Future Research Priorities

1) Reduce Disparities
2) Develop & test treatment adaptations
3) Examine key factors of real-world implementation & sustainability

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Reduce Disparities

• The problem of pain in low SES populations
  – Lack of access to healthcare resources
  – Higher rates of pain and disability
  – Higher rates of comorbidities

• Much treatment research involves middle-class patients/high health literacy
  – Easier to reach, engage and retain
  – Conclusions may not generalize to disadvantaged populations

• Need treatment research targeted toward disadvantaged individuals

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Develop & Test Treatment Adaptations /Real-World Implementation

• Identify/target key mechanisms of change (e.g., catastrophic thinking, acceptance, self-efficacy)

• Patient-appropriate treatment simplifications (e.g., literacy adaptations of patient materials, simplifying methods of treatment)

• Compare efficacy of treatments (e.g., pain education, cognitive-behavioral therapy) for different populations (heterogeneity of treatment effects)

• Test protocol changes (e.g., brief, individual, group medical visits, web-delivered, apps)

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