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Objectives (Part 2 of "Effects of Online Exercise Intervention on Physical and Mental Conditions in Young Adults with Chronic Neck Pain")

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ABSTRACT

This is Part 2 of "Effects of Online Exercise Intervention on Physical and Mental Conditions in Young Adults with Chronic Neck Pain".

The primary objective is to investigate the effectiveness of online and conventional exercise therapy on pain and function in adults with chronic neck pain.

The secondary objective is to investigate the effectiveness of online and conventional exercise therapy on mental condition and working efficacy in adults with chronic neck pain.

ATTACHMENTS

[kjbab24b7.docx](#)

GUIDELINES

Objectives:

People with chronic neck pain suffer from persistent pain with impaired physical function and mental health. The proportion of mental issues among them is much higher than healthy population. The purposes of this study were to compare the efficacy of online exercise therapy with conventional exercise therapy on pain, function, psychological status and work efficiency of young adults with chronic neck pain.

Objective outcome assessments were taken at baseline prior to randomization and after the 6-week intervention period. Additional assessments of the WLQ were done after two weeks and four weeks of intervention.

Primary Objective:

The primary objective is to investigate the effectiveness of online and conventional exercise therapy on pain and function in adults with chronic neck pain. One primary outcome was the average and maximum neck pain measured by VAS. Another outcome was the neck dysfunction measured by the NDI.

Secondary Objectives:

The secondary objective is to investigate the effectiveness of online and conventional exercise therapy on mental condition and working efficacy in adults with chronic neck pain. There were two secondary outcomes: anxiety and depression measured with HADS, and work efficiency assessed with WLQ.