mean (SD)	6.0 (1.9)	5.4 (2.3)	0.21
GHQ-12 (0-36), Mean (SD)		13.4 (6.1)	11.2 (6.7)	0.10

Supplementary Table S3. Change in outcomes from first to last sessions and four weeks after last session for intervention and control groups combined (*n* = 101) using liners mixed models

	Week 0	Week 8		Week 12		P-trend
		B (85% CI)	p-value	B (85% CI)	p-value	
Total						
BPI	0 (ref)	-0.8 (-1.2, -0.5)	<0.001	-1.0 (-1.4, -0.6)	<0.001	<0.001
IES-R	0 (ref)	0.6 (-2.5, 3.7)	0.71	-0.5 (-3.7, 2.8)	0.78	0.90
GHQ	0 (ref)	-2.1 (-3.3, -0.9)	<0.001	-2.3 (-3.6, -1.1)	<0.001	<0.001
Women						
BPI	0 (ref)	-1.0 (-1.6, -0.5)	<0.001	-1.1 (-1.7, -0.5)	<0.001	<0.001
IES-R	0 (ref)	-2.8 (-6.8, 1.2)	0.17	-2.3 (-6.5, 1.9)	0.28	0.20
GHQ	0 (ref)	-2.0 (-3.6, -0.4)	0.02	-1.9 (-3.6, -0.2)	0.03	0.01
Men						
BPI	0 (ref)	-0.7 (-1.2, -0.2)	0.008	-0.9 (-1.4, -0.4)	0.001	<0.001
IES-R	0 (ref)	3.6 (-0.9, 8.2)	0.12	0.9 (-3.7, 5.6)	0.70	0.44
GHQ	0 (ref)	-2.1 (-3.8, -0.3)	0.02	-2.6 (-4.4, -0.8)	0.005	0.002

Note: P-valued for interaction tests by gender: BPI: 0.69, IES-R: 0.13 and GHQ: 0.85.