

Interview guide:

"Biopsychosocial Approach in Physiotherapy for Patients with Back Pain"

[English translation of original German interview guide, additional remarks for the purpose of conducting the interview and general questions as well as informational content were not translated]

- 1. Introduction** (Information on study objective and procedure, background about researcher)
- 2. Warm-up** (Introducing participant(s), creating an atmosphere of open communication)
- 3. Questions about general clinical practice with back pain patients**
 - 3.1. How often do you treat patients with back pain?
 - 3.2. What does such a treatment plan look like? What is your approach? [Interventions, frequency, duration]
 - 3.3. Are there any exceptions? If so, what do they look like and what factors determine the decision-making process?
 - 3.4. How did this treatment approach come about?
 - 3.5. What are the strengths of PT treatment for these patients?
 - 3.6. Where are the limitations?
 - 3.7. What is your experience with back pain patients, how do you perceive them?
- 4. Questions about therapeutic approaches**
 - 4.1. Various treatment approaches are discussed in the scientific literature. For example, there is a discussion about the differences between biomedical and biopsychosocial approaches. How do you understand these two approaches?
 - 4.2. What do you see as the advantages and disadvantages of the biopsychosocial approach?
 - 4.3. To what extent do you feel prepared to consider biopsychosocial factors?
 - 4.4. Where do you see the difficulties or barriers in implementing such an approach?
 - 4.5. What actions need to be taken to optimize the situation?
 - 4.6. What do you, or physiotherapists in general, specifically need in order to more effectively or comprehensively integrate biopsychosocial factors into the treatment of patients with back pain, and where could this support come from, in what form (e.g., further training at university level, exchange in quality circles, internal training)?
- 5. Concluding question**
 - 5.1. Thank you for the valuable thoughts and experiences. Is there anything else we have forgotten? Do you have any further thoughts you would like to share with me?