**INFORMATION SHEET**

**Comparative Effectiveness Study of the Clinical and Cost Outcomes of Massage for the Management of Chronic Low Back Pain in Australia.**

WHO IS DOING THE RESEARCH?

This research is being conducted by Dr Amie Steel, Associate Director of Research at Endeavour College of Natural Health and Postdoctoral Research Fellow at the Australian Research Centre in Complementary and Integrative Medicine at the University of Technology Sydney.

WHAT IS THIS RESEARCH ABOUT?

This purpose of the research is to assess the clinical and cost effectiveness of massage and standard care for the treatment of chronic low back pain compared to standard care only.

IF I SAY YES, WHAT WILL IT INVOLVE?

If you consent to participation, you will complete a series of self-reported outcome measures (questionnaires) related to your chronic low back pain and your massage therapist will complete a case report. A diary will be provided for you to take home and record daily medication use and details of pain experienced in addition to information about your usual care. Massage treatment will then be provided by your massage therapist. This procedure will be repeated twice during the study duration, after one (1) and two (2) months of treatment with a final follow-up assessment to be completed by you at home after the third month.

ARE THERE ANY RISKS/INCONVENIENCE?

It is anticipated that there will be no discomforts or risks outside of the massage therapy treatment you have already sought voluntarily. Please record all reactions to massage therapy in your participant diary. Any unfavourable reactions will be recorded by your massage therapist in the case report. The questionnaires should take less than 15 minutes to complete on each of four (4) occasions. The participant diary should take less than five (5) minutes to complete each week.

WHY HAVE I BEEN ASKED?

Your massage therapist has identified you as a suitable to take part in the study.

DO I HAVE TO SAY YES?

You don’t have to say yes.

WHAT WILL HAPPEN IF I SAY NO?

Nothing.

IF I SAY YES, CAN I CHANGE MY MIND LATER?

If you choose to withdraw from the study and want to continue being treated by the massage therapist, or another massage therapist, or you choose not to continue with massage therapy there will be no impact on your health care and treatment. Therefore, you can continue any treatment you feel is required for your best care.

WHAT IF I HAVE CONCERNS?

If you have concerns about the research please feel free to contact the research assistant Tess Dingle at [Tess.Dingle@eweb.endeavour.edu.au](mailto:Tess.Dingle@eweb.endeavour.edu.au). If your concern is urgent please contact the Principle Research Officer Dr Janet Schloss on 07 3253 9579 or [Janet.Schloss@endeavour.edu.au](mailto:Janet.Schloss@endeavour.edu.au). All feedback regarding this study is valuable and may be directed to the Principle Investigator Dr Amie Steel on 07 3253 9523 or [Amie.Steel@endeavour.edu.au](mailto:Amie.Steel@endeavour.edu.au).

WHAT IF I HAVE A COMPLAINT?

If you would like to talk to someone who is not connected with the research, you may contact the Endeavour Human Research Ethics Committee (HREC) at [HREC@endeavour.edu.au](mailto:HREC@endeavour.edu.au); Ph: 07 3253 9582 and quote this number: #20161132. Alternatively you can contact the University of Technology Sydney Human Research Ethics Committee (HREC) at [research.ethics@uts.edu.au](mailto:research.ethics@uts.edu.au); Ph.: 02 9514 2478 and quote this number: #ETH16-0812.