

Digitally Delivered Treatments to Reduce Chronic Low Back Pain

NCT06984354

Status	RECRUITING
Phase	Not Applicable
Sponsor	Neuroscience Research Australia
Enrollment	720 participants

Key Eligibility Criteria

Inclusion (8)

- Experiencing non-specific chronic low back pain (LBP), defined as pain between the 12th rib and the buttock crease.
 - LBP with or without leg pain (in case of leg pain, LBP is worse than leg pain).
 - Currently consulting with a general practitioner for their non-specific chronic LBP across Australia.
 - Mean pain intensity score on the Numeric Rating Scale e 3/10 in the past week.
 - A score of at least moderate on question 8 of the physical functioning component of the SF-36 questionnaire.
- ... and 3 more (see full listing online)

Exclusion (5)

- Known or suspected specific spinal (e.g., radiculopathy, fracture) or specific non-spinal non- (e.g., tumour, infection) pathology.
- Less than six months post-spinal surgery.
- Scheduled for major surgery during the program or the follow-up period.
- Known or suspected serious psychiatric condition not being treated by a health professional that would impact adherence to the trial activities.
- Known or suspected sight or hearing problems that would limit access to the intervention components (reading and listening using headphones).

Locations (1 total)

Neuroscience Research Australia, Randwick, New South Wales, Australia