

An Exploration of the Implications of Sequencing Order on Group Pain Interventions

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BACKGROUND: Does helping people develop a **non-threatening primary appraisal** of the pain condition via acceptance prior to teaching problem-focused coping strategies **improve pain-related outcomes**?

H1: Completing ACT before CBT for chronic pain will lead to better pain-related outcomes.

H2: Completing both ACT and CBT will lead to better pain-related outcomes than just one.

METHODS

- n = 168 veterans
- Four conditions: ACT only, CBT only, ACT/CBT, CBT/ACT
- Pre- and post-treatment measures for: pain severity, pain interference, disability, global distress, illness & wellness focused coping, and catastrophizing
- 4 x 2 repeated measures MANOVA with "Intervention condition" and "Time"

RESULTS

- No differences based on time*intervention
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- Significant differences based on time (from

Variables	p-value for "Time"	Partial η^2
Pain severity (composite)	0.03*	.03
Pain interference	.01**	.05
Disability	.32	.01
Illness-focused coping	.27	.01
Wellness-focused coping ^a	.03*	.03
Global distress	.00**	.10
Catastrophizing	.00**	.11

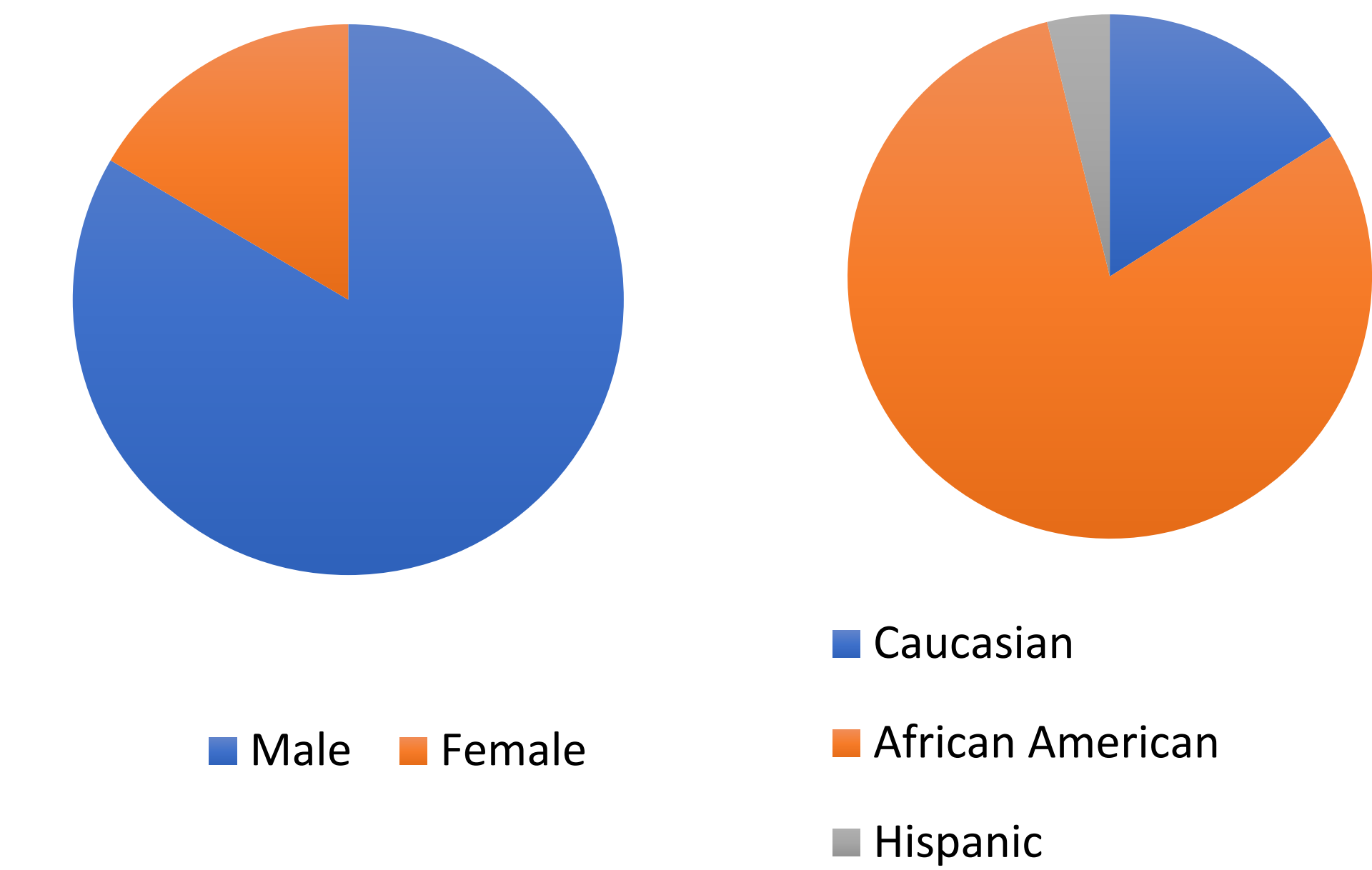
DISCUSSION

- Findings confirm much of what is known about psychological treatment:
 - Common factors theory (Rosenzweig, 1936)
 - Law of diminishing returns

Veterans get better with psychological treatment.

Type, length, and order of treatment do not make a difference for Veterans with chronic pain.

Figure 1. Gender & Racial Composition of Sample



Interventions:

- 12 weeks of group- CBT (one hour per week)
- 10 weeks of group- ACT (one hour per week)

Measures:

- Readiness Questionnaire
- Brief Pain Inventory (BPI)
- Oswestry Disability Index (ODI)
- Coping Strategies Questionnaire
- Chronic Pain Coping Inventory
- Brief Symptom Inventory

Pre-intervention differences for **gender and age cohort** (females more ready for self-management approach and younger Veterans with higher distress, interference, and catastrophizing).

Figure 1. Transactional Model of Stress and Coping

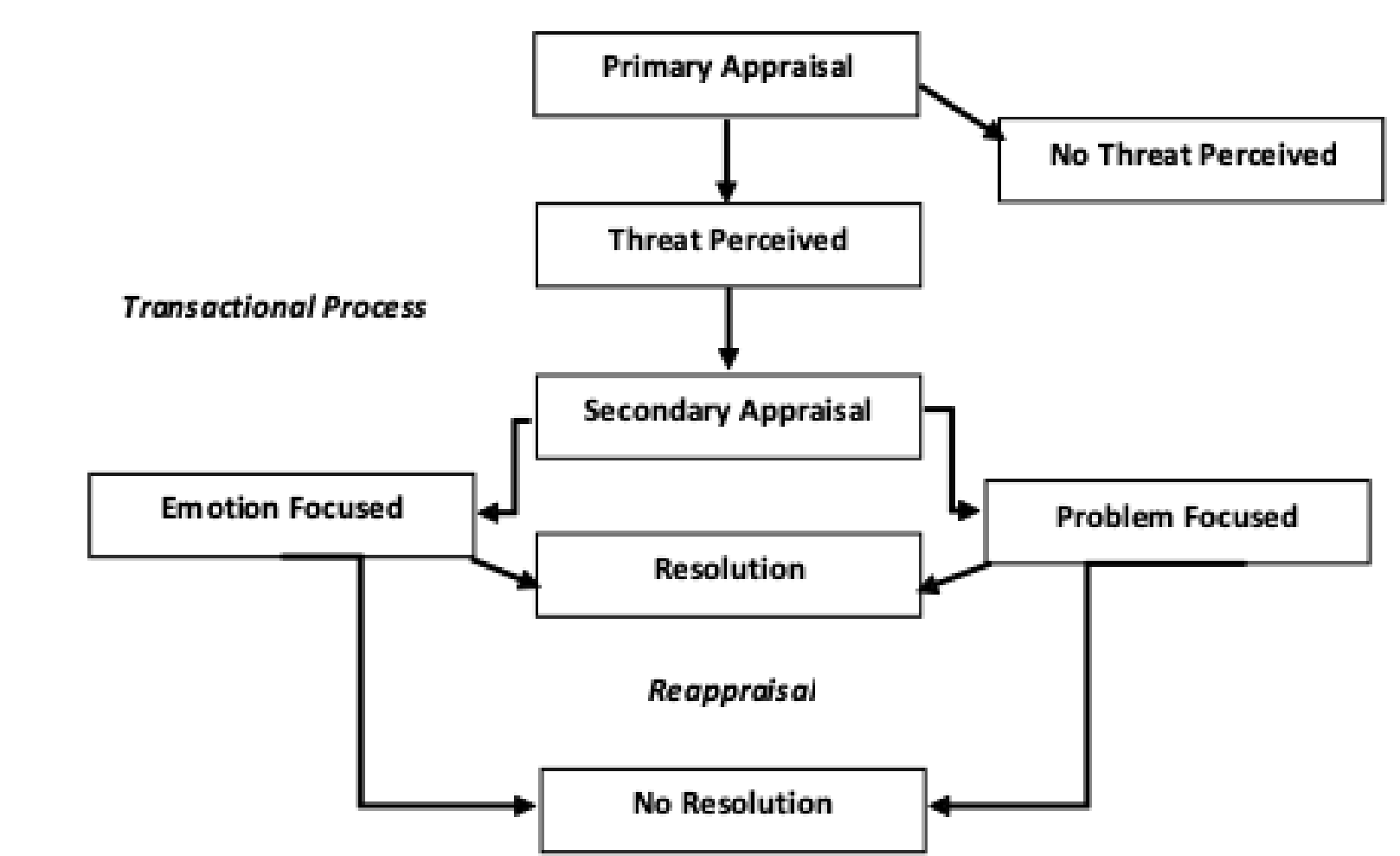
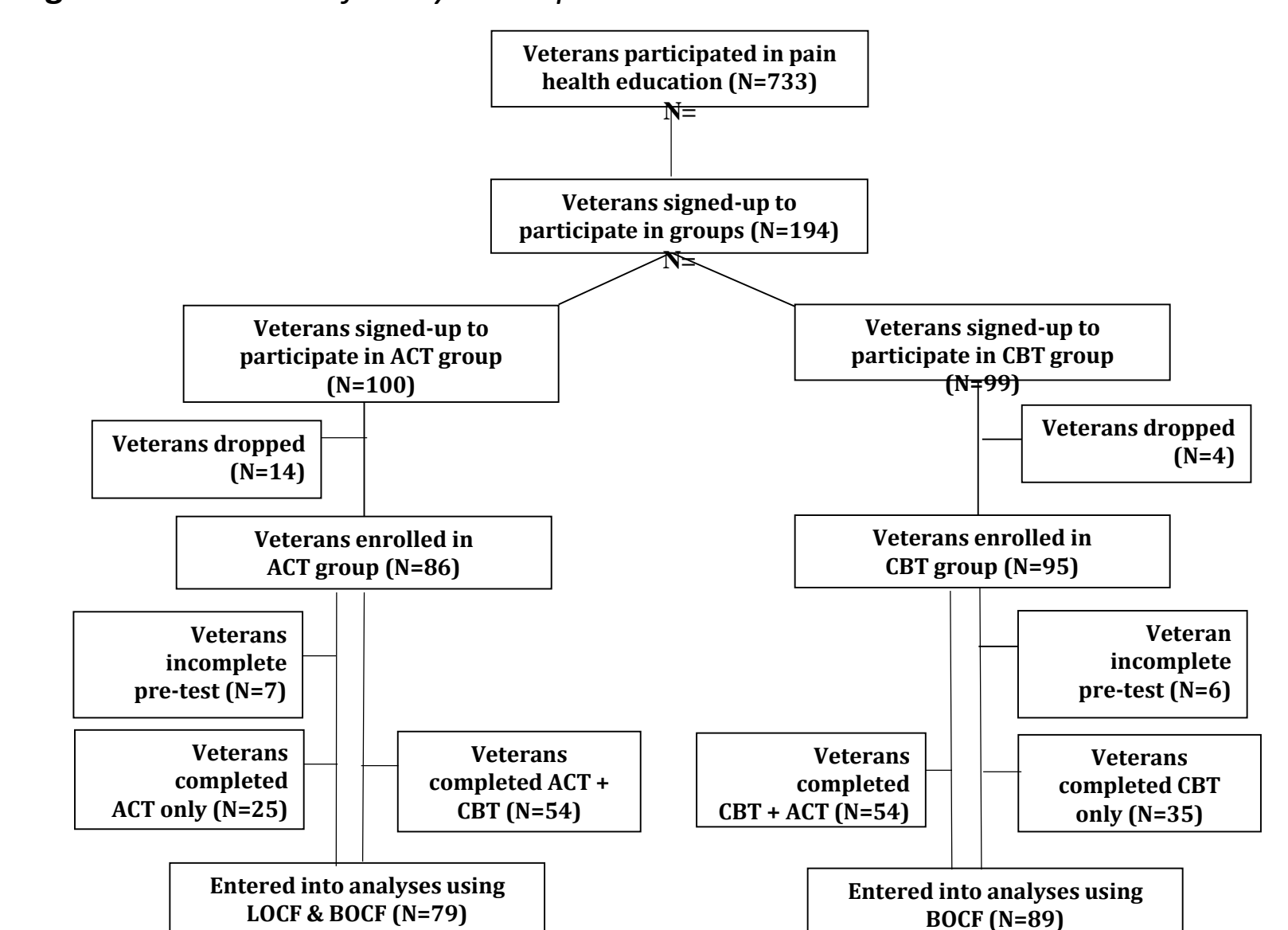


Figure 2. Flowchart of Study Participants



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