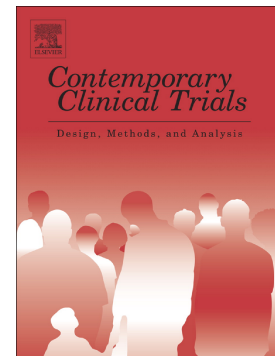


Accepted Manuscript

Rationale and design of the Staying Positive with Arthritis (SPA) Study: A randomized controlled trial testing the impact of a positive psychology intervention on racial disparities in pain

Leslie R.M. Hausmann, Said A. Ibrahim, C. Kent Kwoh, Ada Youk, D. Scott Obrosky, Debra K. Weiner, Ernest Vina, Rollin M. Gallagher, Genna T. Mauro, Acacia Parks



PII: S1551-7144(17)30324-5
DOI: doi: [10.1016/j.cct.2017.09.001](https://doi.org/10.1016/j.cct.2017.09.001)
Reference: CONCLI 1631
To appear in: *Contemporary Clinical Trials*
Received date: 9 May 2017
Revised date: 31 August 2017
Accepted date: 7 September 2017

Please cite this article as: Leslie R.M. Hausmann, Said A. Ibrahim, C. Kent Kwoh, Ada Youk, D. Scott Obrosky, Debra K. Weiner, Ernest Vina, Rollin M. Gallagher, Genna T. Mauro, Acacia Parks, Rationale and design of the Staying Positive with Arthritis (SPA) Study: A randomized controlled trial testing the impact of a positive psychology intervention on racial disparities in pain. The address for the corresponding author was captured as affiliation for all authors. Please check if appropriate. Concli(2017), doi: [10.1016/j.cct.2017.09.001](https://doi.org/10.1016/j.cct.2017.09.001)

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Rationale and Design of the Staying Positive with Arthritis (SPA) Study: A Randomized Controlled Trial Testing the Impact of a Positive Psychology Intervention on Racial Disparities in Pain

Leslie R.M. Hausmann, PhD^{1,2}, Said A. Ibrahim, MD, MPH^{3,4}, C. Kent Kwok, MD⁵, Ada Youk, PhD^{1,6}, D. Scott Obrosky, MS¹, Debra K. Weiner, MD^{2,7}, Ernest Vina, MD⁵, Rollin M. Gallagher, MD^{3,4}, Genna T. Mauro, BS¹, Acacia Parks, PhD^{8,9}

INSTITUTIONS (ALL):

¹Veterans Affairs Pittsburgh Healthcare System, Center for Health Equity Research and Promotion, Pittsburgh, PA

²University of Pittsburgh, School of Medicine, Pittsburgh, PA

³Corporal Michael J. Crescenz Veterans Affairs Medical Center, Center for Health Equity Research and Promotion, Philadelphia, PA

⁴University of Pennsylvania, School of Medicine, Philadelphia, PA

⁵University of Arizona, College of Medicine and University of Arizona Arthritis Center, Tucson, AZ

⁶University of Pittsburgh, Graduate School of Public Health, Pittsburgh, PA

⁷Veterans Affairs Pittsburgh Healthcare System, Geriatric Research, Education & Clinical Center, Pittsburgh, PA

⁸Hiram College, Department of Psychology, Hiram, OH

⁹Happify, New York, NY

Abstract Body: Knee osteoarthritis is a painful, disabling condition that disproportionately affects African Americans. Existing arthritis treatments yield small to moderate improvements in pain and have not been effective at reducing racial disparities in the management of pain. The biopsychosocial model of pain and evidence from the positive psychology literature, suggest that increasing positive psychological skills (e.g., gratitude, kindness) could improve pain and functioning and reduce disparities in osteoarthritis pain management. Activities to cultivate positive psychological skills have been developed and validated; however, they have not been tested in patients with osteoarthritis, their effects on racial differences in health outcomes have not been examined, and evidence of their effects on health outcomes in patients with other chronic illnesses is of limited quality. In this article we describe the rationale and design of Staying Positive with Arthritis (SPA) study, a randomized controlled trial in which 180 African American and 180 White primary care patients with chronic pain from knee osteoarthritis will be randomized to a 6-week program of either positive skill-building activities or neutral control activities. The primary outcomes will be self-reported pain and functioning as measured by the WOMAC Osteoarthritis Index. We will assess these primary outcomes and potential, exploratory psychosocial mediating variables at an in-person baseline visit and by telephone at 1, 3, and 6 months following completion of the assigned program. If effective, the SPA program would be a novel, theoretically-informed psychosocial intervention to improve quality and equity of care in the management of chronic pain from osteoarthritis.

Download English Version:

<https://daneshyari.com/en/article/8757626>

Download Persian Version:

<https://daneshyari.com/article/8757626>

[Daneshyari.com](https://daneshyari.com)