

This Project is a Three-arm RCT Evaluating Two, Single-session Behavioral Interventions for Adults With Chronic Musculoskeletal Pain (CMP) -- 1) Brief Mindfulness-Oriented Recovery Enhancement (B-MORE) vs. Empowered Relief (ER) -- Relative to the Traditional 8-week Version of MORE.

NCT07193095

Status	RECRUITING
Phase	Not Applicable
Sponsor	Florida State University
Enrollment	39 participants

Key Eligibility Criteria

Inclusion (1)

- (1) having a chronic musculoskeletal pain condition, (2) average pain of e 3 in the previous week, (3) willingness to engage with study assessments and interventions, (4) understanding English instructions fluently, and (5) being 18 and above.

Exclusion (1)

- (1) unable to consent because of physical or mental incapacity, (2) have previous, formal mindfulness training (e.g., MBSR) or previously receiving Empowered Relief, (3) have pain from a current cancer diagnosis or cancer-related treatment, (4) unstable illness that may interfere with treatment, (5) had surgery within the previous three months, and (6) had pain relieving injections, such as cortisone or hyaluronate, within the previous three months.

Locations (1 total)

Research Building B, Tallahassee, Florida, United States