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Improving the self management of chronic pain

Submission date
06/04/2011

Registration date
05/05/2011

Last Edited
11/06/2018

Recruitment status
No longer recruiting

Overall study status
Completed

Condition category
Musculoskeletal Diseases

[X] Prospectively registered
[X] Protocol
[X] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
V10 10.1.11, 69838

Study information

Scientific Title
COping with persistent Pain, Effectiveness Research in Self-management

Acronym
COPERS

Study objectives

Null Hypothesis - There is no difference in pain related disability between those exposed to the self-management chronic pain course and those with usual GP care plus relaxation.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Cambridgeshire Research Ethics Committee 4, 18/03/2011, ref: 11/EE/0046

Study design
Pragmatic randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Chronic musculoskeletal pain

Interventions
1. To test the effectiveness of a self-management course for chronic pain against a control consisting of usual GP care, a patient education leaflet and a relaxation CD.
2. The intervention is a group based, facilitated learning course about coping strategies for living with chronic pain
3. The course is led by a health care professional and a lay person with chronic pain. We aim to have around 12 participants per course
4. The course will cover various aspects of pain education, pain management techniques, posture and movement
5. It will be run over three days within one week with a two hour follow up session after two weeks

Intervention Type
Other

Phase
Not Applicable

Primary outcome(s)
Pain-related disability

Key secondary outcome(s))
1. Health economics: Incremental Cost Utility Ratio (ICUR)
2. Coping skills, anxiety, depression, social integration and self efficacy

Completion date
23/07/2012

Eligibility

Key inclusion criteria
Adults (aged 18 or over) with chronic musculoskeletal pain

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Key exclusion criteria
1. Not fluent in English
2. Serious active co-morbidity that is more disabling to the individual than chronic pain
3. Serious mental health issues that would make it difficult for an individual to participate in the group course
4. Patients with a life expectancy of less than six months
5. Substance misuse that would make it difficult for an individual to participate in the group course
6. Inability to give informed consent

Date of first enrolment
01/06/2011

Date of final enrolment
23/07/2012

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Queen Mary University of London
London
United Kingdom
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Sponsor information

Organisation
Queen Mary University of London (UK)

ROR
https://ror.org/026zzn846

Funder(s)

Funder type
Government

Funder Name
National Institute for Health Research (NIHR) (UK) Programme Grants for Applied Research (RP-PG-0707-10189)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	14/11/2013		Yes	No
Results article	results	15/11/2013		Yes	No
Results article	results	14/06/2016		Yes	No
Results article	cohort analysis results	06/06/2018		Yes	No
Protocol article	protocol	28/01/2013		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes
Statistical Analysis Plan	statistical analysis plan	15/02/2014		No	No
Study website	Study website	11/11/2025	11/11/2025	No	Yes