Figure 1:

Enhanced Pedometer (goal setting, monitoring and feedback)

Website (information, motivation, problem-solving, barrier reducing or activity facilitating messages)

E-community (social support)

Environmental factors
Location
Season
Access to Gym/sidewalks

Personal factors
Pain intensity
Health status
SES, BMI

Walking (steps/day)

Self-efficacy
Pain-related fear
Knowledge

Health-related quality of life
Pain intensity
Depression

Pain-related disability and functional interference

Enhanced Pedometer
Website
E-community

Environmental factors
Location
Season
Access to Gym/sidewalks

Personal factors
Pain intensity
Health status
SES, BMI

Walking (steps/day)

Self-efficacy
Pain-related fear
Knowledge

Health-related quality of life
Pain intensity
Depression

Pain-related disability and functional interference