Effect of a cognitive behavioral intervention with or without a Functional Capacity Evaluation on work ability in patients with musculoskeletal pain

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To measure whether adding a FCE to a cognitive behavioral intervention will improve work ability, quality of life and self efficacy.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON37815

Source
ToetsingOnline

Brief title
Workability

Condition

- Other condition

Synonym
chronic muskuloskeletal pain, chronic pain

Health condition

Chronische pijnklachten

Research involving
Human

Sponsors and support

Primary sponsor: Condite
Source(s) of monetary or material Support: Vanuit de organisatie zelf

Intervention

Keyword: chronic pain, Cognitive behavorial intervention, Functional Capacity Evaluation, work ability

Outcome measures

Primary outcome

Work ability measured with a question of the Work Ability Index.

Secondary outcome

Qality of life measured with the RAND and self efficacy measured with the Pain

SE Questionnaire

Study description

Background summary

Chronic nonspecific musculoskeletal pain (CMP) can lead to prolonged absence of work and thereby high costs related to work absenteeism and treatment. Cognitive behavioural interventions have demonstrated effectiveness for improvement of work ability. Addition of a Functional Capacity Evaluation (FCE) to a cognitive behavioral intervention can further improve work ability

Study objective

To measure whether adding a FCE to a cognitive behavioral intervention will improve work ability, quality of life and self efficacy.

Study design

Randomized Controlled Trial

Intervention

The intervention consist of six treatment sessions of 45 minutes in 16 weeks

time. The patient receives instructions and assignments about how to handle the pain more adequately. Attention will be paid to the principles of chronic pain, improvement of health behaviour, and graded activity to improve the activity level. The program will be given by a physiotherapist or a psychologist and is specifically aimed at individual treatment goals. In the experimental group the treatment program will be extended with and based on a FCE which consist of a maximum of seven work- and complaints related physical tests

Study burden and risks

The risk of the study is negligible. All test are considered safe for the patients and with a low burden.

Contacts

Public
Condite

Colosseum 40
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Scientific
Condite

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

Patients with chronic nonspecific musculoskeletal pain
Pain persists for three months of longer
Work absenteeism of six weeks or longer
Age between 18 and 60 years
Referral for treatment by insurance or work physician

Exclusion criteria

Insufficient knowledge of the Dutch language
Medical co-morbidity with significant influence on work ability, like hernias or diagnosed psychiatric illness.

Study design

Design

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

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	15-08-2012
Enrollment:	70
Type:	Actual

Ethics review

Approved WMO

Date:	16-02-2012
Application type:	First submission
Review commission:	METC Twente (Enschede)

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
CCMO	NL38523.044.11
Other	TC 3122