

# Behavioral pain self-management intervention effective for chronic pain with HIV

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A behavioral pain self-management intervention is effective for chronic pain in people living with HIV, according to a study [published](#) online

July 15 in *JAMA Internal Medicine*.

Katie Fitzgerald Jones, Ph.D., from the VA Boston Healthcare System, and colleagues evaluated the efficacy of a behavioral pain self-management [intervention](#) called Skills to Manage Pain (STOMP) among 278 adults with HIV who experienced at least moderate [chronic pain](#) for three or more months versus enhanced usual care (EUC).

The researchers found that of the six possible one-on-one sessions, participants attended a mean of 2.9 sessions and for the six possible group sessions, participants attended a mean of 2.4 sessions. Compared to EUC, STOMP was associated with a statistically significant mean difference for the primary outcome, Brief Pain Inventory (BPI) total score (−1.25 points) immediately after the intervention. The mean difference in BPI total score remained statistically significant three months after the intervention, favoring the STOMP intervention (−0.62 points).

"The STOMP intervention also has the potential to be tailored to other highly affected groups including [cancer survivors](#), older adults, or veterans who frequently experience chronic multisite [pain](#)," the authors write.

**More information:** Katie Fitzgerald Jones et al, Efficacy of a Pain Self-Management Intervention Tailored to People With HIV, *JAMA Internal Medicine* (2024). [DOI: 10.1001/jamainternmed.2024.3071](https://doi.org/10.1001/jamainternmed.2024.3071)

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