

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

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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?...

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Positief advies       |
| <b>Status</b>               | Werving gestopt       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON22689

### Bron

NTR

### Aandoening

Chronic pain

### Ondersteuning

**Primaire sponsor:** Maastricht University  
Faculty of Psychology and Neuroscience  
Department of clinical Psychological Science  
**Overige ondersteuning:** NWO, VIDI Grant

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

1. Quality of life - SWLS;<br>

2. Pain disability - PDI;
3. Pain catastrophizing - PCS.

## Toelichting onderzoek

### Achtergrond van het onderzoek

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.

### Doel van het onderzoek

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.

### Onderzoeksopzet

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

Process variables will be measured weekly.

### Onderzoeksproduct en/of interventie

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.

## Contactpersonen

### Publiek

Maastricht University<br>  
Faculty of Psychology and Neuroscience<br>  
Dept. of Clinical Psychological Science  
Elke Smeets  
Maastricht  
The Netherlands

### Wetenschappelijk

Maastricht University<br>  
Faculty of Psychology and Neuroscience<br>  
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Elke Smeets  
Maastricht  
The Netherlands

## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Chronic pain in arms, neck, back, or legs longer than 6 months;

2. Access to the internet.

## **Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)**

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.

## **Onderzoeksopzet**

### **Opzet**

|                  |                         |
|------------------|-------------------------|
| Type:            | Interventie onderzoek   |
| Onderzoeksmodel: | Anders                  |
| Toewijzing:      | Gerandomiseerd          |
| Blinding:        | Open / niet geblindeerd |
| Controle:        | Geneesmiddel            |

### **Deelname**

|                         |                       |
|-------------------------|-----------------------|
| Nederland               |                       |
| Status:                 | Werving gestopt       |
| (Verwachte) startdatum: | 25-06-2012            |
| Aantal proefpersonen:   | 300                   |
| Type:                   | Werkelijke startdatum |

## **Ethische beoordeling**

|                 |                  |
|-----------------|------------------|
| Positief advies |                  |
| Datum:          | 03-01-2013       |
| Soort:          | Eerste indiening |

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

### In overige registers

| Register       | ID                                  |
|----------------|-------------------------------------|
| NTR-new        | NL3545                              |
| NTR-old        | NTR3775                             |
| Ander register | :                                   |
| ISRCTN         | ISRCTN wordt niet meer aangevraagd. |

## Resultaten

### Samenvatting resultaten

N/A