

**Clinical Trial ID:**

**NCT00000408**

**Title:**

**Low Back Pain Patient Education Evaluation**

**Summary:**

**Back pain is one of the most common of all symptoms. It is also a great cause of days**

**lost from work and visits to health care providers. This study will develop and evaluate**

**an approach to low back pain that allows subjects to talk with each other and with health**

**professionals via an Internet discussion group. Results we will look at include health**

**behaviors, such as exercise; health status, such as pain and disability; and health care**

**use, such as number of visits to doctors and other health care providers.**

**Anyone 18 years**

**old or older who lives in the United States and has ongoing Internet access can take part**

**in the study. All subjects must have back pain and meet the eligibility criteria listed**

**below.**

**Detailed Description:**

**This study will develop and evaluate in a randomized trial a low back pain intervention**

**that allows subjects to talk with each other and with health professionals via an Internet discussion group. The intervention consists of a book and a videotape and is based on interaction with other participants in the program and health professionals through a closed password protected moderated Internet discussion group.**

**Outcome measures**

**include health behaviors, such as exercise; health status, such as pain and disability; and health care use, such as number of visits to doctors and other health care providers.**

**Patients will be randomized either to the treatment group and followed for 6, 12, 18, and 24 months with the intervention.**

**Eligibility Criteria:**

**Inclusion Criteria:**

- Must live in the United States**
- Must understand and write English**
- Must have access to a computer with e-mail and expect to have this access for at least 3 years**

- **Must be 18 years old**
- **Must have seen a doctor for back pain at least once in the past year**

**Exclusion Criteria:**

- **Pregnancy**
- **Back surgery in the past 6 months**
- **Expectation of having back surgery in the next 6 months**
- **Back pain due to a car accident or other major injury within the last 6 months**
- **Back pain or sciatica due to systemic disease (inflammatory rheumatic diseases, tumor, or other)**
- **Major physical or mental health condition for which one is currently being treated that severely limits daily activities**
- **Terminal illness**
- **Receiving disability or workers compensation insurance payments for back**

**pain or**

**sciatica**

- **Presently involved in legal proceedings because of back pain or sciatica**
- **Difficulty with bladder or bowel control that began with back pain or sciatica**
- **No visits to a doctor in the past year for back pain or sciatica**
- **Numbness in crotch area that began with back pain or sciatica**
- **Age under 18**

**Gender:**

**All**

**Minimum Age:**

**18 Years**

**Maximum Age:**

**N/A**

**Phase:**

**N/A**

**Conditions:**

- **Low Back Pain**

**Interventions:**

- **Patient education evaluation**

**Locations:**

- **Stanford University, Palo Alto, California**