

# Training to improve analgesic prescription for chronic pain

<b>Submission date</b> 12/05/2010	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 12/05/2010	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 20/04/2017	<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**  
6840

## Study information

**Scientific Title**  
A pilot trial of training in psychological flexibility to improve analgesic prescription for chronic pain in general practice

**Study objectives**

Can a session of training in psychological flexibility (based on Acceptance and Commitment Therapy [ACT]) have an affect on the way GPs prescribe opioid analgesics to patients with chronic pain and their wellbeing, compared with a control condition?

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Bath Research Ethics Committee, 01/09/2008, ref: 08/H0101/115

### **Study design**

Multicentre non-randomised interventional trial

### **Primary study design**

Interventional

### **Study type(s)**

Treatment

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

Topic: Generic Health Relevance and Cross Cutting Themes, Primary Care Research Network for England; Subtopic: Generic Health Relevance (all Subtopics); Disease: Other

### **Interventions**

Intervention group: half a day lecture session with exercises and group work using principles of ACT - psychological flexibility and mindfulness.

Control group: half a day lecture session on guidelines related to pain and exercises and group work based on motivational interviewing techniques.

Follow-up questionnaires two weeks later. Fifty minute lecture on prescribing opioids for persistent pain (all participants).

### **Intervention Type**

Other

### **Phase**

Phase II

### **Primary outcome(s)**

GP self-reported prescribing, measured at the start of the training day, and two weeks later.

### **Key secondary outcome(s)**

Psychological acceptance, measured at the start of the training day, at the end of the training day, and two weeks later.

### **Completion date**

01/10/2011

## **Eligibility**

**Key inclusion criteria**

1. Must be a general practitioner
2. Either sex, any age

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Other

**Sex**

All

**Key exclusion criteria**

Does not meet inclusion criteria

**Date of first enrolment**

01/09/2009

**Date of final enrolment**

01/10/2011

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

United Kingdom

England

**Study participating centre**

University of Bath

Bath

United Kingdom

BA2 7AY

**Sponsor information****Organisation**

University of Bath (UK)

**ROR**

<https://ror.org/002h8g185>

# Funder(s)

## Funder type

Industry

## Funder Name

Reckitt Benckiser (UK)

# 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="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes