

Supporting Information File

Cost-effectiveness of Pilates compared with home-based exercises for people with chronic non-specific low back pain: a trial-based economic evaluation

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Supplementary Table 1. Description of the cost items that were included in the economic evaluation.

Item	Definition
Intervention costs	Total cost of each intervention (professional hourly rate, adherence, and material cost)
Consultations	Number of consultations due to low back pain, by a health professional
Hospital admissions	Number of hospital admissions due to low back pain
Home health care	Home health care for low back pain but not related to the intervention
Emergency	Number of emergency visits due to low back pain
Medication use	The total consumption of medication prescribed for non-specific chronic LBP prescribed by a physician (daily dose multiplied by the number of days the patient used each drug)
Transport	Number of displacements for consultation, visits to emergency and hospital or for picking up medications for low back pain
Support of a caregiver	Number of hours and displacements of a caregiver to support the participant due to low back pain
Absenteeism	Number of working hours lost due to low back pain
Presenteeism	Percentage loss of work productivity due to low back pain symptoms (0 to 100%, the higher the percentage, the higher the productivity loss)

Supplementary Table 2. Resource items and cost calculations for each study participant. Costs are expressed in International Dollars (\$).

Resources items		Unit costs	Source	Cost calculation
Healthcare utilization				
Intervention (Pilates exercises)	Physiotherapist session supervision	\$1.81	SIGTAP	((Number of face-to-face exercise sessions supervised by PT * unit costs) + (Number of exercise equipment * unit costs))
	Exercise equipment	\$0.18	Market prices; BPS	
Intervention (Home-based exercises)	Physiotherapist session supervision	\$1.81	SIGTAP	((Number of PT remote and face-to-face supervisions * unit costs) + (2 printed booklets * unit costs))
	Booklet	\$0.14	Market prices	
Consultations	Physiotherapist consultation	\$1.81	SIGTAP	Number of PT consultations * unit costs
	Medical consultation	\$3.87	SIGTAP	Number of medical consultations * unit costs
Hospital admissions	Number of admissions due to LBP	\$683.0	SIH	Number of hospital admissions * unit cost
Home health care	Physiotherapist home care consultation	\$1.81	SIGTAP	Number of PT home care consultations * unit costs
Emergency visits	Number of emergency visits due to LBP and duration (in hours), and the hourly rate based on the participant's report	SR	Self-reported	Number of emergency visits * Number of hours in emergency care * unit cost
Medication	Drugs (analgesic)	\$0.02	BPS	Total consumption * unit cost
	Drugs (muscle relaxants)	\$0.03		
	Drugs (anti-inflammatory)	\$0.12		
Transportation (round trip) for consultations,	Transportation by car (round trip)	\$3.52	Market prices;	Consultation: Number of displacements for consultations * type of transport * unit costs

emergency visits, hospital admissions, or to pick up medication	Public transportation by bus (round trip)	\$3.12	Ticket prices of public transportation	Emergency: Number of displacements for emergency visits * type of transport * unit costs
	Public transportation by subway (round trip)	\$4.26		Hospital: Number of displacements for hospital admissions * type of transport * unit costs Medication: Number of displacements for picking up medications * type of transport * unit costs
Informal care				
Support of a caregiver	Transportation by car (round trip)	\$3.52	Market prices; Ticket prices of public transportation;	((Number of displacements of a caregiver * type of transport * unit costs) + (hours spent by a caregiver * hourly wage reported by caregiver))
	Public transportation by bus (round trip)	\$3.12		
	Public transportation by subway (round trip)	\$4.26		
	Hours spent by a caregiver	SR	Self-reported	
	Hourly wage of a caregiver	SR	Self-reported	Hourly wage reported by participants
Lost productivity				
Absenteeism	-	SR	Self-reported	Number of hours absent from work * hourly wage reported by participants
Presenteeism	-	SR	Self-reported	Number of daily hours of work * percentage of self-reported lost productivity * hourly wage reported by participants
Hourly wage	-	SR	Self-reported	Hourly wage reported by participants

PT: Physiotherapist; LBP: Low back pain; SIH: Brazilian hospital system; SIGTAP: Reference table for prices and reimbursement of the Brazilian public health system; BPS: Brazilian health prices system; SR: self-reported.

Supplementary Table 3. Baseline characteristics of the participants*.

	Pilates (<i>n</i> = 72)	Home exercises (<i>n</i> = 73)
Age – years; $\bar{X}$ (SD)	35.7 (9)	37.1 (9)
Male – <i>n</i> (%)	33 (23)	31 (21)
BMI – kg/m ² ; $\bar{X}$ (SD)	26.6 (4)	26.7 (5)
Kinesiophobia (score; 17-68) – $\bar{X}$ (SD)	41.5 (8)	41.2 (8)
YB (percentage; 0-100) $\bar{X}$ (SD)	58.6 (13)	60.3 (12)
SBST (score; 0-9) $\bar{X}$ (SD)	4.9 (2)	4.6 (2)
SBST (classification) - <i>n</i> (%):		
<i>Low risk</i>	23 (32)	23 (31)
<i>Medium risk</i>	20 (28)	26 (36)
<i>High risk</i>	29 (40)	24 (33)

$\bar{X}$: mean; SD: standard deviation; BMI: Body Mass Index; SBST: Start-Back Screening Tool; YB: Y-Balance test.

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