

DR FERESHTEH POURKAZEMI

Lecturer

Faculty of Health Sciences

Discipline of Physiotherapy

Rm O221, 75 East Street

Faculty of Health Sciences

The University of Sydney

NSW 2141 AUSTRALIA

Telephone: +61 2 9351 9207

Email: fereshteh.pourkazemi@sydney.edu.au

Web: <http://www.sydney.edu.au/>

Recruitment Strategy Overview

Title

Paint the pain: Investigating the biopsychosocial impacts of a guided self-reflective visual art creation program on individuals living with chronic pain- a pilot randomised controlled trial

Short Title

Paint the pain pilot study

Protocol Number

Project Sponsor

The University of Sydney

Coordinating Principal Investigator/ Principal Investigator

Dr Fereshteh Pourkazemi

Associate Investigator(s)

(if required by institution)

Dr Claire Hooker, Dr Marnee McKay, Dr Roxanna Pebdani, Dr Bernadette Brady, Dr Amy Jo Vassallo, Prof James Elliott, Dr Stephen Gibson, Ms Michelle Cook, Dr Alison Evans, Dr Tania Gardner, Dr Niamh Moloney, Dr Clair Hebron, and Assoc Prof Michael Thacker

Location *(where CPI/PI will recruit)*

(Royal Prince Alfred Hospital)

1. Presenting information about the project during the STEPs program.

The STEPs program is an introductory chronic pain educational program provided to patients at Royal Prince Alfred Hospital (RPAH) pain clinic, prior to their appointment to the pain assessment and treatment. STEPs program aims to help patients better understand what chronic pain is and to get a brief overview of the pain management strategies that have been shown to be helpful when living with chronic pain. Each month, a maximum of twenty patients with chronic pain will attend the STEPs program. After attending STEPs, many patients choose to proceed with a full assessment and will be placed on a waiting list to receive treatment at RPAH pain clinic.

We aim to recruit patients who are placed on the waiting list to receive full pain assessment and treatment. To inform potential participants, the principal investigator, an artist from the Art Gallery of NSW and a research assistant will attend the STEPs program and present information regarding the Paint the Pain project.

2. Contact details of interested people.

Patients who are interested to receive further information will be asked to provide their contact details (email and phone number) and will be contacted by our research assistant.

3. Potential participants contacted by telephone.

Potential participants will be contacted by phone by our research assistant to check their eligibility.

- a. Inclusion criteria
 - i. Individuals with chronic pain who are over 18 years old
 - ii. Pain has been stable over the past 3 months (based on the information provided on ePPOC questionnaires)
- b. Exclusion criteria
 - i. Have started any new pain-related medication in the past 3 months

4. Notification, randomisation and allocation.

- Notification: The Participant information statement and Consent form will be emailed to participants who met the inclusion criteria. The project research assistant will then contact participants by phone to provide detailed information about the project, research process, and participation requirements and answer any questions they may have.
- Randomisation: Our randomisation approach will be impacted by the number of participants recruited from the STEPs Program.

- If we were successful in recruiting 20 participants after attending one of the monthly STEPs session, participants will be randomly allocated by the research team to either intervention or control group, using a computer-generated sequence and a 1:1 allocation ratio.
- If we were not successful in recruiting 20 patients from one STEPs program, we aim to use the quasi-randomisation approach. That is, the first group of participants recruited from the first STEPs program will be allocated to the intervention group and participants recruited from the next STEPs program will be allocated to the control group.

This approach will not extend the waiting time of patients to receive their pain assessment and treatment.

- Allocation: Participants will be notified by phone/email of their group and intervention participants will be notified about their first session of art observation and creation at the Art Gallery of NSW.