

# Physiotherapist delivered Stress Modulation Training: A randomised Controlled Trial in Acute Whiplash Injury.

ACTRN12613000089730

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Status	RECRUITING
Sponsor	University of Queensland
Enrollment	80 participants

## Plain Language Summary

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This study is testing whether adding stress reduction training to physiotherapy exercises helps people with recent whiplash injury recover faster. Whiplash usually comes from a car accident and causes neck pain and stiffness. Some people also develop post-traumatic stress reactions that can slow their physical recovery. This trial adds a program called 'stress inoculation training' to a standard exercise program to see if it leads to less pain and disability.

You may be eligible if:

- You are between 18 and 70 years old
- You have had a grade II whiplash injury (neck pain with some limitation of movement, no nerve damage or fracture) within the past 6 weeks
- You have moderate-to-severe pain (score above 5 out of 10) or moderate disability (score above 30% on the Neck Disability Index)

You may NOT be eligible if:

- You are not currently receiving any care for your whiplash
- Your whiplash involves nerve damage (weakness, sensory loss, or reflex changes)
- You have had spinal surgery in the past 12 months
- You meet the criteria for Acute Stress Disorder
- You have a current major depressive episode requiring treatment
- You have a history of psychosis, bipolar disorder, or severe depression

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (2)

- Whiplash Associated Disorder grade II of less than 6 weeks duration.
- Currently experiencing at least moderate pain (VAS > 5/10) or moderate disability due to pain (NDI > 30%).

### Exclusion (8)

- Not currently receiving any care for whiplash.
- Known or suspected serious spinal pathology (e.g. metastatic, inflammatory or infective disease in the spine)
- Confirmed fracture or dislocation at the time of injury (i.e. WAD IV).
- Nerve root compromise with at least two of the following signs: weakness/reflex changes/sensory loss, associated with the same spinal nerve (i.e. WAD III).
- Spinal surgery in the past 12 months
- ... and 3 more (see full listing online)

## Locations (1 total)

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12613000089730>

QLD, Australia

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