

To Whom It May Concern:

I am seeking seniors to enroll in a research study to evaluate a **pain self-management program for older adults** (www.onlinetherapyuser.ca/olderadults). The purpose of this study is to explore the acceptability and effectiveness of a remotely-delivered chronic pain management program tailored to older adults, the Pain Course, when delivered in both online and printed (workbook) formats.

Participants will have 2 months to work through the course material with a 4-week follow-up period. Generally, participants allocate 2-3 hours per week to work through the course material.

Recruitment will take place across Canada and participants will be eligible for the study if they:

- (1) are a resident of **Canada**
- (2) are **65 years** of age or older
- (3) have experienced pain for **more than three months**
- (4) do **not** have severe depression or anxiety
- (5) have regular access to a **computer and the internet**

Potential participants will be required to complete a preliminary screening and telephone assessment. If participants meet the inclusion criteria, they will be required to complete questionnaires at pre-treatment, post-treatment and 4-week follow-up.

The course includes 5 Core Lessons over a 2-month period, along with Do-It-Yourself (DIY) Guides, Stories and Additional Resources that will be available throughout this period.

If you are interested in joining the chronic pain self-management program for older adults, please follow the link below to complete the preliminary screening:

http://uregina.eu.qualtrics.com/jfe/form/SV_ePPMuUKJBXM5jtr

Wishing you all the best,

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