

Supplementary Table 1. Interventions and 1-year healthcare utilisation and associated costs (2014-€).

Type of healthcare	All, n=115			Chiropractic care, n=59						Self-management, n=56						Difference in mean costs (users only)			Difference in mean costs per patient (in all patients)			
	n	%	Total costs	n	%	Visits n	Total costs	Mean costs per user	SD	n	%	Visits n	Total costs	Mean costs per user	SD	Δ	95% CI	Cc	S-m	Δ	95% CI	
Intervention																						
Chiropractic visits	59	51	22452	59	100	411	22452	380.5	124.3	0	0	0	0	0	0	380.5	(347.6 to 413.5)	380.5	0	380.5	(347.6 to 413.5)	
X-rays	20	17	1369	20	34	19	1369	68.4	1.7	0	0	0	0	0	0	68.4	.	23.2	0	23.2	(14.5 to 31.9)	
Self-management	56	49	2511	0	0	0	0	0	0	56	100	56	2511	44.8	1.1	-44.8	(-45.1 to -44.6)	0	44.8	-44.8	(-45.1 to -44.6)	
Healthcare use																						
CIM providers*	16	14	8163	8	14	-	3076	384.5	323.9	8	14	-	5087	635.9	496.0	-251.4	(-700.6 to 197.8)	52.1	90.8	-38.7	(-125.6 to 48.2)	
Primary healthcare																						
GP visits	111	97	14000	57	97	390	7202	126.4	101.3	54	96	364	6797	125.9	91.6	0.5	(-35.9 to 36.9)	122.1	121.4	0.7	(-35.5 to 36.8)	
GP phone/email consultations†	106	92	4706	54	92	-	2566	47.5	44.9	52	93	-	2140	41.2	40.2	6.4	(-10.1 to 22.8)	43.5	38.2	5.3	(-10.5 to 21.0)	
GP After hours services	23	20	1063	7	12	8	152	21.7	14.2	16	29	32	911	57.0	55.8	-35.2	(-80.3 to 9.8)	2.6	16.3	-13.7	(-24.0 to -3.4)	
GP laboratory tests	94	82	5414	50	85	-	3099	62.0	84.9	44	79	-	2315	52.6	58.5	9.4	(-20.9 to 39.6)	52.5	41.3	11.2	(-14.7 to 37.1)	
GP other services‡	47	41	1937	23	39	-	930	40.4	29.1	24	43	-	1007	42.0	31.0	-1.5	(-19.2 to 16.1)	15.8	18.0	-2.2	(-12.5 to 8.1)	
Chiropractor	29	25	6881	19	32	87	3863	203.3	200.1	10	18	58	3018	301.8	196.7	-98.4	(-258.0 to 61.1)	65.5	53.9	11.6	(-41.7 to 64.9)	
Physiotherapist	14	12	7492	6	10	35	1275	212.4	116.2	8	14	281	6218	777.2	976.5	-564.8	(-1446.8 to 317.2)	21.6	111.0	-89.4	(-205.4 to 26.6)	
Psychologist	4	3	4315	1	2	7	768	768.5	0	3	6	32	3547	1182.3	1419.6	-413.8	(-7466.7 to 6639.0)	13.0	63.3	-50.3	(-152.2 to 51.5)	
Psychiatrist	3	3	1680	3	5	21	1680	560.0	465.1	0	0	0	0	0	0	560.0	.	28.5	0	28.5	(-11.6 to 68.5)	
Other§	20	17	4828	12	20	-	2620	218.3	230.5	8	14	-	2209	276.1	278.7	-57.8	(-297.9 to 182.3)	44.4	39.4	5.0	(-45.5 to 55.4)	
Subtotal primary healthcare	113	98	52317	58	98	-	24155	416.5	414.0	55	98	-	28162	512.0	780.0	-95.6	(-326.7 to 135.5)	409.4	502.9	-93.5	(-321.6 to 134.7)	
Hospital department																						
Cardiology adm	12	10	56721	2	3	2	3776	1887.9	49.1	10	18	13	52945	5294.5	8085.0	-3406.6	(-16644.5 to 9831.3)	64.0	945.4	-881.5	(-1880.4 to 117.5)	
Cardiology amb	25	22	13031	8	14	9	3605	450.7	332.1	17	30	25	9426	554.5	660.3	-103.8	(-618.5 to 410.9)	61.1	168.3	-107.2	(-231.6 to 7.1)	
MPI¶	106	92	95201	54	92	84	45082	834.9	468.7	52	93	95	50119	963.8	555.6	-129.0	(-326.7 to 68.7)	764.1	895.0	-130.9	(-333.7 to 71.9)	
Gastro-ent adm	1	0	2014	0	0	0	0	0	0	1	2	1	2014	2014.0	0	2014.0	.	0	2014.0	-36.0	.	
Gastro-ent amb	14	12	6645	7	12	8	2966	423.8	245.1	7	13	9	3678	525.5	370.0	-101.7	(-467.2 to 263.8)	50.3	65.7	-15.4	(-84.8 to 54.0)	
Musculoskel adm	4	3	25624	2	3	2	9991	4995.5	1324.5	2	4	3	15633	7816.3	4270.1	-2820.8	(-16422.8 to 10781.2)	169.3	279.2	-109.8	(-584.1 to 364.4)	
Musculoskel amb	25	22	16469	13	22	28	8600	661.6	816.6	12	21	22	7869	655.7	1299.0	5.8	(-884.1 to 895.8)	145.8	140.5	5.3	(-200.6 to 211.1)	
Other adm	11	10	94462	5	8	6	24047	4809.4	4119.4	6	11	7	70415	11735.8	18251.2	-6926.4	(-25936.6 to 12083.8)	407.6	1257.4	-849.8	(-2615.0 to 915.3)	
Other amb	43	37	41621	20	34	45	14036	701.8	624.4	23	41	93	27585	1199.4	1013.4	-497.6	(-1025.7 to 30.6)	237.9	492.6	-254.7	(-514.9 to 5.5)	
Chest x-ray	17	15	2588	12	20	12	1148	95.6	18.2	5	9	9	1441	288.1	213.7	-192.5	(-318.9 to -66.0)	19.5	25.7	-6.3	(-34.3 to 21.8)	
Subtotal hospital	112	97	354376	58	98	196	113252	1952.6	2535.6	54	56	277	241124	4465.3	8211.4	-2512.7	(-4755.6 to -269.7)	1919.5	4305.8	-2386.3	(-4580.5 to -192.0)	

Legend Supplementary Table 1.

Abbreviations: Cc=chiropractic care. S-m=self-management. CIM=complementary and integrative medicine. GP=general practitioner. Adm=admissions. Amb=ambulatory visits. MPI=myocardial perfusion imaging. Gastro-ent=gastro-enterology. Musculoskel=musculoskeletal

* Only cost data are available, number of visits not available.

† Reported are number of consultations

‡ Include laboratory test, certificate writings and vaccinations. Reported are number of units/procedures.

§ Includes other primary sector visits (rheumatologists, internal medicine specialists and surgical consultations (orthopaedic consultations and surgery and minor, miscellaneous surgical consultations and procedures (e.g. ligatures of haemorrhoids))). Reported are number of units/procedures.

¶ Myocardial perfusion imaging was offered to all patients as part of this study.

Supplementary Table 2. Number of patients (proportions), total and mean costs per person of non-prescriptive and prescriptive medication.

Type of drug	All, n=115			Chiropractic care, n=59					Self-management, n=56					Difference in mean costs (users only)		Difference in mean costs per patient (in all patients)			
	n	%	Total costs	n	%	Total costs	Mean costs per user	SD	n	%	Total costs	Mean costs per user	SD	Δ	95% CI	Cs	S-m	Δ	95% CI
Non-prescriptive																			
Mild analgesics	26	23	1217	19	32	986	51.9	35.97	7	13	230	32.9	21.55	19.0	(-11.1 to 49.1)	16.7	4.1	12.6	(3.6 to 21.6)
Antacid	10	9	305	6	10	152	25.3	14.46	4	7	152	38.1	50.84	-12.8	(-62.2 to 36.6)	2.6	2.7	-0.1	(-4.8 to 4.5)
Herbal	9	8	847	9	15	847	94.1	95.61	0	0	0	.	.	94.1	-	14.4	0	14.4	(1.3 to 27.4)
Other	4	3	360	2	3	141	70.4	33.18	2	4	219	109.5	22.12	-39.1	(-160.4 to 82.2)	2.4	3.9	-1.5	(-8.0 to 4.9)
Subtotal non-prescriptive	31	27	2728	21	36	2126	101.2	91.9	10	18	602	60.2	42.0	41.0	(21.7 to 103.8)	10.7	36.0	25.3	(4.6 to 45.9)
Prescriptive																			
Analgesics																			
NSAID	33	29	473	17	29	214	3.6	8.73	16	29	259	4.6	10.23	(-3.6	(-12.9; 5.6)	3.6	4.6	(-1.0	(-4.5; 2.5)
Other mild analgesics	8	7	262	4	7	158	2.7	12.41	4	7	103	1.9	7.90	13.7	(-31.2; 58.6)	2.7	1.8	0.8	(-3.0; 4.7)
Opioids/strong	11	10	958	4	7	216	3.7	19.32	7	13	743	13.3	63.35	(-52.2	(-242.8; 138.4)	3.7	13.3	(-9.6	(-26.7; 7.5)
Antirheumatic/ muscle relaxants	4	3	206	2	2	43	0.7	3.92	2	4	163	2.9	19.05	-60.5	(-316.8 to 195.8)	0.7	2.9	-2.2	(-7.2 to 2.8)
Cardiovascular	42	37	8200	21	36	3190	54.1	121.31	21	38	5009	89.5	173.98	-86.6	(-205.8 to 32.5)	54.1	89.5	-35.4	(-90.6 to 19.8)
Lipid modifying	26	23	2399	9	15	579	9.8	40.63	17	30	1819	32.5	80.63	-42.6	(-135.5 to 50.2)	9.8	32.5	-22.7	(-46.1 to 0.7)
Antidiabetic	3	3	285	1	2	195	3.3	25.41	2	4	90	1.6	11.02	150.1	(-669.2 to 969.5)	3.3	1.6	1.7	(-5.6 to 9.0)
Antacid	21	18	2714	11	19	2158	36.6	130.28	10	18	556	9.9	31.59	140.5	(-31.2 to 312.1)	36.6	9.9	26.6	(-8.8 to 62.1)
Psychotropic	17	15	2894	9	15	1705	28.9	118.07	8	14	1189	21.2	77.92	40.8	(-185.7 to 267.3)	28.9	21.2	7.7	(-29.5 to 44.8)
Obstructive lung disease	12	10	5404	7	12	2257	38.3	160.94	5	9	3147	56.2	261.94	-307.0	(-1001.1 to 387.1)	38.3	56.2	-17.9	(-97.8 to 61.9)
Anti-infective (systemic use)	43	37	969	24	41	506	8.6	13.74	19	34	463	8.3	16.16	-3.3	(-13.7 to 7.2)	8.6	8.3	0.3	(-5.2 to 5.9)
Systemic hormonal	13	11	313	6	10	155	2.6	10.40	7	13	158	2.8	10.12	3.3	(-23.2 to 29.9)	2.6	2.8	-0.2	(-4.0 to 3.6)
Dermatological	14	12	221	6	10	72	1.2	4.21	8	14	149	2.7	8.67	-6.7	(-21.9 to 8.5)	1.2	2.7	-1.5	(-4.0 to 1.0)
Genitourinary/reproductive hormones	10	9	1527	6	10	1320	22.4	108.75	4	7	207	3.7	17.93	168.4	(-177.9 to 514.6)	22.4	3.7	18.7	(-10.5 to 47.9)
Miscellaneous	18	16	1279	8	14	228	3.9	12.57	10	18	1050	18.8	77.09	-76.5	(-199.6 to 46.6)	3.9	18.8	-14.9	(-35.0 to 5.3)
Subtotal prescriptive	94	82	28103	46	78	12996	220.3	366.66	48	86	15107	269.8	388.20	-32.2	(-195.4 to 131.0)	220.3	269.8	-49.5	(-189.0 to 90.0)

Legend Supplementary Table 2. Abbreviations: Cc=chiropractic care. S-m=self-management. NSAID=non-steroid anti-inflammatory drugs.