Supplementary File

Note that for all questions the current analysis is dichotomised into strongly disagree/somewhat disagree as one value and Neutral/Somewhat agree/Strongly agree as the other.

Sensitivity analysis A: Questions regarding seriousness, persistence and fear of movement dichotomised into Strongly disagree/Somewhat disagree/neutral compared with Somewhat agree/Strongly agree. Comprehension remains unchanged.

Table 1: *Association between the self-reported understanding of the 14 terms overall and perceived seriousness, pain persistence and fear of movement, Spearman's rho correlation**

	Understanding	Seriousness	Pain persistence	Fear of movement
Understanding	1			
Seriousness	0.29	1		
Persistence	0.21	0.72	1	
Fear of movement	0.19	0.53	0.6	1

*All p values <0.001.

Values between 0.10 and 0.29 represent a weak association, 0.30-0.49 moderate and 0.5 and above a strong association.

Table 2: Association between self-reported understanding of the 14 terms, perceived seriousness, pain persistence and fear of movement and demographic details, history of back pain and back beliefs

	Understanding	Seriousness	Pain persistence	Fear of movement
		Regression coefficient (95% Confidence Interval)		
Education (REF - High school)				
Trade/Diploma	0.36 (-0.01, 0.73)	0.19 (-0.17, 0.56)	-0.07 (-0.42, 0.29)	-0.12 (-0.49, 0.24)
Bachelor	**0.40 (0.07, 0.72)***	0.02 (-0.28, 0.32)	0.04 (-0.26, 0.34)	-0.09 (-0.39, 0.22)
Postgraduate qualifications	**0.66 (0.23, 1.08)****	-0.07 (-0.46, 0.33)	-0.15 (-0.53, 0.23)	0.03 (-0.37, 0.43)
LBP History (REF = Never)				
Previous LBP	0.27 (-0.21, 0.75)	0.12 (-0.28, 0.52)	0.15 (-0.23, 0.53)	-0.06 (-0.46, 0.36)
Current LBP	**0.50 (0.02, 0.97)***	0.06 (-0.34, 0.47)	0.14 (-0.25, 0.52)	**-0.60 (-1.00, -0.19)****
BBQ score	**0.02 (0.0003, 0.04)***	**-0.02 (-0.04, -0.005)***	**-0.05 (-0.07, -0.03)*****	**-0.07 (-0.09, -0.05)*****
Age, years	0.002 (-0.007, 0.01)	0.002 (-0.01, 0.01)	0.003 (-0.004, 0.011)	**-0.01 (-0.02, -0.01)****
Gender (REF = Female)				
Male	0.07 (-0.20, 0.33)	**-0.39 (-0.64, -0.14)****	**-0.32 (-0.57, -0.08)***	-0.24 (-0.49, 0.01)

Note: Bold indicates statistically significant, * $p < 0.05$, **$p < 0.01$, ***$p < 0.001$. Results rounded to two decimal points or first meaningful decimal point.
REF = Reference category, LBP = Low Back Pain, BBQ = Back Beliefs Questionnaire

Continuous variables (BBQ score and age): For understanding, a positive regression coefficient indicates greater self-reported understanding is associated with better back beliefs (higher BBQ score) and increased age. For seriousness, pain persistence and fear of movement, a positive regression coefficient indicates greater worry/concern is associated with poorer back beliefs (lower BBQ score) and increased age.

Categorical variables: For understanding, a positive regression coefficient indicates increased self-reported understanding compared with the reference category. For seriousness, pain persistence and fear of movement, a positive regression coefficient indicates greater worry/concern compared with the reference variable.

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Sensitivity analysis B: Neutral answers removed. Dichotomy is strongly disagree/somewhat disagree vs somewhat agree/strongly agree.

Table 3: *Association between the self-reported understanding of the 14 terms overall and perceived seriousness, pain persistence and fear of movement, Spearman's rho correlation**

	Understanding	Seriousness	Pain persistence	Fear of movement
Understanding	1			
Seriousness	0.60	1		
Persistence	0.45	0.72	1	
Fear of movement	0.37	0.53	0.6	1

*All p values <0.001.

Values between 0.10 and 0.29 represent a weak association, 0.30-0.49 moderate and 0.5 and above a strong association.

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Table 4: Association between self-reported understanding of the 14 terms, perceived seriousness, pain persistence and fear of movement and demographic details, history of back pain and back beliefs

	Understanding	Seriousness	Pain persistence	Fear of movement
	Regression coefficient (95% Confidence Interval)			
Education (REF - High school)				
Trade/Diploma	0.27 (-0.11, 0.65)	0.005 (-0.59, 0.60)	-0.42 (-0.97, 0.13)	-0.39 (-0.88, 0.09)
Bachelor	0.32 (-0.01, 0.66)	- 0.16 (-0.63, 0.31)	-0.19 (-0.63, 0.26)	**-0.45 (-0.87, -0.04)***
Postgraduate qualifications	**0.55 (0.12, 0.98)***	0.43 (-1.03, 0.17)	**-0.77 (-1.32, -0.23)****	**-0.65 (-1.15, -0.14)***
LBP History (REF = Never)				
Previous LBP	0.18 (-0.30, 0.66)	0.21 (-0.41, 0.83)	-0.01 (-0.58, 0.56)	-0.19 (-0.71, 0.33)
Current LBP	**0.55 (0.07, 1.02)***	-0.01 (-0.63, 0.61)	-0.18 (-0.76, 0.40)	**-0.61 (-1.14, -0.08)***
BBQ score	**0.03 (0.01, 0.05)***	**-0.04 (-0.07, -0.01)****	**-0.08 (-0.11, -0.05)*****	**-0.08 (-0.11, -0.05)*****
Age, years	-0.003 (-0.01, 0.01)	**0.02 (0.01, 0.04)*****	**0.03 (0.02, 0.04)*****	-0.01 (-0.02, 0.001)
Gender (REF = Female)				
Male	0.17 (-0.10, 0.44)	**-0.49 (-0.90, -0.08)***	-0.27 (-0.64, 0.11)	-0.30 (-0.64, 0.04)

Note: Bold indicates statistically significant, * $p < 0.05$, **$p < 0.01$, ***$p < 0.001$. Results rounded to two decimal points or first meaningful decimal point.

REF = Reference category, LBP = Low Back Pain, BBQ = Back Beliefs Questionnaire

Continuous variables (BBQ score and age): For understanding, a positive regression coefficient indicates greater self-reported understanding is associated with better back beliefs (higher BBQ score) and increased age. For seriousness, pain persistence and fear of movement, a positive regression coefficient indicates greater worry/concern is associated with poorer back beliefs (lower BBQ score) and increased age.

Categorical variables: For understanding, a positive regression coefficient indicates increased self-reported understanding compared with the reference category. For seriousness, pain persistence and fear of movement, a positive regression coefficient indicates greater worry/concern compared with the reference variable.