

# Improving the self management of chronic pain

<b>Submission date</b> 06/04/2011	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 05/05/2011	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
<b>Last Edited</b> 11/06/2018	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

Not provided at time of registration

## Study website

[http://www.icms.qmul.ac.uk/chs/pctu/current\\_projects/copers](http://www.icms.qmul.ac.uk/chs/pctu/current_projects/copers)

## Contact information

### Type(s)

Scientific

### Contact name

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

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

## Secondary study design

Randomised controlled trial

## Study setting(s)

GP practice

## Study type(s)

Treatment

## Participant information sheet

Not available in web format, please use contact details to request a participant information sheet

## 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 measure**

Pain-related disability

**Secondary outcome measures**

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

**Overall study start date**

01/06/2011

**Completion date**

23/07/2012

**Eligibility**

**Key inclusion criteria**

Adults (aged 18 or over) with chronic musculoskeletal pain

**Participant type(s)**

Patient

**Age group**

Adult

**Lower age limit**

18 Years

**Sex**

Both

**Target number of participants**

700 (703 participants by end of recruitment)

**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**

England

United Kingdom

**Study participating centre**

Queen Mary University of London

London

United Kingdom

E1 2AT

## **Sponsor information**

**Organisation**

Queen Mary University of London (UK)

**Sponsor details**

Joint Research and Development Office

Queen Mary Innovation Centre

5 Walden Street

London

England

United Kingdom

E1 2EF

**Sponsor type**

University/education

**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

**Publication and dissemination plan**

Not provided at time of registration

**Intention to publish date****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?
<a href="#">Protocol article</a>	protocol	28/01/2013		Yes	No
<a href="#">Results article</a>	results	14/11/2013		Yes	No
<a href="#">Results article</a>	results	15/11/2013		Yes	No
<a href="#">Statistical Analysis Plan</a>	statistical analysis plan	15/02/2014		No	No
<a href="#">Results article</a>	results	14/06/2016		Yes	No
<a href="#">Results article</a>	cohort analysis results	06/06/2018		Yes	No