Supplementary materials

Supplementary Material 1. Twenty-seven questions asked to ChatGPT and Copilot

1. Can a lumbar disc herniation disappear over time?
2. Is back pain related to work?
3. Is back pain related to physical activity?
4. Is back pain related to age?
5. Is back pain related to heredity and/or a spinal deformity?
6. What are the causes of lower back pain?
7. What is the usual progression of acute back pain?
8. What is the usual progression of chronic back pain?
9. What are the warning signs for a serious cause of my lower back pain?
10. What are the reasons for which I should consult a doctor for back pain?
11. What are the medication treatment options for lower back pain? (additional request, specify the doses and dosage)
12. If I take medication for lower back pain, will it conceal the progression and/or worsening of my condition?
13. Are cortisone injections dangerous for lower back pain?
14. Is it possible to take Tylenol long-term, and are there associated risks?
15. Is it possible to take anti-inflammatories long-term, and are there associated risks?
16. Is surgery for my back pain a consideration?
17. What is the difference between a facet block and an epidural for my lower back pain?
18. Can treatment from a chiropractor help improve my back pain condition? Are there any warnings with this type of treatment?
19. What exercises can I do to improve my lower back pain? Please specify the parameters.
20. Is my lower back pain related to my being overweight, and can reducing my weight help reduce my back pain?
21. What can I do to prevent a relapse of acute lower back pain, and what are the triggers?
22. Is there a benefit to physiotherapy for lower back pain, and if so, what is it?
23. Can lower back pain completely disappear?
24. Can lower back pain last a lifetime?
25. Can I work and do physical activity despite having back pain?
26. What are the complications of lower back pain?
27. When can I return to my sports activities with chronic back pain?

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