

Healing Track Clinical Trial

NCT06641102

Status	RECRUITING
Phase	Not Applicable
Sponsor	Icahn School of Medicine at Mount Sinai
Enrollment	180 participants

Key Eligibility Criteria

Inclusion (6)

- Aged 21 to 70
 - Chronic Back Pain- CBP will be defined according to the criteria established by a recent NIH task force
 - Pain duration must be at least 3 months, with back pain being an ongoing problem for at least half the days of the last 6 months. That is, patients can meet criteria by either reporting pain every day for the past 3 months, or by reporting pain on half or more of the days for the past 6+ months.
 - Patients must rate pain intensity at 4/10 or greater on the Brief Pain Inventory-Short Form (BPISF) (on the item measuring average pain over the last week).
 - Participants must also be comfortable and able to communicate via email or text message, as several study measures are collected in this manner.
- ... and 1 more (see full listing online)

Exclusion (5)

- Back pain associated with compensation or litigation issues as determined by self-report within the past year
- Leg pain is greater than back pain, as this suggests neuropathic pain, which may be less responsive to psychotherapy
- Cauda Equina syndrome, as screened for by self-reported inability to control bowel or bladder function
- Self-reported diagnoses of schizophrenia, multiple personality disorder, or dissociative identity disorder
- Self-reported use of intravenous drugs, due to concerns about infections and subject compliance with experimental protocols

Locations (1 total)

Icahn School of Medicine at Mount Sinai - Abilities Research Center, New York, New York, United States