

# Online Yoga vs Acceptance and Commitment Therapy for Treating Chronic Musculoskeletal Pain

NCT06704061

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Palo Alto Veterans Institute for Research
Enrollment	274 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Veteran of the United States Armed Forces e 18 years old
- Chronic pain \> 6 months related to at least one musculoskeletal pain-related diagnosis indicated by an ICD-9 or -10 code
- Minimum pain intensity at screening e4 on a 0-10 using the Defense and Veterans Pain Rating Scale (DVPRS)
- Not begun new pain treatments or medications in the past month
- Stable medication regimen for at least 4 weeks prior to entry to the study

... and 2 more (see full listing online)

### Exclusion (8)

- Participation in another clinical trial, unless given prior authorization from both our research team and that of the other study
- Back surgery within the last 12 months
- Back pain potentially attributed to a specific known condition
- Baseline pain \<4 or e9 on a 0-10 Numeric Rating Scale
- Unstable, serious coexisting medical illness, mental illness or psychiatric conditions

... and 3 more (see full listing online)

## Locations (1 total)

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Palo Alto VA Medical Center, Palo Alto, California, United States

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<https://clinicaltrials.gov/study/NCT06704061>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://clinicaltrialsfinder.org).