

Comparative Effectiveness of Online 8-session CBT vs. 1-Session Empowered Relief for Chronic Pain - The PROGRESS Study

NCT05612750

Status	RECRUITING
Phase	Not Applicable
Sponsor	Stanford University
Enrollment	1,650 participants

Key Eligibility Criteria

Inclusion (4)

- At least 18 years of age or older of either sex (and all genders).
- Chronic pain (pain that occurs on at least half of the days of 3 months or more).
- Past-month average pain intensity score of at least 3/10.
- Ability to adhere to and complete study protocols.

Exclusion (5)

- Inability to provide informed consent.
- Cognitive impairment, non-English speaking, or psychological factors that would preclude comprehension of material and/or full participation in the study including group treatment.
- Active suicidality at screening.
- Study staff may exclude individuals with a known history of disruptive behavior to minimize contamination of the learning environment for an entire treatment cohort.
- Receipt of either study treatment in the past 3 months.

Locations (5 total)

Phoenix VA Health Care System, Phoenix, Arizona, United States
SCAN Health Plan, Long Beach, California, United States
Humana, Louisville, Kentucky, United States
... and 2 more locations