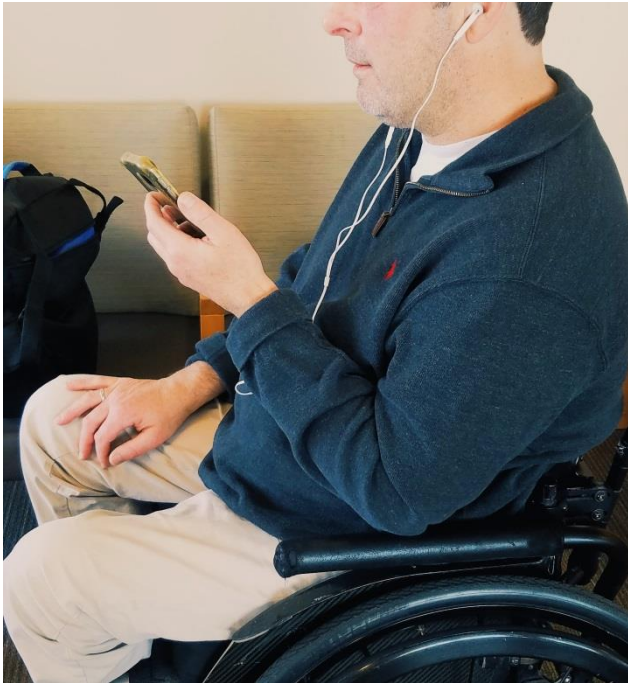


TELE-POWER OVER PAIN (TELE-POP) STUDY

What is the study about?

Chronic pain affects many people with spinal cord injury (SCI). Medications help, but rarely cure chronic pain. Research suggests that training people in self-hypnosis plus cognitive therapy (HCT) reduces chronic pain intensity and interference. HCT works by influencing the thoughts, feelings, and actions that impact pain. Now we want to find out if people can learn HCT from a therapist via telephone calls and if they experience significant pain relief. If telephone-based HCT works, more people with SCI could benefit from this therapy.



What does the study involve?

- Completion of screening and baseline assessments (if eligible)
- Half of the participants will be randomly assigned to HCT and half to usual care.
- People in HCT get six 45-60 minute phone calls plus in-between session practice
- All participants complete outcome assessments at 6 and 12 weeks
- All participants are paid up to \$60

Am I eligible to participate?

You may be eligible if you:

- Are at least 18 years old;
- Completed rehabilitation for SCI;
- Have chronic pain related to your SCI;
- Are fluent in English;
- Have access to a telephone

Do I have to participate?

No. You do not have to participate, and whether you take part does not affect your medical care in any way.

Who can I contact if I have questions?

Feel free to contact research staff (information below) if you are interested in participating in this study and/or if you have any questions regarding the study.

Contact us:

Study phone: 206-221-5688

Email: telepop@uw.edu*

Charles Bombardier, Ph.D.
Principal Investigator

*Please note that we cannot guarantee the confidentiality of email