

Effectiveness of 'motivational interviewing' on sick leave: a randomized controlled trial in a social insurance setting¹

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1. Supplementary material
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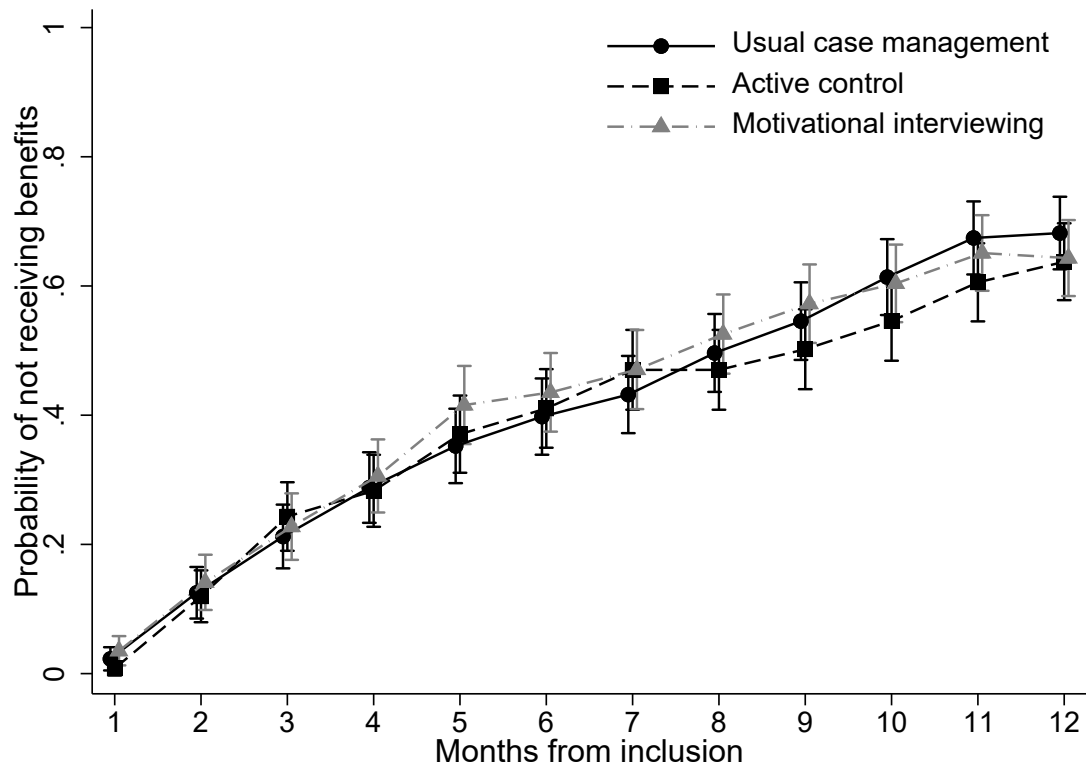
MI manual based on the main themes

Session 1:

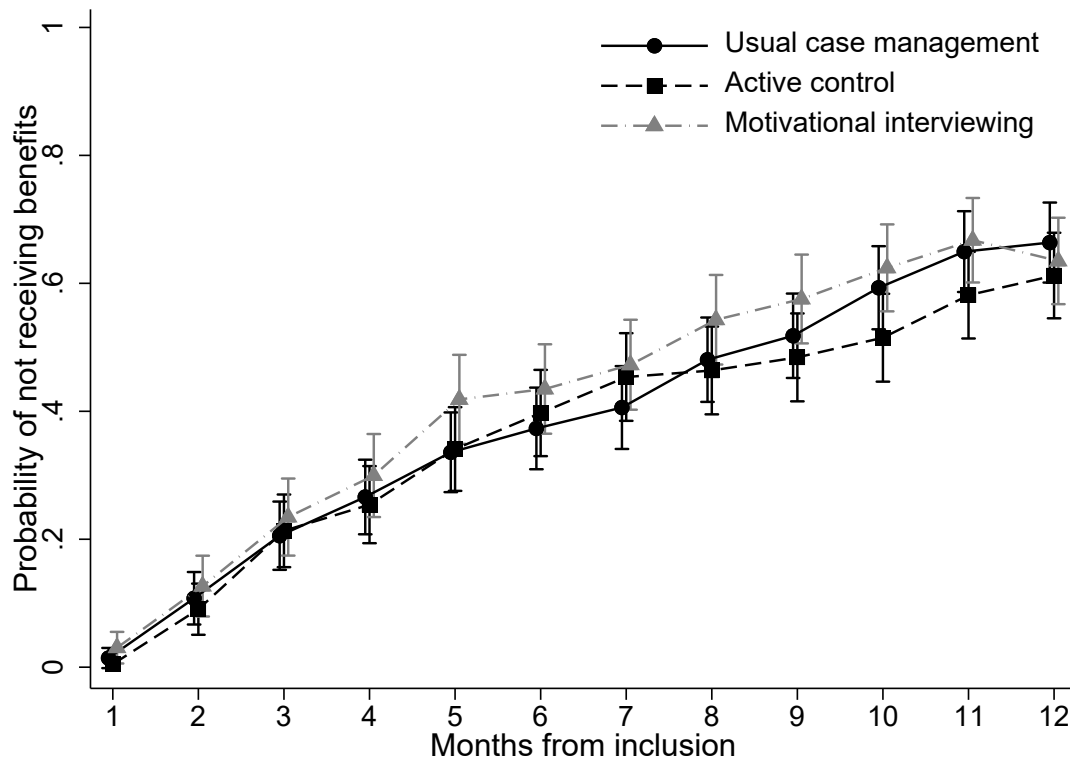
- Introduction of session 1 from the interviewer – the frame of the conversation
- Agenda mapping: the sick listed person (SLP) chooses theme(s) from a sheet for agenda mapping (e.g family, mental health, economy, etc.)
- The interviewer adapt the intervention to the sick-listed's stage of motivation for RTW
- Rating scale about the SLP's importance of being able to work and follow-up questions
- Rating scale about the SLP's confidence in being able to work and follow-up questions
- The interviewer provides a summary of session 1 to the SLP

Session 2:

- Introduction and summary of session 1 (previous conversation)
- Introduction to session 2 from the interviewer
- Assess the SLP's current work situation
- Assess the SLP's previous and / or possible work attempts
- Information on possible contributions from the Norwegian Labour and Welfare Administration (NAV)
- Rating scale about the SLP's confidence in being able to work and follow-up questions
- Explore the SLP's goals and values in life
- Scaling of readiness for RTW and follow- up questions
- Summary of both session 1 and 2 with key questions
- Intervention in the last part of the conversation adapted to the stage of motivation
- Thanking the participant for the conversation



Online supplementary figure 1 Estimated probability of not receiving medical benefits for each month during follow-up for the motivational interviewing, usual case management, and active control group based on logistic General Estimating Equations (GEE) analyses.



Online supplementary figure 2 Estimated probability of not receiving medical benefits for each month during follow-up for the motivational interviewing, usual case management, and active control group. Logistic General Estimating Equations (GEE) adjusted for age, gender, education, main diagnosis and length and type (full/partial) of sick leave at inclusion.