

## Some interesting facts

- Every year in Australia \$34 billion is spent on the management of recurrent and chronic pain
- 35% of patients experiencing chronic low back pain (cLBP) will also experience depressed mood that impacts on progression to longer term disability.
- The goals of CBT are to improve mood, resilience and self-efficacy, therefore reducing long term disability.
- Currently, there is no research investigating the use of an online psychological intervention with manipulative therapy making this study a world first.



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Participate in research

Be involved in a study  
about a treatment for  
chronic low back pain



## Do you have

- Low back pain lasting more than 3 months?
- Access to the internet
- A willingness to try a new treatment approach

## Would you like to

- Be involved in a clinical trial
- Learn more about yourself
- Contribute to science

## What is involved?

- Speak to the receptionist for more information and to receive a Participant Information Sheet

## Why be involved in this research study?

- Research suggests that people who experience long term or recurrent episodes of low back pain may also experience symptoms of anxiety and depression.
- Your involvement will help in the evolution of further research and treatments to help people with low back pain.

## What are you hoping to find out?

- Since this is a first ever study we can't predict what the results will be, but we are excited about finding out more about how treatments can be more effectively developed and delivered to patients with chronic low back pain.



## I am interested in participating

- Please speak to our receptionist who will give you a Participant Information Sheet to read through and possibly a brief video to watch.