

# Reducing Long-Term Disability Related to Pain: Evaluation of the Pain Disability Prevention Program in the Irish health service

<b>Submission date</b> 29/10/2010	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 04/03/2011	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 19/01/2015	<b>Condition category</b> Signs and Symptoms	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

**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**  
N/A

## Study information

**Scientific Title**

Reducing Long-Term Disability Related to Pain: A Single centre, randomised controlled trial evaluating the Pain Disability Prevention Program in the Irish health service

**Acronym**

PDP Ireland

**Study objectives**

1. Those receiving 'PDPP plus medical treatment as usual' will demonstrate reduced disability, improved quality of life and reduced pain catastrophising than those receiving medical treatment as usual only.
2. Those who received the PDP intervention will report higher rates of readiness to return to work compared to those receiving medical treatment as usual.
3. That the PDPP will demonstrate a positive cost-benefit outcome, where the costs of treatment will be less than the savings associated with better outcomes

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

The National University of Ireland, Galway Research Ethics Committee (REC) approved on the 9th of November 2009

**Study design**

Single centre randomised controlled trial

**Primary study design**

Interventional

**Study type(s)**

Treatment

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

Chronic pain

**Interventions**

The intervention is a community based rehabilitation programme for patients with chronic pain who show elevated psycho-social risk factors for disability. Patients with pain for less than 12 months will be targeted. Patients will be randomised to either

**1. Intervention group:**

Patients will have 10 x 1-hour sessions with a clinical psychologist in their local area (as well as Medical Treatment as Usual). The psychologist will have completed specific Pain Pain Disability Prevention Programme training. The intervention (PDP) is a cognitive behaviourally based programme involving activity scheduling, cognitive restructuring, communication skills and problem solving.

**2. Control group:**

Medical Treatment as Usual.

The duration of the intervention will be 10 weeks. The total duration of follow up will be one year.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

1. Pain Catastrophising, measured using the Pain Catastrophising Scale
2. Fear of movement measured using the Tampa Scale for kinesiophobia
3. Perceived Disability (Perceived Disability Scale)
4. Depression (Beck Depression Inventory)
5. Pain (McGill Pain Questionnaire) all
6. Healthcare costs will be measured using the Client Services Receipt Inventory, measuring healthcare utilisation for the 10 weeks prior to baseline, during the 10 week intervention and again after 12 months

Patients in both groups will be assessed pre-treatment, post-treatment (or after 10 weeks for the controls) and there will be a 1-year follow-up for both groups.

**Key secondary outcome(s)**

Readiness to return to work - with high unemployment, return to work may not be a feasible outcome measure. However we will examine changes in level of disability post intervention and readiness to return to work as a proxy for return to work.

**Completion date**

31/05/2014

**Eligibility****Key inclusion criteria**

1. Aged 18 years or over
2. Patients referred by their GP with a current musculoskeletal injury and associated pain  
The injury and pain must be of at least 1 month duration and not more than 12 months duration. Patients with a recurrence of pain associated with a pre-existing musculoskeletal injury may be included if the current pain represents a distinct recurrence. GPs must confirm the presence of the painful condition and approve participation in an activation programme.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Key exclusion criteria**

1. Patients with significant cognitive impairment or psychiatric illness (based on the recorded judgement of the GP) that would render them incapable of understanding and participating in the project
2. Pain related to a malignancy
3. Insufficient English language ability to answer questions and/or participate in treatment

**Date of first enrolment**

31/03/2011

**Date of final enrolment**

31/03/2013

**Locations****Countries of recruitment**

Ireland

**Study participating centre**

National University of Ireland Galway

Clinical Psychology Dept

Galway

Ireland

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**Sponsor information****Organisation**

National University of Ireland, Galway (NUIG) (Ireland)

**ROR**

<https://ror.org/03bea9k73>

**Funder(s)****Funder type**

Government

**Funder Name**

Heath Research Board, Dublin (Ireland)

# 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?
<a href="#">Protocol article</a>	protocol	11/09/2013		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes
<a href="#">Study website</a>	Study website	11/11/2025	11/11/2025	No	Yes