

eTable 1.

Participant-Reported Use of Cointerventions and Pain-Relieving Medication During the Trial^a

Additional Intervention	0–6 Weeks		7–12 Weeks	
	Real Dry Needling Group (n=41)	Sham Dry Needling Group (n=43)	Real Dry Needling Group (n=41)	Sham Dry Needling Group (n=43)
Podiatry	2 (4.8)	2 (4.6)	4 (9.7)	5 (11.6)
Physical therapy	2 (4.8)	0 (0.0)	0 (0.0)	1 (2.3)
Cortisone injection	0 (0.0)	0 (0.0)	1 (2.4)	3 (6.9)
Extracorporeal shock wave therapy	0 (0.0)	0 (0.0)	1 (2.4)	1 (2.3)
Pain-relieving medication ^b				
Over-the-counter	1 (2.4)	1 (2.3)	0 (0.0)	1 (2.3)
Prescription drugs	0 (0.0)	1 (2.3)	0 (0.0)	0 (0.0)

^a Data are expressed as number (%). Some participants used more than one cointervention.

^b Analgesics and steroidal and nonsteroidal anti-inflammatory drugs.

eTable 2.

Assessments of Treatment Expectancy and Rationale Credibility Recorded After the First Treatment^a

Question of Treatment Expectancy and Rationale Credibility	Real Dry Needling Group	Sham Dry Needling Group	Mean Difference (95% CI)	P
At this point, how logical does this treatment offered to you seem?	6.8 (1.4)	6.9 (1.5)	−0.1 (−0.7 to 0.6)	.841
At this point, how successfully do you think this treatment will be in reducing your heel pain?	6.7 (1.4)	6.5 (1.1)	0.3 (−0.3 to 0.8)	.344
How confident would you be in recommending this treatment to a friend who experiences similar problems?	6.9 (1.2)	7.0 (1.1)	−0.1 (−0.6 to 0.4)	.702
By the end of the treatment, how much improvement in your heel pain do you think will occur? ^b	6.9 (1.2)	7.0 (1.1)	−0.1 (−0.6 to 0.4)	.715
At this point, how much do you really feel that the treatment will help you to reduce your heel pain?	6.6 (1.6)	6.5 (1.3)	0.2 (−0.5 to 0.8)	.601
By the end of the treatment period, how much improvement in your heel pain do you really feel will occur? ^b	6.3 (1.9)	6.6 (1.8)	−0.1 (−1.0 to 0.7)	.727

^a Data are expressed as mean (SD). The Credibility/Expectancy Questionnaire (CEQ) was used to evaluate the therapy credibility (0=“not credible,” 10=“very credible”) and participant expectancy for improvement (0%=0% expectation of improvement, 100%=full improvement”). 95% CI=confidence interval.

^b Question relating to participant expectations.