

## SCI-POP STUDY

### SPINAL CORD INJURY POWER OVER PAIN STUDY

#### WHAT IS THE STUDY ABOUT?

Chronic pain is prevalent and disabling in people with spinal cord injury (SCI). Medications alone often do not cure the pain. Pilot research suggests that training in self-hypnosis and cognitive therapy (HCT) can reduce chronic SCI-related pain. Thus far, people have learned HCT only during in-person counseling sessions. We think that training in HCT could be as effective if done via videoconference calls. **The purpose of this study is to find out whether people achieve as much pain relief and other benefits from training in HCT via videoconference calls versus in-person visits.** If HCT via videoconference calls is just as effective and safe, more people could benefit from this therapy.

#### WHAT DOES THE STUDY INVOLVE?

- Four (4) weekly videoconference treatment sessions that last approximately 45-60 minutes each;
- Telephone interviews before and after treatment which include (1) a set of pre-treatment assessments, (2) one interim assessment, (3) a set of post-treatment assessments, and (4) a set of assessments three months after treatment ends.

Participation in the study will last approximately 4-5 months. Treatment will take place remotely and no in-person visits are required. You will be compensated up to \$75 for your participation in this study.

#### YOU MAY BE ELIGIBLE TO PARTICIPATE IF YOU:

- (1) Are 18 years of age or older;
- (2) Have a diagnosis of spinal cord injury;
- (3) Experience moderate to severe chronic SCI-related pain on a regular basis;
- (4) Are able to read, speak, and understand English;
- (5) Have access to a webcam and microphone as well as the Internet

To learn more about this study, please contact study staff at:

**(206) 616-8744 or [scipop@uw.edu](mailto:scipop@uw.edu)**

Please note that we cannot guarantee the confidentiality of email communication.

UW SCI-POP Study  
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