

Would you like to take part in a research study?

Does psychological flexibility moderate the efficacy of activity pacing in chronic pain?

What is the study about?

This project aims to study activity pacing, which is an approach to managing chronic pain by adapting one's planning of activities and activity level. It will investigate the relationship between activity pacing and a set of psychological skills known as 'psychological flexibility, and whether this relationship affects outcome in management of chronic pain. It is hoped that better understanding of this relationship may shed light on the most effective way to use activity pacing strategies for people with chronic pain conditions.

Who can take part?

In order to take part in the study you must

- Be aged 16 or above
- Be currently experiencing a chronic (or persistent) pain condition - pain that has persisted for at least 3 months
- Be able to complete questionnaires in English

The study will end no later than the 31st August 2021, after which it will no longer be possible to take part.

What would I be asked to do?

If you choose to take part you will be asked to complete a series of questionnaires, which have been collected into an online survey that you can complete at your own pace and convenience. The questionnaires should take no longer than 45 minutes to complete in full.

What to do next if I'm interested?

If you are interested in taking part, you can find the study on the Online Surveys tool by clicking the below link (while holding the Ctrl key) or copying the link into the search bar of your web browser. You can also get there by scanning the code on the right using any mobile device that has a QR code scanning application. This will take you to page with more details about the study, about who you can contact if you have any further questions and how you can take part if you choose to.

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<https://teesside.onlinesurveys.ac.uk/does-psychological-flexibility-moderate-the-efficacy-of-ac-10>

If you have any further questions or require any further information, please do not hesitate to contact the research team:

Study Co-ordinator

Chris MacKellar

Email; V8123711@tees.ac.uk

Chief Investigator

Dr. Alan Bowman

Email: a.bowman@tees.ac.uk

This study has been reviewed and approved by:

Teesside University SSSL Research Ethics Sub-Committee (SSHLRECSTUD2958)