

Chronic Pain Self-Management (PSM) for the elderly

Submission date 20/05/2004	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 28/07/2004	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 31/07/2008	Condition category Signs and Symptoms	<input type="checkbox"/> 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
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

Primary study design

Interventional

Study design

Randomised controlled trial

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
Protocol article	Protocol	30/07/2004		Yes	No