

Online Acceptance and Commitment Therapy for Chronic Pain in a Sample of People with Chiari Malformation: A Pilot Study

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Purpose

Many patients with CM experience chronic pain, depression, anxiety, and sleep dysfunction. Effective, specialized and accessible psychological interventions for CM patients are needed.

Methods

53 adults (aged 18-65) with CM were randomized into either a treatment or control group. All participants completed weekly surveys on mental health outcomes. The treatment group completed 8 weekly online self-guided Acceptance and Commitment Therapy intervention modules.

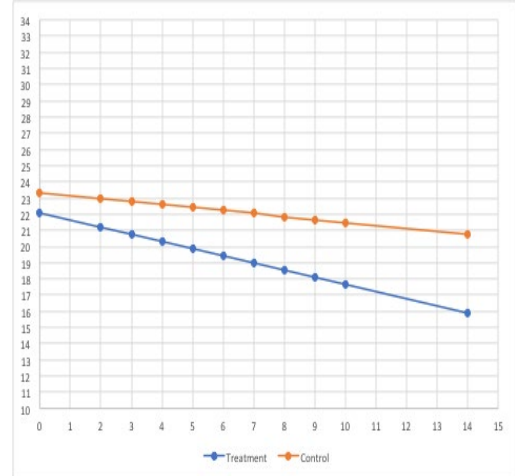
Results

Participants in the ACT intervention group had improved psychological flexibility and chronic pain acceptance. There were no improvements in sleep dysfunction, anxiety, depression, or pain interference.

Conclusions

The ACT intervention successfully taught ACT psychological processes. A follow-up study is currently examining what specific components of the intervention are particularly efficacious.

Changes in Psychological Flexibility



Note. Lower scores indicate greater psychological flexibility.

Changes in Chronic Pain Acceptance

