

Supplemental Table 1. Importance of physical, mental, and social health - factors influencing pain perception and pain (self-)management.

Mental ¹	<ul style="list-style-type: none"> • Attention deficit hyperactivity disorder ^{2, 3} • Anxiety ⁴⁻⁶ • Depression ^{1, 4-7} • Patient compliance ^{8, 9} • Psychiatric comorbidity ¹⁰⁻¹² • Sexual health ¹³ • Social isolation ¹⁴ • Stress-induced hyperalgesia ¹² <ul style="list-style-type: none"> ○ Anxiety disorders: ^{4, 5, 7} agoraphobia, claustrophobia, social phobia, generalized anxiety disorder ○ Anankastic personality disorder ○ Adverse childhood experiences: early violence ¹⁵, social marginalization, parentification ○ Post-traumatic stress disorder
Socioeconomic	<ul style="list-style-type: none"> • Ethnicity/race ^{16, 17} • Cultural background ^{18, 19} • Country-specific issues: ²⁰ health care system overall ²¹, health insurance availability / coverage ²²⁻²⁵ • Religion ^{26, 27} • Sex ^{28, 29} • Socioeconomic status / social function: ³⁰⁻³² <ul style="list-style-type: none"> ○ Education ○ Income ³³ ○ Occupation ³⁴
Somatic	<ul style="list-style-type: none"> • Peripheral and central sensitization ³⁵⁻³⁷ • Sleep quality ³⁸⁻⁴⁰ • Trauma ^{41, 42} and related surgery ⁴³
Structural ⁴⁴	<ul style="list-style-type: none"> • Formation of osteophytes ^{45, 46} • Articular cartilage degradation ^{47, 48} • Synovial inflammation (synovitis) ⁴⁹⁻⁵¹ • Meniscal degradation ⁵²⁻⁵⁵ / extrusion ⁵⁶ • Subchondral bone remodeling and sclerosis ^{57, 58} • Loss of muscle mass and strength (sarcopenia) ^{59, 60} • Infrapatellar fat pad ^{61, 62} • Enthesitis ^{63, 64}

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