

# The Pain Academy: An evaluation of a primary care brief psychoeducational program for persistent pain

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## Abstract

Persistent pain affects 20% of adults and can impair one's daily functioning and well-being. Psychoeducational group interventions can be effective in aiding pain management and coping strategies, however the time commitment for most evidence-based programs (10-20 hours) leads to access barriers and delivery challenges in primary care. A mixed-methods, program evaluation was conducted on a low intensity, three-session, manualized group pilot psychoeducational intervention in a primary care practice, emphasizing pain education, behavioral strategies, and pain-alleviating activities. Eighty-two percent of the clinic's panel of individuals with persistent pain (N=128) and being prescribed opioid pain medication attended at least one class (N=105). Attendees experienced significant pre-post improvements in self-reported pain functioning and favorable satisfaction ratings by patients and medical staff. However only 51% attended all three groups, despite frequent class offerings and heavily encourage by the patient's medical providers. This study reviews the potential promise and limitations of a low-intensity, limited session pain group to aid pain-related functioning. Additional investigation is warranted to optimize participant attendance, group format and frequency, and outcome assessment.

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Suggested Running Head:

Pain Academy

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Pain Academy complete manuscript (Final and Masked).docx available at <https://authorea.com/users/336131/articles/461902-the-pain-academy-an-evaluation-of-a-primary-care-brief-psychoeducational-program-for-persistent-pain>

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Table 1- Pain Academy Program.docx available at <https://authorea.com/users/336131/articles/461902-the-pain-academy-an-evaluation-of-a-primary-care-brief-psychoeducational-program-for-persistent-pain>

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Table 2- Pain Academy Measure.docx available at <https://authorea.com/users/336131/articles/461902-the-pain-academy-an-evaluation-of-a-primary-care-brief-psychoeducational-program-for-persistent-pain>

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Table 3- Pain Academy Satisfaction.docx available at <https://authorea.com/users/336131/articles/461902-the-pain-academy-an-evaluation-of-a-primary-care-brief-psychoeducational-program-for-persistent-pain>

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Table 4- Pain Academy Provider Impression.docx available at <https://authorea.com/users/336131/articles/461902-the-pain-academy-an-evaluation-of-a-primary-care-brief-psychoeducational-program-for-persistent-pain>

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**Figure 1: Participant Satisfaction Survey**

In group, we've covered the following topics. Rate how helpful each topic was (circle your answer—from left to right: Not helpful, So-so, Very helpful)

