

Web-based Mind-body Program to Improve Resilience Among Risky Substance Users With Persistent Upper Extremity Pain

NCT06991205

Status	RECRUITING
Phase	Not Applicable
Sponsor	Jafar Bakhshaie
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (8)

- Outpatient adults seeking care in the Hand and Arm Center
 - Diagnosed with a non-traumatic painful upper-extremity condition (NPUC)
 - Pain score ≥ 4 on the Numerical Rating Scale (NRS)
 - Risky substance use (scores ≥ 10 and ≤ 27 for alcohol, and ≥ 3 and ≤ 27 for cannabis, cocaine, amphetamine-type stimulants, inhalants, sedatives, hallucinogens, opioids, tobacco products, and e-cigarette on The World Health Organization's - Alcohol, Smoking and Substance Involvement Screening Test [WHO-ASSIST])
 - Owns a smartphone, laptop, or computer with internet access
- ... and 3 more (see full listing online)

Exclusion (9)

- Participation in mind-body or specialized substance abuse treatment in the past 3 months
 - Practice of mindfulness ≥ 45 minutes/week in the past 3 months
 - Psychotropic medications (e.g. antidepressants) changed in the past 3 months
 - Serious untreated mental illness (e.g., Schizophrenia)
 - Suicidal ideation with intent or plan
- ... and 4 more (see full listing online)

Locations (1 total)

Massachusetts General Hospital, Boston, Massachusetts, United States