

## Appendix A: CONSORT Flow Diagram (Schematic)

**Enrollment:** Assessed for eligibility (n = approx. 140) → Excluded (n ≈ 44): Does not meet inclusion criteria (n ≈ 30), Declined to participate (n ≈ 14) → Randomized (n = 96).

**Allocation:** Intervention Group Posture Alert (n = 48) → Received allocated intervention (n = 48)  
| Control Group Standard Physiotherapy (n = 48) → Received allocated intervention (n = 48).

**Follow-up at 3 weeks:** Lost to follow-up (estimated n = 4 per group). Follow-up at 6 weeks: Lost to follow-up (estimated cumulative n = 7 per group).

**Analysis:** Analyzed by ITT with MICE (n = 48 per group, missing data imputed).

## Appendix B: Posture Alert Application Onboarding Protocol

1. Download Posture Alert from Play Store or App Store using the QR code provided.
2. Open the application. Enter the participant ID provided by the physiotherapist.
3. Clip the phone holder to collar at sternal notch level. Clip the phone in portrait orientation.
4. Press 'Calibrate' while sitting in your best upright posture. Hold for 5 seconds.
5. The app confirms your neutral angle is saved. The default alert threshold is set to 30°.
6. Wear the holder for a minimum of 6 hours per working day. The app runs in the background.
7. Each evening, the app shows your daily posture summary. Do not turn phone to silent mode during work hours.
8. At Week 3 visit, show your app log screen to the physiotherapist for review.

## Appendix C: List of Abbreviations

Abbreviation	Full Form
CNP	Chronic Neck Pain
CONSORT	Consolidated Standards of Reporting Trials
CSQ-8	Client Satisfaction Questionnaire-8
CVA	Craniovertebral Angle
DPDPA	Digital Personal Data Protection Act
FHP	Forward Head Posture
ICMR	Indian Council of Medical Research
IMU	Inertial Measurement Unit
ITT	Intention to Treat
MCID	Minimum Clinically Important Difference

MICE	Multiple Imputation by Chained Equations
mHealth	Mobile Health
NDI	Neck Disability Index
NPRS	Numeric Pain Rating Scale
RCT	Randomized Controlled Trial
SUS	System Usability Scale