

Trial-based Economic Evaluation of a Mobile Health Intervention for Individuals With Chronic Non-specific Low Back Pain

NCT06651099

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Brasilia
Enrollment	146 participants

Key Eligibility Criteria

Inclusion (5)

- Adults aged between 18 and 65 years;
- Self-reported low back pain for more than 12 consecutive weeks prior to the study, with pain intensity e4 in the numerical rating scale (NRS);
- Not having participated in physiotherapy sessions for treatment of low back pain for at least 6 months prior to the start of the study;
- Having a smartphone with internet access;
- Self-management activation classified as Level 2 or higher (i.e., classifications of low, medium and high knowledge about self-management), according to the Patient Activation Measure (PAM) questionnaire.

Exclusion (5)

- History of spinal trauma or fracture;
- Diagnosis of spinal osteoarthritis, fibromyalgia, or rheumatic diseases; 3) Referred pain (from viscera, appendicitis, abdominal and pelvic pain);
- Previous spinal surgery;
- Presence of red flags, signs and/or symptoms of neurological impairment;
- Pregnancy.

Locations (2 total)

Universidade de Brasília, Ceilândia, Federal District, Brazil

Federal University of Mato Grosso do Sul, Campo Grande, Mato Grosso do Sul, Brazil