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Effectiveness and cost-effectiveness of online-based health training for the prevention of chronic pain in farmers, foresters and horticulturists (PACT-A)

Brief Description

People from the "green professions" have a high prevalence of chronic pain, combined with restrictions in their ability to cope with everyday life and work. Specific health services are available to reduce the progression of pain syndromes in the sense of secondary prevention and to improve pain-related limitations.

This randomized controlled trial PACT-A compares an online-based pain prevention against standard care (TAU+). The study is located at the Department of Clinical Psychology and Psychotherapy of the University of Ulm in cooperation with the Chair of Clinical Psychology and Psychothepathy of the Friedrich-Alexander-University Erlangen-Nuremberg. The target group are insured farmers and foresters, horticulturists and landscapers, their spouses as well as family members and senior citizens of the Social Insurance for Agriculture, Forestry and Horticulture (SVLFG) with chronic pain.

The aim is to evaluate the efficacy and cost-effectiveness of an online intervention based on acceptance and commitment (ACT) therapy to reduce pain-related stress (ACTonPain), specifically adapted to the GET.ON population. The control group has information material on stress, exhaustion and psychological complaints as well as offers in regular care.

The volunteers take part in surveys at different times regarding their psychological state (T0 baseline, T1-T5 9 weeks, 6, 12, 24, 36 months after randomization). Primary outcome is pain-related impairment (MPI).

The results of the study provide evidence on efficacy and cost-effectiveness and provide insights into the implementation of online based chronic pain prevention services for SVLFG members.

Project Management

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Promotion

Social Insurance für Agriculture, Forestry and Horticulture (SVLFG)

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Publications

Departmental publications can be found at
<https://www.uni-ulm.de/en/in/psy-klips/publications/>