

## where will the study sessions be held?

The study will be held in three cities:

**Madison, Salt Lake City and Boston.**

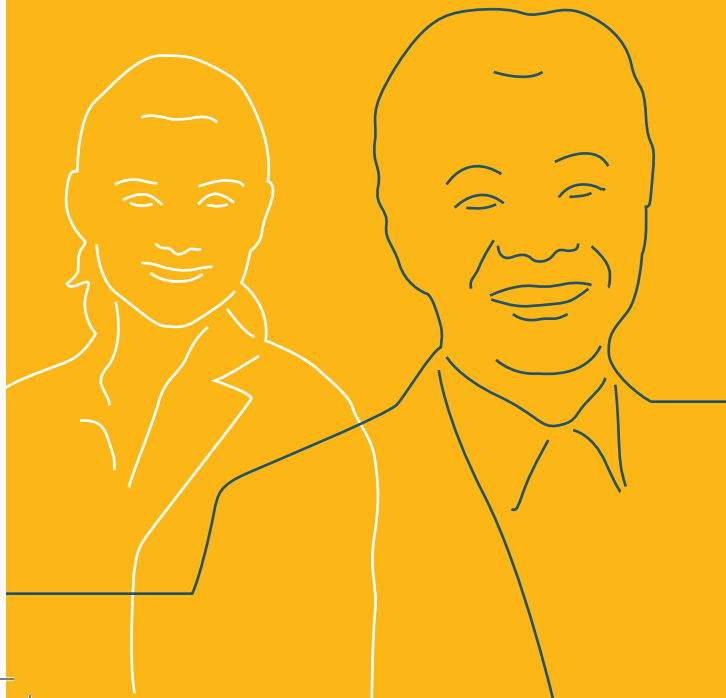
Please contact us for details on the location and schedule.

## how can I learn more about the study?

To find out more about this study, please contact:

**Utah STAMP Study Team**  
**STAMPstudy@utah.edu**  
**801-834-5748**

or visit [www.STAMPstudy.org](http://www.STAMPstudy.org)

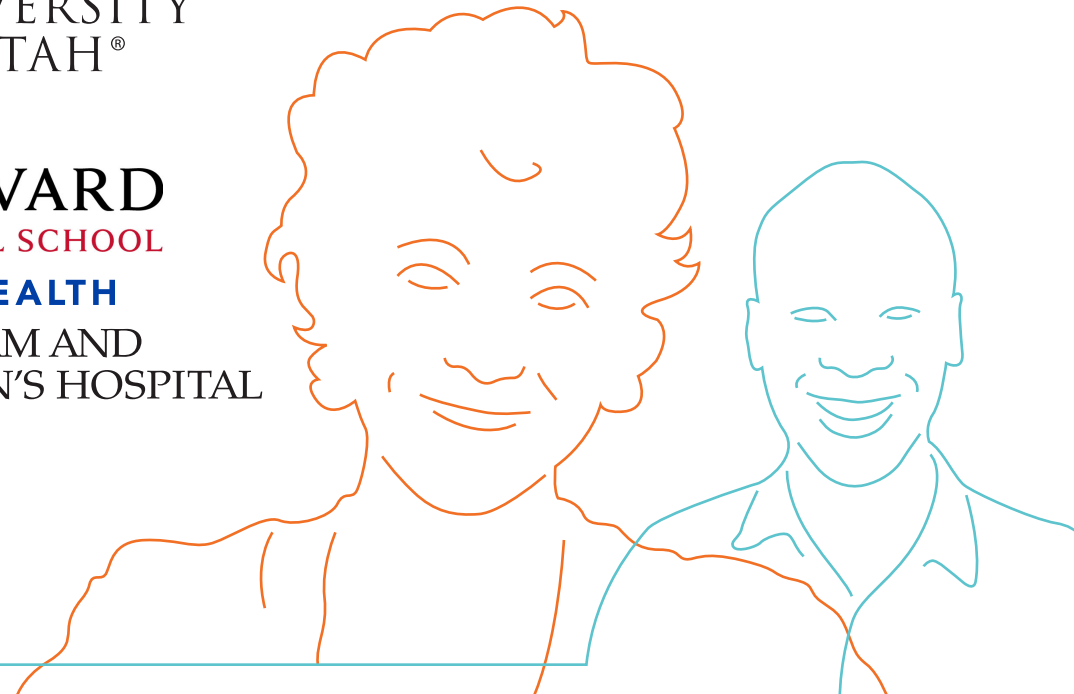


This study is a collaborative effort among the University of Wisconsin (Madison, WI), University of Utah (Salt Lake City, UT) and Brigham and Women's Hospital, Harvard Medical School (Boston, MA).



## looking for more help with managing your chronic lower back pain?

become part of a study to **learn new skills** designed for people with back pain



The STAMP (Strategies to Assist with Management of Pain) Study is funded by the Patient-Centered Outcomes Research Institute (PCORI).



## STAMP

strategies to assist  
with management of pain

### what is the STAMP study about?

You can be part of an 8-week training program to learn one of two methods that may **help you better cope with chronic lower back pain and live a more fulfilling life.**

One method will teach you to reduce your negative reactions to pain. The other will teach you how to change your thoughts and feelings associated with pain. Your study involvement would be in addition to your medical care.

**You will not need to change any of your current treatments or medications.**

### is this study right for me?

This study may be a good fit if you:

- Are interested in learning new methods designed to help manage your back pain
- Agree to be assigned in a random way (like by flipping a coin) to learn one of two methods to help manage pain
- Are 21 or older
- Experience daily lower back pain for at least 3 months
- Are prescribed daily pain medication for your back pain (like Vicodin®, Percocet®, oxycodone, or morphine)



### what would I need to do as a study participant?

- Complete an 8-week training program of weekly 2-hour sessions in your local city to learn one of the two new methods taught in the study
- Practice the pain management method at home daily
- Be available for two in person visits (at the beginning and the end of the study)
- Complete brief online or phone surveys during this one year study

### will I be paid?

**Yes, you will be compensated for your time and participation,** and the therapies offered in the study will be provided free of charge.