

Participant Information Sheet
PPSU ETHICAL REVIEW COMMITTEE

[To be filled in two copies, signed by both – participant as well as investigator]
[One copy to be given to participant and other retained by investigator]

This Information sheet is for [mention to whom it is to be given]: ***Patients with Chronic Musculoskeletal Pain***

The title of our research project: ***Effect of bio psychosocial comprehensive chronic pain management physiotherapy Practice protocol in patients with Chronic Musculoskeletal Pain***

Name of Principal Investigator: Thangamani ramalingam Alagappan

Contact no. of Principal Investigator: 9426439169

Name & address of Organization: The Sarvajanic college of physiotherapy, Rampura, surat395003

Introduction

I am going to give you information and invite you to be part of this research. Before you decide, you can talk to anyone you feel comfortable with about the research. There may be some words that you do not understand. Please ask me to stop as we go through the information and I will take time to explain. If you have questions later, you can ask them of me.

Purpose of the research

This study is intended to find the development, feasibility and effect of a multi dimensional physiotherapy treatment sessions based on the bio psychosocial approach versus a traditional biomedical approach *in patients with Chronic Musculoskeletal Pain*. Results of this study will provide substantial evidence regarding the role and benefits of Bio psychosocial comprehensive pain management physiotherapy protocol on central sensitization, Fear avoidance, self efficacy and disability in patients with Chronic Musculoskeletal Pain. The use of Bio psychosocial comprehensive pain management physiotherapy protocol may improve the evidence-based practice of physiotherapy.

Participant selection

Participants will be selected based on the inclusion and exclusion criteria and allocated into control and intervention groups after randomization.

Voluntary Participation

Your participation in this research is entirely voluntary. It is your choice whether to participate or not. Whether you choose to participate or not, will not have any effect on the health/ educational services you are currently receiving. You may change your mind later and stop participating even if you agreed earlier.

Procedures and Protocol

Effect of bio psychosocial comprehensive chronic pain management physiotherapy Practice protocol in patients with Chronic Musculoskeletal Pain

Proposals not in format would not be accepted. Kindly print on both sides of the page, Save Paper. Page 1 of 2

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Comprehensive chronic pain management protocol (Bio psychosocial approach) includes - Standard physiotherapy protocol weekly thrice for 8 weeks plus Neuro physiological education, Relaxation, Cognitive Behaviour modification AND self-management strategies for weekly twice for 8 weeks (16 sessions)

Risks

There will be no harmful risk in participating this program as it is totally education based learning sessions.

Benefits

After eight weeks of the program, you may improve your self-efficacy to manage your pain level and your quality of life may improve.

Confidentiality

I will not share the identity of your participation without your consent

Sharing of information

The results of the research would be used for academic purpose. We will publish the results in order that other interested people may learn from our research. Your identity will not be revealed in any information released to third parties or published.

Right to Refuse or Withdraw

You are free to withdraw from this study at any time, without giving any reason, without your medical care or legal rights being affected.

Signature, name and address of participant/ Legally acceptable representative

Signature, name and address of witness [if applicable]:

Signature with name of investigator

Address of Ethics Committee with contact number:

PPSU ETHICAL REVIEW COMMITTEE
+91 9916247924 [Member Secretary]