TELE-POP Study
FOR PEOPLE WITH SPINAL CORD INJURY PAIN

University of Washington
Department of Rehabilitation Medicine

What is this study about?
Recent research suggests that training in self-hypnosis plus cognitive therapy (HCT) can reduce chronic SCI-related pain. Now, we want to find out if people can learn HCT by videoconferencing. If videoconferencing-based HCT works, it will allow many more people with SCI to benefit from this therapy.

What does the study involve?
- Everyone completes a screening and baseline assessment.
- Everyone will be randomly assigned to HCT or Usual Care (UC).
- People in HCT will get six 60-minute sessions plus in-between session practice for six weeks.
- People in UC will continue with their own pain control methods for six weeks.
- Everyone completes two outcome assessments (at 6 weeks and 12 weeks)

Benefits of participating:
- There are no in-person visits.
- Everyone can earn $60.00 for completing study procedures.
- A chance to receive FREE treatment for chronic SCI pain.
- An opportunity to help others with SCI pain by participating in research.

You may be eligible to participate if you:
- Are 18 years of age or older;
- Completed rehabilitation for SCI;
- Have chronic pain related to your SCI;
- Are fluent in English;
- Have access to a webcam and microphone through a computer, smartphone or other internet-connected device.

CONTACT US
phone: 206-221-5688

e-mail: telepop@uw.edu

website: sites.uw.edu/telepop/

*Please note that we cannot guarantee the confidentiality of email