

# Low back pain in German primary care - qualitative process evaluation of a feasibility study evaluating a practice nurse-led behavioural intervention

<b>Submission date</b> 14/01/2024	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 19/02/2024	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 27/05/2025	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Chronic low back pain is a common condition. Cognitive behavioural therapy (CBT) can be helpful, but there are not enough CBT therapists. In order to meet the demand, specially trained practice nurses in primary care could be helpful. The aim of this pilot study is to evaluate the acceptability of this approach in a pragmatic group programme for patients with chronic back pain.

### Who can participate?

Patients between 18 and 65 years old with chronic low back pain

### What does the study involve?

Practice nurses from one general practice were instructed in performing the training of five sessions with a group of up to six patients. After completion of the training cycle, acceptability and satisfaction were evaluated through semi-structured interviews with practice nurses and patients.

### What are the possible benefits and risks of participating?

Patients in rural areas could benefit from this otherwise difficult-to-access but effective method in their local GP practice. There are no foreseeable risks for patients.

### Where is the study run from?

Universitätsmedizin Rostock (Germany)

### When is the study starting and how long is it expected to run for?

February 2012 to November 2014

### Who is funding the study?

Institut für Allgemeinmedizin Universitätsmedizin Rostock (Germany)

Who is the main contact?

Dr Gregor Feldmeier, gregor.feldmeier@med.uni-rostock.de

## Contact information

### Type(s)

Public, Scientific, Principal investigator

### Contact name

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### Protocol serial number

Nil known

## Study information

### Scientific Title

Practice-nurse-led behaviour-intervention for low back pain in German primary care – qualitative process evaluation of a feasibility study

### Acronym

COPAIN

### Study objectives

Behavioural therapy-oriented group training with psychoeducational elements for patients with chronic back pain can be carried out by practice nurses in German primary care.

### Ethics approval required

Ethics approval required

## **Ethics approval(s)**

submitted 16/07/2012, Ethics Committee of the Rostock University Medical Centre (St.-Georg-Str. 108, Rostock, 18055, Germany; +49 (0)381 494 9900; ethik@med.uni-rostock.de), ref: A 2012-0087

## **Study design**

Feasibility study

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

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

Chronic back pain

## **Interventions**

In collaboration with a psychologist, psychotherapist and general practitioner, a training concept for chronic pain management based on behavioural principles was developed. Practice nurses from one general practice were instructed to perform the training of five sessions with a group of up to six patients.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Implementability of a training program for patients, which included five sessions of 90 minutes each and focused in particular on the practice of progressive muscle relaxation according to Jacobson, assessed using a qualitative research method (a semi-structured interview with the practice nurses and patients) after completion of the training cycle

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

1. Pain intensity is measured with the Brief Pain Inventory (BPI) at Pre-intervention, before the 1st training session (T0), Post-intervention, after the last training session (T2) and as a follow-up, 3-6 months after the end of the training (T3)
2. Mental and physical state of health is measured using the Short Form Health Survey (SF-12) at Pre-intervention, before the 1st training session (T0), Post-intervention, after the last training session (T2) and as a follow-up, 3-6 months after the end of the training (T3)
3. Symptoms of depression and anxiety are measured using the Hospital Anxiety and Depression Scale (HADS) at Pre-intervention, before the 1st training session (T0), Post-intervention, after the last training session (T2) and as a follow-up, 3-6 months after the end of the training (T3)
4. Coping strategies and pain acceptance are measured by the Chronic Pain Acceptance Questionnaire (CPAQ) at Pre-intervention, before the 1st training session (T0) and Post-intervention, after the last training session (T2)
5. Pain-related disability in daily life is measured using the Roland and Morris Disability Questionnaire (RMDQ) at Pre-intervention, before the 1st training session (T0), Post-intervention, after the last training session (T2) and as a follow-up, 3-6 months after the end of the training (T3)

## **Completion date**

20/11/2014

## Eligibility

### Key inclusion criteria

1. Between 18 and 65 years old
2. Suffered from back pain for at least 6 months
3. Able to perform the training cognitively and physically

### Participant type(s)

Patient, Health professional

### Healthy volunteers allowed

No

### Age group

Adult

### Lower age limit

18 years

### Upper age limit

65 years

### Sex

All

### Total final enrolment

15

### Key exclusion criteria

1. Migraine headaches
2. Severe concomitant illnesses
3. Severe underlying mental illnesses
4. Patients taking opiates were only included after direct consultation and consideration with the study team

### Date of first enrolment

27/07/2012

### Date of final enrolment

21/11/2012

## Locations

### Countries of recruitment

Germany

**Study participating centre**  
Rostock University Medical Center Institute of General Practice  
Postbox 100888  
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Germany  
18055

## Sponsor information

### Organisation

Universitätsmedizin Rostock

### ROR

<https://ror.org/04dm1cm79>

## Funder(s)

### Funder type

University/education

### Funder Name

Institut für Allgemeinmedizin Universitätsmedizin Rostock

## Results and Publications

### Individual participant data (IPD) sharing plan

The datasets created as part of the current study are stored in a repository that is not publicly accessible (managed by Dr Gregor Feldmeier). The study data are not freely accessible but can be viewed if necessary after consultation with the person responsible for the study (Dr Gregor Feldmeier, [gregor.feldmeier@med.uni-rostock.de](mailto:gregor.feldmeier@med.uni-rostock.de)).

### IPD sharing plan summary

Stored in non-publicly available repository, Available on request

### Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>		26/05/2025	27/05/2025	Yes	No