



Chronic Pain Trial 2020 Methodology

As we need to do all that we can to protect participants from COVID-19 this trial will now be run remotely, with access any time after 1 September 2020.

All participants will receive the novel intervention known as SDR Therapy, described below. A control or placebo group is not deemed necessary at this stage because comprehensive and robust data has already been collated and analysed in respect of all other common chronic pain treatments currently in use and this data provides an excellent synthetic control arm.

The trial consists of a comprehensive, step-by-step online program which participants work through at their own pace from the comfort of their own home. It is backed by personal support via telephone, email, Facebook (a private group for those who prefer social media) and a weekly video conference where participants can ask questions and join in discussion with others, led by the trial director.

The trial requires participants to learn and practice extinction techniques to extinguish specific conditioned responses that directly involve chronic pain signalling. They will also learn and practise strategies to address issues which lead to over-arousal of the nervous system with accompanying heightened sensitivity to normal stimuli.

The core technique utilised in the trial is known as sensory disruption of reconsolidation of conditioned responses (SDR Therapy). This is a sensory intervention rather than a pharmacological one, and has comprehensive support as a mechanism as well as robust evidence for efficacy.

Key measures will be collected pre- and post-trial, as well as at 6, 12 and 24 months' post trial. These will be subjective pain scores, medication rates, mobility and functionality measures, and also mood/wellbeing measures, using the Brief Pain Inventory, a validated and widely-used instrument for chronic pain trials.

These will be compared to all current treatment protocols for non-malignant chronic pain without explanatory pathology, and a full cost-benefit analysis will be provided.

If you have any questions about this project, or any reservation or complaint about the ethical conduct of this research, please feel welcome to call Christine Sutherland on 0409 689 741 or email on office@lifeworks-group.com.au.