JBI Systematic Review Title Registration Form

Title: Effectiveness of self-management programs in older adults with chronic pain: a systematic review

Centre: Bureau d'Echanges des Savoirs pour des praTiques exemplaires de soins (BEST): A JBI Centre of

Primary Reviewer

Name: Maria Eggimann **Email:** eggimann.maria@gmail.com

Question: What is the effectiveness of self-management programs versus usual care on pain, self-efficacy, disability, quality of life, physical and emotional function in older adults with chronic pain?

PICO

Population: This review will consider studies that include older adults (60 years and over) with chronic pain defined as pain lasting for more than three months. Individuals under 60 years of age or suffering from chronic pain caused by cancer will be excluded.

Intervention: Intervention (quantitative - effectiveness)

This review will consider studies that evaluate self-management programs. Interventions will be considered as self-management when they consist of at least two from the following: psychological (behavioral or cognitive therapy or another approach that taught coping skills), physical activity/exercises (any form of

Comparator: Comparator (quantitative - effectiveness)

This review will consider studies that compare the intervention to usual care, single intervention or waiting list.

Outcome: Outcome (quantitative)

The outcome will cover most of the domains recommended by the Initiative on Methods, Measurements, and Pain Assessment in Clinical Trials (IMMPACT) group [Dworkin RH, Turk DC, Farrar JT, Haythornthwaite JA, Jensen MP, Katz NP, et al. Core outcome measures for chronic pain clinical trials: IMMPACT recommendations. Pain. 2005;113(1-2):9-19.].
Primary Outcomes:
• Pain intensity assessed with, for example, VAS, NRS; Brief Pain Inventory (BPI)
Secondary Outcomes:
• Self-efficacy assessed with, for example, arthritis self-efficacy scale, pain self-efficacy questionnaire (PSEQ)
• Disability assessed with, for example, Roland-Morris Disability Questionnaire (RDQ), Pain Disability Assessment Scale (PDAS)
• Quality of life assessed with, for example, Short Form 36, Short Form 12

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