

Effectiveness of an online self-help intervention for chronic pain based on Acceptance & Commitment Therapy (ACT) and mindfulness.

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Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON21658

Bron

NTR

Aandoening

Chronic pain - chronische pijn

Ondersteuning

Primaire sponsor: University of Twente, Faculty of Behavioural Sciences, department of Psychology, Health and Technology

Overige ondersteuning: University of Twente, Faculty of Behavioural Sciences, department of Psychology, Health and Technology

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

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Multidimensional Pain Inventory – subscale pain interference (MPI – interference) (Kerns et al., 1985; Lousberg et al., 1999): The Multidimensional Pain Inventory was developed to assess various aspects of chronic pain and disability (Kerns et al., 1985). The subscale pain interference focuses on a psychosocial aspect of chronic pain: the interference in daily life due to pain. The scale consists of 11 items measuring pain interference in daily life with work, homework chores and social activities. All items can be answered on a 7-point Likert scale, higher scores indicating more interference. The MPI has been translated into Dutch and was validated thoroughly (Lousberg et al., 1999).

Toelichting onderzoek

Achtergrond van het onderzoek

N/A

Doel van het onderzoek

The primary objective of this study is to evaluate the web-based intervention 'Leven met Pijn' in comparison to a minimal intervention condition and a waiting list control condition in terms of a decrease in pain interference in daily life. The secondary objective of this study is to evaluate 'Leven met Pijn' in terms of a decrease in pain disability and pain intensity, and an increase in mental health, psychological flexibility, mindfulness and values-based living. Another objective of the study is to evaluate the mediating effects of psychological inflexibility and mindfulness in the effects described in the primary objective.

Onderzoeksopzet

Six measurement moments:

1. Baseline (prior to start intervention);
2. During intervention; 4 weeks after start - short questionnaire);
3. During intervention; 8 weeks after start - short questionnaire);
4. Directly after end intervention (12 weeks after baseline);
5. 3-month follow-up;
6. 9-month follow-up (only for intervention conditions, not waiting list).

Onderzoeksproduct en/of interventie

1. Experimental condition: Web-based intervention 'Leven met Pijn', based on Acceptance &

Commitment Therapy (ACT) and mindfulness. The objective of ACT is enhancing psychological flexibility in favour of a meaningful life. Psychological flexibility is the ability to accept negative sensations, emotions and thoughts, to stay in contact with the present moment and to be able to act in line with one's life values;

2. First control condition, minimal intervention group: Web-based intervention based on Expressive Writing (Pennebaker, 1997). The general assignment for all participants is to write on a daily or regular basis about negative emotions experienced during the day. Writing will take approximately 15-30 minutes;

3. Second control condition, waiting list group: Participants will be placed on a waiting list.

Time period of the intervention will be 12 weeks.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Older than 18 years;
2. Chronic pain longer > 6 months (self-report);
3. Scores on pain intensity (NRS) above '4' (10-point scale);
4. Pain on 'daily' basis (4 - 7 days per week).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Severe psychiatric problems (screening with HADS, WSQ and M.I.N.I.);
2. Extremely low scores on psychological inflexibility (PIPS; more than 2 SD below mean of population of chronic pain patients in a pain rehabilitation centre);
3. Having no access to the Internet at home and having no e-mail address;
4. Not enough time to follow the intervention;
5. Reading problems (due to insufficient Dutch language skills or illiteracy);
6. Enrollment in cognitive behavioural treatment at moment of entry study.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland
Status: Werving gestopt
(Verwachte) startdatum: 01-02-2012
Aantal proefpersonen: 160
Type: Werkelijke startdatum

Ethische beoordeling

Positief advies
Datum: 09-10-2012
Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 35156
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL3479
NTR-old	NTR3659
CCMO	NL38622.044.11
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON35156

Resultaten

Samenvatting resultaten

N/A