

Pain Disengagement Training (Open Pilot)

NCT06870162

Status	RECRUITING
Phase	Not Applicable
Sponsor	Massachusetts General Hospital
Enrollment	10 participants

Key Eligibility Criteria

Inclusion (7)

- Outpatient adults (i.e., greater than or equal to 18)
- Has self reported chronic musculoskeletal pain (i.e., pain persisting for at least 3 months)
- Pain score greater than or equal to 4 (moderate) on the Numerical Rating Scale
- Pain catastrophizing score greater than or equal to 20 on Pain Catastrophizing Scale
- Willingness to engage in a writing-based intervention and self-reported ability to write or type for at least 30 minutes in a sitting
- ... and 2 more (see full listing online)

Exclusion (5)

- Clinically significant change in therapy or medication in the past 3 months
- Severe untreated mental health condition (e.g., psychosis)
- Active suicidality with history of plan or current intent
- Serious illness expected to worsen in the next 6 months (e.g., cancer)
- Untreated substance use problem that, per patient's self-report, would interfere with the ability to complete the intervention.

Locations (1 total)

Massachusetts General Hospital, Boston, Massachusetts, United States