

STUDIES MENTIONED IN ELEVATE SESSION

Advances in Addressing Pain and Pain Disparities

Virtual Reality for Chronic Pain

- An 8-Week Self-Administered At-Home Behavioral Skills-Based Virtual Reality Program for Chronic Low Back Pain: Double-Blind, Randomized, Placebo-Controlled Trial Conducted During COVID-19 – <https://www.jmir.org/2021/2/e26292/>
- Self-Administered Skills-Based Virtual Reality Intervention for Chronic Pain: Randomized Controlled Pilot – <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7381022/>

Empowered Relief (single-session pain relief skills class)

- Empowered Relief: Comparison of a Single-Session Pain Management Skills Intervention with a Single-Session Health Education Intervention and 8 Sessions of Cognitive Behavioral Therapy in Adults with Chronic Low Back Pain – <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2783047>
- Efficacy of a Single-Session “Empowered Relief” Zoom-Delivered Group Intervention for Chronic Pain: Randomized Controlled Trial Conducted During the COVID-19 Pandemic – <https://www.jmir.org/2021/9/e29672>

Opioid Tapering

- Engagement in Prescription Opioid Tapering Research: The EMPOWER Study and a Coproduction Model of Success – <https://link.springer.com/article/10.1007%2Fs11606-021-07085-w>
- Comparative Effectiveness of Cognitive Behavioral Therapy for Chronic Pain and Chronic Pain Self-Management within the Context of Voluntary Patient-Centered Prescription Opioid Tapering: The EMPOWER Study Protocol – <https://academic.oup.com/painmedicine/article/21/8/1523/5687295>