

Group CBT, pain education improve pain, physical function

27 February 2018



up, but they were still observed in the EDU group. Participants in the CBT and EDU interventions had greater post-treatment improvement with regard to physical function than those receiving usual care; this was maintained at six-month follow-up. There was no difference in changes in depression between either the CBT or EDU group and the usual care group.

"Simplified group CBT and EDU interventions delivered at low-income clinics significantly improved [pain](#) and physical function compared with usual care," the authors write.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)
[Editorial \(subscription or payment may be required\)](#)

Copyright © 2018 [HealthDay](#). All rights reserved.

(HealthDay)—For patients with chronic pain, literacy-adapted group cognitive behavioral therapy (CBT) and group pain education (EDU) improve pain and physical function compared with usual care, according to a study published online Feb. 27 in the *Annals of Internal Medicine*.

Beverly E. Thorn, Ph.D., from the University of Alabama in Tuscaloosa, and colleagues conducted a randomized controlled trial to examine the efficacy of literacy-adapted and simplified group CBT versus EDU versus usual care among 290 low-income adults aged 19 to 71 years with mixed [chronic pain](#). Both interventions were delivered in 10 weekly 90-minute sessions.

The researchers found that, compared to participants receiving usual care, CBT and EDU participants had larger decreases in pain intensity scores between baseline and post-treatment (estimated differences in change scores: CBT, ?0.80; EDU, ?0.57). Treatment gains were not maintained in the CBT group at six-month follow-

APA citation: Group CBT, pain education improve pain, physical function (2018, February 27) retrieved 16 September 2019 from <https://medicalxpress.com/news/2018-02-group-cbt-pain-physical-function.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.