

Gelukkig ondanks pijn: Een interventie op het internet voor chronische pijn patiënten.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22689

Source

NTR

Health condition

Chronic pain

Sponsors and support

Primary sponsor: Maastricht University

Faculty of Psychology and Neuroscience

Department of clinical Psychological Science

Source(s) of monetary or material Support: NWO, VIDI Grant

Intervention

Outcome measures

Primary outcome

1. Quality of life - SWLS;
2. Pain disability - PDI;

3. Pain catastrophizing - PCS.

Secondary outcome

1. Optimism - LOT-R;
2. Savoring - SBI;
3. Self-compassion - SCS;
4. Anxiety/depression - HADS;
5. Perservative thinking - PTQ;
6. Illness cognitions - ICQ;
7. Mood - PANAS;
8. Pain intensity - visual analogue scales;
9. Expectancy and credibility of the intervention.

Study description

Background summary

The present study will test the effectivity of a newly developed positive psychology intervention for chronic pain patients and will compare it to an existing self-management program, and a waiting list control group. Interventions are delivered over the internet.

Study objective

Are a positive psychology and a self-management intervention, equally effective in increasing quality of life and decreasing psychological distress and pain disability, in chronic pain patients, in comparison to a waiting-list control group?

Hypotheses: 1) Both interventions will be effective in decreasing psychological distress and pain disability, and increasing quality of life.

2) The positive psychology intervention has a significantly larger effect on optimism, self-compassion, and mood than the self-management intervention.

Study design

Outcome variabls will be measured before, after, and 6-months after the intervention.

Process variables will be measured weekly.

Intervention

Both interventions last 8 weeks and have a similar format, starting with a brief educational module on the theme of the week, and theme-specific exercises.

The positive psychology program consists of the following themes: self-compassion (week 1 & 2), identifying three good things during a day (week 3), savoring (week 4 & 5), best possible self (week 6 & 7).

The self-management program is a translation of a Swedish program which consists of elements of cognitive-behavioural therapy. The following themes will be discussed: Identifying situations in which the pain is higher than normal (week 1), relaxation exercises (week 1-4), exercise and stretch exercises (week 2), planning daily activities (week 3-7), working with negative thoughts (week 3), accepting thoughts (week 4), mindfulness (week 5), saying no (week 6), and problem solving (week 7).

During week 8 of both interventions a maintenance plan will be made. Participants are encouraged to do their exercises daily. To keep track of progress and increase commitment participants will be emailed every week, and telephoned every two weeks.

The control group will be a waiting list control group.

Contacts

Public

Maastricht University

Faculty of Psychology and Neuroscience

Dept. of Clinical Psychological Science
Elke Smeets
Maastricht
The Netherlands

Scientific

Maastricht University

Faculty of Psychology and Neuroscience

Eligibility criteria

Inclusion criteria

1. Chronic pain in arms, neck, back, or legs longer than 6 months;
2. Access to the internet.

Exclusion criteria

1. Acute pain complaints;
2. Suffer of pain that can increase as a consequence of activity (e.g. spinal stenosis);
3. Be bound to a wheel chair;
4. Have planned any surgical treatment.

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Recruitment

NL	
Recruitment status:	Recruitment stopped

Start date (anticipated):	25-06-2012
Enrollment:	300
Type:	Actual

Ethics review

Positive opinion	
Date:	03-01-2013
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL3545
NTR-old	NTR3775
Other	:
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results

N/A