[INSERT date]

Mr Matthew Jones

School of Medical Sciences

The University of New South Wales, Sydney, Australia

Dear Dr.

**Research Project Title:** The influence of pain education on pain responses to exercise in people with chronic pain and healthy individuals

I am writing to let you know about a research project that you have the option to support. The research is being conducted by The University of New South Wales and Neuroscience Research Australia (NeuRA). I am contacting you because I wonder if you would allow me to advertise my study, by means of an advertisement flyer, in the waiting room of your practice so that your patients are aware of the study.

This research is being done to learn more about the mechanisms by which exercise relieves pain in people with fibromyalgia or osteoarthritis. No doubt you are aware of the demonstrated clinical efficacy of exercise and education interventions for fibromyalgia and osteoarthritis. What it not clear is whether the benefits of exercise and education on pain are enhanced when delivered concurrently.

The reason we want to know more about the mechanisms by which exercise relieves pain is that it might: 1) help substantiate the efficacy of exercise therapy in people with chronic pain, 2) permit the design of optimally effective exercise interventions, and 3) allow the identification of interactions with common pain medications.

If you decide to support the research we would:

* Place a recruitment advertisement in the waiting room of your medical practice
* Contact you and discuss the volunteers’ medical history to clarify their suitability for the study. This will be done after obtaining the volunteers written permission to do so.

Volunteers are eligible to participate if:

* They are aged 18 years or older and have been diagnosed with fibromyalgia or osteoarthritis of the knee or hip
* It is medically suitable for them to perform low-moderate intensity walking exercise

Volunteers are ineligible to participate if:

* They have been diagnosed with a serious medical illness (i.e. psychiatric, cardiovascular etc)
* They have a diagnosis other than osteoarthritis or fibromyalgia that might explain their pain
* They are unable to refrain from pain medication use for 24 h

If you would like more information or are interested in being part of the research please contact:

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| **Name:** | Mr Matthew Jones (PhD candidate) |
| **Email:** | matthew.jones@unsw.edu.au |
| **Phone:** | (W) 02 9385 9032 |

If we have not heard from you in 2 weeks, a member of our research team will call to speak with you by phone and answer any questions you may have.

Supporting this research is voluntary. You may choose not to do so. If you decide not to support this research, you decision will have no effect on your relationship with The University of New South Wales or Neuroscience Research Australia.

This research has been reviewed and approved by The University of New South Wales Human Research Ethics Committee. If you have any complaints or concerns about the research project please email [humanethics@unsw.edu.au](mailto:humanethics@unsw.edu.au) or phone +61 2 9385 6222 quoting the following number HC(15438).

Yours sincerely,

Matthew Jones

PhD Candidate