

A Nationally Scaled Telebehavioral Health Program for Chronic Pain: Characteristics, Goals, and Psychological Outcomes

Telemedicine and e-Health

Summary

This study demonstrated the observed clinical impact of a scaled virtual behavioral health program for chronic pain designed to address comorbidities and primary concerns commonly encountered by the millions of U.S. adults living and working with pain. Participants shared common sources of pain, behavioral health goals, and mood triggers, with more than half having elevated depression, anxiety, and/or stress scores at baseline. After completing the 8-week program, participants experienced clinically meaningful reductions in depression, anxiety and stress symptom severity; more than half experienced a greater than 50% reduction in depression severity.

Demographics

- 170 participants
- Average age: 53 years
- 24% male/76% female

“Depression, anxiety, and stress symptoms improved in the majority of symptomatic participants; these outcomes did not vary by participant sex.”

Key Outcomes

Significant improvement in behavioral health symptom scores:

- 54% Depression
- 50% Anxiety
- 33% Stress

Common Mood Triggers:

- Pain
- Health concerns
- Relationship challenges
- Work-related Issues
- Financial concerns

Shared Goals:

- Pain management
- Weight loss
- Increased physical activity
- Mood management
- Improved diet

Full Study

Mochari-Greenberger H, Peters A, Vue L, Pande RL. A Behavioral Telehealth Program for Chronic Pain: Participant Characteristics, Goals, and Psychosocial Outcomes. *Telemed J E Health*. 2017;23:640-648.

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