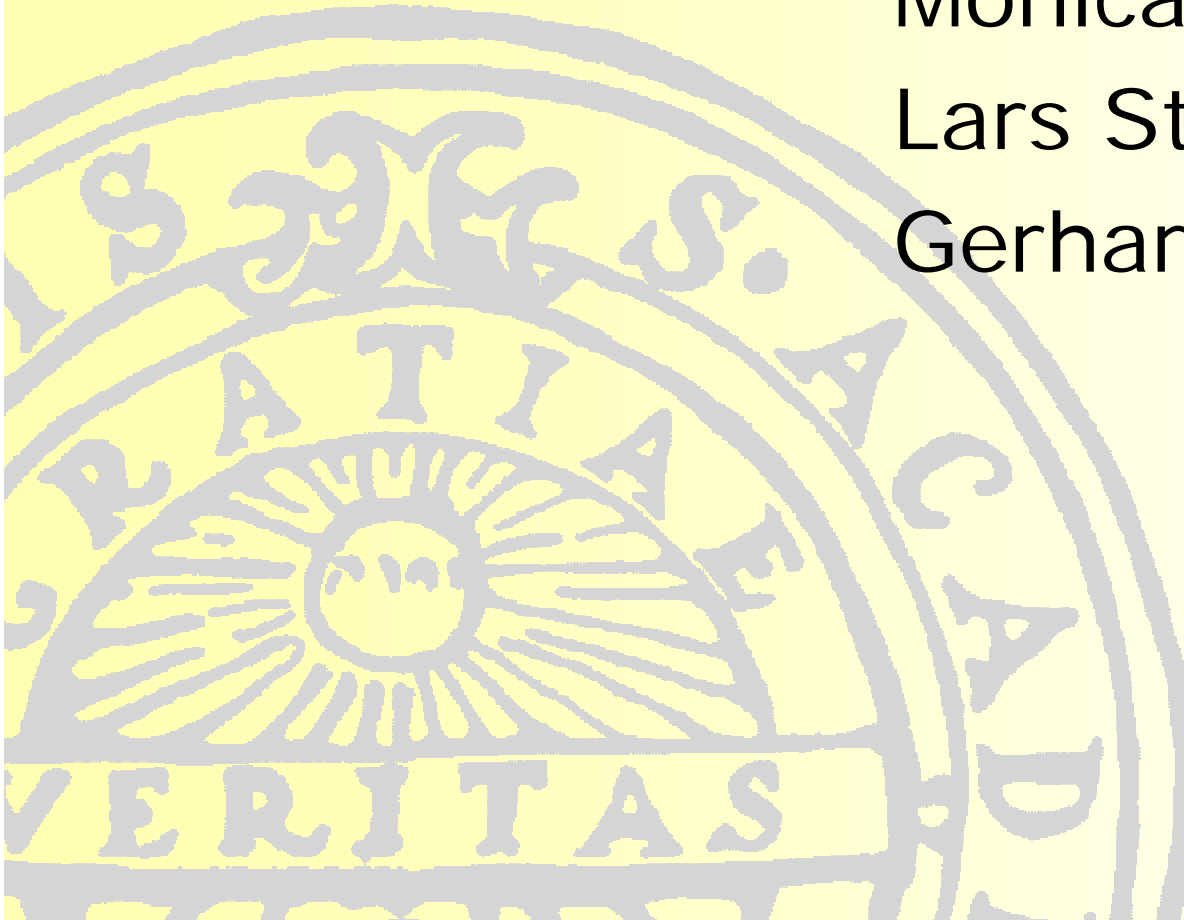


**Internet delivered cognitive behavioral treatment
for chronic pain.
A randomized replication trial**

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Purpose

- Replication of Buhrman et al (2004, *Pain*) with some modifications
- The present study was a similar treatment of Internet-based cognitive-behavioral intervention but without telephone support
- Another difference was that all participants were screened in a live structured interview before inclusion



Methods

- Participants: Of the 60 eligible participants who met inclusion criteria, 53 expressed interest to participate. Participants were randomly assigned to either an Internet-based cognitive behavioral self-help treatment or to a waiting-list control condition.



Inclusion and exclusion criteria

Inclusion criteria:

- Between 18 and 65 years of age
- Have access to the Internet
- Have been in contact with a physician
- Undergo live structured interview in Uppsala
- Have back pain (i.e. lumbar, thoracic, and/or cervical pain)
- Have chronic pain (i.e. pain that lasted longer than 3 months)

Exclusion criteria

- Be bound to a wheel chair
- Have planned any surgical treatment
- Suffer from heart and vascular disease



Treatment Program

	Assignments	Information
Week 1	Pain diary 1 Self-report measures	Information about the treatment and randomisation.
Week 2	Relaxation part 1- diaphragmbreathing Formulation of goals and risk situations Coping diary	Information about pain
Week 3	Relaxation part 2- bodyscan Exercise and stretching Coping diary	Information about physical exercise, stretching, activity pacing and ergonomics.
Week 4	Relaxation part 3- Association bodyscan Exercise and stretching Cognitive restructuring Coping diary	Information about external focussing and cognitive reconstruction



Week 5	Relaxation part 4- Fast bodyscan Exercise and stretching Coping diary	Information about stress and stress manegement
Week 6	Exercise and stretching Coping diary	Information about sleep disorders
Week 7	Exercise and stretching Activity pacing Coping diary	Information about different cognitive strategies
Week 8	Exercise and stretching Coping diary	Information about problem solving
Week 9	Formulation of maintenance program Coping diary	Information about maintaining coping strategies. Summary
Week 10	Pain diary 2 Self-report measures	



Results

- Results showed statistically a significant decrease in catastrophizing and an increase in quality of life.
- For comparison with our previous trial, we calculated Jacobson's reliable change index.
- CSQ variable catastrophizing 58 % (n=15) of the treated participants, and in the control group 19% (n=5) $\chi^2 (1)=8.6, p=0.003$).





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