

## Pain Coping Skills Research Study

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Are you interested in receiving additional help for coping with your pain?

You may be eligible to participate in a research study where you can attend six two-hour pain coping skills classes taught by psychology graduate students.

These classes are available to adults who struggle with chronic pain and meet eligibility criteria. The purpose of this study is to examine the effectiveness of these classes for reducing pain-related disability and feelings of depression and increasing quality of life.

If you are eligible and choose to participate, the study includes:

- **Attending a first visit at UNR for about an hour.** 1) you will meet with study staff individually to go over the study and decide if you would like to participate, and 2) if you choose to participate, you will be asked to stay for the baseline assessment in a room with other participants where you will fill out questionnaires (asking about your thoughts and feelings about your pain, your pain intensity, your experiences coping with pain, and your life satisfaction).
- **Being randomized (like the flip of a coin) to the first pain coping skills class OR a wait-list skills class that starts 8 weeks later,**
- **Attending 6 2-hour classes @ UNR.** Along with other class members (class size is about 25-40), you will learn some potentially helpful psychological skills for coping with your thoughts and feelings about pain and pain sensations themselves, and how to make plans to increase meaningful life activities outside of class.
- **Attending at least 3 additional 45-minute assessment visits** (one halfway between your class visits, one after your last class visit, one 3 months after your last class visit) where you will be asked similar questions as those in the baseline visit. If you are in the first skills class, you will also be asked to come back for an additional 6 month follow up visit. If you are in the wait-list skills class, you will be contacted halfway through the waiting phase for a 15-minute phone check in.
- **Purchasing a self-help workbook for use during the classes** (or photocopies of the exercises used in class will be made available to you).  
*There are no other fees for participating. Free public transportation to UNR. Free parking provided.*

Contact Study Coordinator: Jennifer Plumb, MA, Dept. of Psychology, University of Nevada Reno  
(775) 247-3955 OR [renopaincoping@gmail.com](mailto:renopaincoping@gmail.com)

If you have any questions, you think you might be interested, or if you would simply like information for other opportunities to receive support for your pain in the community, please contact Jennifer.

*There is no obligation to participate.*