# Chronic Pain Self-Management (PSM) for the elderly

Submission date Recruitment status Prospectively registered 20/05/2004 No longer recruiting [X] Protocol [ ] Statistical analysis plan Registration date Overall study status 28/07/2004 Completed [X] Results Individual participant data **Last Edited** Condition category 31/07/2008 Signs and Symptoms

# Plain English summary of protocol

Not provided at time of registration

# Contact information

# Type(s)

Scientific

#### Contact name

Dr Mary Ersek

#### Contact details

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# Additional identifiers

# Protocol serial number

5 RO1 NR007787-02

# Study information

Scientific Title

# Acronym

PSM Study

## **Study objectives**

The primary goal of this study is to evaluate the efficacy of a pain self-management group intervention (SMG), as compared with a control condition (BOOK), in decreasing physical disability, pain, pain-related interference with activities, and depression in older retirement community residents with chronic pain. The hypotheses are as follows:

- 1. At post-treatment and each follow-up, participants assigned to SMG, as compared with participants assigned to BOOK, will report less physical disability (primary outcome), and lower pain intensity, pain-related interference with activities, and depressive symptom severity (secondary outcomes)
- 2. Participants assigned to SMG, as compared with participants assigned to BOOK, will show greater pre- to post-treatment increases in self-efficacy and use of adaptive pain coping strategies and greater decreases in catastrophizing. Significant differences between SMG and BOOK groups in pain-related beliefs and coping strategies will be maintained at 6-month and 1-year follow-ups.
- 3. Pre- to post-treatment changes in specific pain-related beliefs (catastrophizing, self-efficacy) and coping strategies (Chronic Pain Coping Inventory subscales) will be associated significantly with changes in physical and social functioning, pain intensity, and depression over the same period among SMG participants. These changes in beliefs and coping strategies will be maintained at 6-month and 1-year follow-ups.

# Ethics approval required

Old ethics approval format

## Ethics approval(s)

Not provided at time of registration

# Study design

Randomised controlled trial

## Primary study design

Interventional

## Study type(s)

Quality of life

# Health condition(s) or problem(s) studied

Chronic pain

#### **Interventions**

After all participants from a facility have completed the baseline questionnaires, the facility is randomised to receive either the BOOK or the SMG.

#### SMG intervention:

This consists of seven weekly 90-minute group sessions. The SMG group facilitator telephones each participant at 12, 16, 22, and 30 weeks after the final group session. During the booster phone calls, facilitators inquire about pain and functioning, current pain management plans, and successes and obstacles in meeting pain management goals, as well as provide encouragement and assistance in problem-solving obstacles encountered in pain management.

#### **BOOK** intervention:

Participants receive a copy of The Chronic Pain Workbook, 2nd Edition. Facilitators telephone

participants 1 and 4 weeks after participants receive the workbook. BOOK participants receive follow-up phone calls at the same intervals to control for attention.

#### **Intervention Type**

Other

#### **Phase**

**Not Specified** 

# Primary outcome(s)

Roland-Morris Disability Questionnaire (RMDQ)

# Key secondary outcome(s))

- 1. Brief Pain Inventory (BPI)
- 2. Geriatric Depression Scale (GDS)

# Completion date

01/01/2005

# Eligibility

## Key inclusion criteria

- 1. Adults 65 years or older
- 2. Non-cancer musculoskeletal pain greater than three months duration that interferes with daily activities
- 3. Can read and comprehend questionnaires in English
- 4. No or minimal cognitive impairment
- 5. Have not had surgery within the past six months
- 6. Do not have surgery planned in the next six months

# Participant type(s)

**Patient** 

# Healthy volunteers allowed

No

# Age group

Senior

#### Sex

All

## Key exclusion criteria

Current, active cancer

#### Date of first enrolment

01/01/2004

## Date of final enrolment

01/01/2005

# Locations

# Countries of recruitment

United States of America

# Study participating centre 550 16th Ave

Seattle United States of America 98122

# Sponsor information

## Organisation

NIH/National Institute of Nursing Research (USA)

#### **ROR**

https://ror.org/01y3zfr79

# Funder(s)

# Funder type

Government

#### **Funder Name**

National Institutes of Health (NIH) (USA) (ref: 5 RO1 NR007787-02)

# Alternative Name(s)

US National Institutes of Health, Institutos Nacionales de la Salud, NIH, USNIH

# **Funding Body Type**

Government organisation

# Funding Body Subtype

National government

#### Location

United States of America

# **Results and Publications**

# Individual participant data (IPD) sharing plan

# IPD sharing plan summary

# **Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	Descriptive study results	08/11/2005		Yes	No
Results article	RCT results	15/08/2008		Yes	No
<u>Protocol article</u>	Protocol	30/07/2004		Yes	No