

# Improving the self management of chronic pain

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

## Plain English summary of protocol

Not provided at time of registration

## Contact information

### Type(s)

Scientific

### Contact name

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### Contact details

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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

### **Primary study design**

Interventional

### **Study design**

Pragmatic randomised controlled trial

### **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

E1 2AT

# 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? |
|-------------------------------------------|---------------------------|--------------|------------|----------------|-----------------|
| <a href="#">Results article</a>           | results                   | 14/11/2013   |            | Yes            | No              |
| <a href="#">Results article</a>           | results                   | 15/11/2013   |            | Yes            | 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              |
| <a href="#">Protocol article</a>          | protocol                  | 28/01/2013   |            | Yes            | No              |
| <a href="#">Statistical Analysis Plan</a> | statistical analysis plan | 15/02/2014   |            | No             | No              |
| <a href="#">Study website</a>             | Study website             | 11/11/2025   | 11/11/2025 | No             | Yes             |