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# Study design/methodology (Part 3 of "Effects of Online Exercise Intervention on Physical and Mental Conditions in Young Adults with Chronic Neck Pain")

In 1 collection

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## ABSTRACT

This is a Part 3 of "Effects of Online Exercise Intervention on Physical and Mental Conditions in Young Adults with Chronic Neck Pain". Randomized clinical trial with 39 adults with self-reported chronic neck pain recruited. They were randomly assigned into two groups. The experimental group received online exercise therapy and the control group received conventional exercise therapy. Participants in both groups completed the same exercise program three times a week for six weeks with either face-to-face or online mode of delivery by physiotherapists. The degree of pain was assessed by the improvement in average and maximum VAS. Neck function and work limitations were assessed by NDI and WLQ respectively. HADS and its subscales were used to evaluate anxiety and depressive symptoms.

## ATTACHMENTS

[kjbab24b7.docx](#)

**Keywords:** Study Design, Methodology, Online Exercise Intervention, Physical Condition, Mental Condition, Chronic Neck Pain

## GUIDELINES

### Study design/methodology:

Randomized clinical trial with 39 adults with self-reported chronic neck pain recruited. They were randomly assigned into two groups. The experimental group received online exercise therapy and the control group received conventional exercise therapy.

Participants in both groups completed the same exercise program three times a week for six weeks with either face-to-face or online mode of delivery by physiotherapists. The degree of pain was assessed by the improvement in average and maximum VAS. Neck function and work limitations were assessed by NDI and WLQ respectively. HADS and its subscales were used to evaluate anxiety and depressive symptoms. Participants were assessed at baseline and at 6 weeks while the changes in WLQ were assessed biweekly. To ensure the effectiveness of online exercise therapy, therapists delivered the online exercise 3 times a week for 6 weeks, with videoconferencing once a week and posting of exercise record on WeChat app twice a week.