



life is now

**SUPPORT FOR THE EFFECTIVENESS OF  
A PAIN NEUROPHYSIOLOGY EDUCATION SESSION  
DELIVERED IN A LARGE GROUP FORMAT**

Pearson N, Walton D, Moseley GL, Kerr S. (2009)

**Purpose:** To evaluate the effect on pain-related beliefs of a cognitively-based pain neurophysiology education session delivered in a large group format.

**Methods:** Non-randomized pre-test/post-test design with repeated baseline. A sample of 57 community-dwelling participant with chronic pain of various causes participated in a single 3-hour educational session in a large group format (12 to 30 participants/session), and subsequently read a book intended to reinforce the information gained from the session. Pain intensity ratings were captured on 4 occasions prior to the session. All other outcomes (self-efficacy, catastrophizing and pain attitudes) were captured immediately before, after and 4-weeks following the session. Data were evaluated for effects of the intervention over time, and to identify baseline differences between those participants who benefited the most from the intervention and all other participant.

**Results:** 42 participants provided enough data to be included in the final sample. Significant changes were noted between the pre-session and 4-week follow-up data in each of pain self efficacy, pain catastrophizing, and 4 out of the 7 captured domains of pain attitudes. Top responders to the intervention (n= 12) were on average younger (48.3 vs 55.8) and had higher baseline catastrophic cognitions (28.5 vs. 19.7) compared to all other participant. Results are compared to similar education provided in a one-on-one format.

**Conclusions:** This pilot study suggests that neurophysiology education delivered simultaneously to a large group might be beneficial in modifying pain-related beliefs and attitudes, and that younger people and higher catastrophizers stand to benefit more from the intervention. The results of this study can be used to design more methodologically rigorous studies in the future.