

# Internet-based treatment of pediatric chronic pain.

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON23766

### Source

NTR

### Brief title

N/A

### Health condition

Pediatric chronic pain

## Sponsors and support

**Primary sponsor:** Erasmus MC

**Source(s) of monetary or material Support:** Innovatiefonds Zorgverzekeraars and Pijnkenniscentrum Erasmus MC

## Intervention

## Outcome measures

### Primary outcome

1. Pain intensity;
2. Psychosocial functioning;

3. Quality of life;
4. Coping;
5. Illness behaviour encouragement by the parents.

### **Secondary outcome**

N/A

## **Study description**

### **Background summary**

Pediatric chronic pain is highly prevalent in the general population and causes considerable suffering. It often becomes a recurrent long-lasting, if not life-long, problem requiring costly health care over time. Psychological treatments, in particular cognitive behavioural therapy (CBT) and relaxation, have proven to be highly effective in reducing the intensity and frequency of chronic headache, recurrent abdominal pain, and musculoskeletal pain in children and adolescents. Despite demonstrated effectiveness, the delivery of standard psychological treatments is limited by the lack of well-trained therapists, high costs, low accessibility, long waiting lists, long travel distances, interference with school and work, and patients' reluctance to enter psychological treatment. As a result, adolescents with chronic pain are an undertreated group. A possible solution to this problem of undertreatment might be the use of modern information and communication technology (ICT) that appeals to youth. Therefore, the aim of the current study is to develop an Internet-based treatment based on the principles of CBT for adolescents with chronic pain and to test its effectiveness.

### **Study objective**

Internet-based cognitive behavioural therapy will be more effective than a waiting list for adolescents with chronic pain complaints.

### **Study design**

Pre- and post-treatment.

### **Intervention**

Internet-based cognitive behavioural therapy versus waiting list.

## Contacts

### Public

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## Eligibility criteria

### Inclusion criteria

1. Age 12 - 14 years;
2. At least 3 months pain complaints (continuous or recurrent);
3. Pain in abdomen, head or limb;
4. (Impending) decrease of participation level;
5. Access to the Internet;
6. Fluent in Dutch language (parent and child).

## Exclusion criteria

1. Severe psychosocial problems;
2. Current treatment for chronic pain;
3. Current research participation.

## Study design

### Design

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

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	01-01-2010
Enrollment:	50
Type:	Anticipated

## Ethics review

Positive opinion	
Date:	27-07-2009
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	NL1816
NTR-old	NTR1926
Other	MEC Erasmus MC : MEC-2009-195
ISRCTN	ISRCTN wordt niet meer aangevraagd.

## Study results

### Summary results

N/A