

Domain- Outcome	Scale - technique
Symptom	
Pain Intensity/Interference	Visual Analog Scale (VAS) SF36 bodily pain FIQ pain, and interference in daily activity McGill-Melzack questionnaire EQ-5D-5L pain/discomfort
Depression	Beck Depression Inventory (BDI) FIQ depression Montgomery Åsberg Depression Rating Scale Center for Epidemiologic Studies Depression Scale (CES-D)
Anxiety	State Anxiety Inventory (STAI) FIQ anxiety
Depression & Anxiety	Comprehensive psychopathologic rating scale Hospital Anxiety and Depression Scale (HADS) EQ-5D-5L anxiety & depression
Fatigue or Vitality or Tiredness	SF36 vitality FIQ Fatigue and morning tiredness Epworth Sleepiness Scale
Stiffness	FIQ Stiffness
Tender Points	18 tender points
Sleep	FIQ Sleep Pittsburgh Sleep Quality Index (PSQI)
Wellness	
Quality of Life	FIQ total EuroQol-5
Overall Health	SF36 General Health Global assessment of well-being and pain
Psycho-social	
Self-image	Body disorder Dysmorphic Examination
Social Support	SF36 role social SF 36 emotional supports
Mental Health	SF36 mental health Sense of Coherence
Coping	Vanderbilt Pain Management Inventory (VPMI) Video Interpretation(mobility, life energy, and movement pain)
Self - Perception	Self-figure drawing
Personality	Swedish Universities Scale of Personality
Treatment Satisfaction	1 to 5/6 Likert scale Ranking of dance, music or drawing (1-3 scale)
Self Esteem	Rosenberg Self-Esteem Scale (RSES)
Self Efficacy	General Self-Efficacy Scale
Fear of Falling	VAS (no fear to extreme fear)
Physical Function	
Functioning	SF36 physical function, SF36 limited capacity to work, Functional Senior Fitness Test Battery

	FIQ physical function
	EQ-5D-5L Mobility, usual activities & self-care
Balance	
Dynamic and static balance	Mini Balance Evaluation System Test
	8 feet up and go test
	Functional reach
	Blind Flamingo Test
	Clinical Test of Sensory Integration of Balance
Fitness	
Cardio-Sub Max	6 Minute Walk Test
Strength	Jamar dynamometer (quadriceps)
	30-second chair stand test
	Handgrip strength by digital dynamometer
Flexibility	Chair sit and reach test
	Back scratch test
Other	
Biological	Blood, cortisol, prolactin, neuropeptide Y, Dehydroepiandrosteronsulphate,
Therapeutic Process	
Patient participation	The Therapist Experiential Session Form
Body composition	1 to 5 Likert Scale
	Body Mass Index
	Body fat percentage
	Muscle mass
	Waist circumference