

**Title: A systematic review on outcome measures utilised to measure change in self-management in chronic pain: PROTOCOL**

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**Background and objective:** Self-management (SM), is defined as ability to manage symptoms, their treatments, resulting physical, psychological and life style changes, is recommended in major European guidelines as a core treatment component for chronic pain conditions. However, outcome measures designed to assess the change in SM remain contested for their ability to detect change and are not thoroughly researched in a systematic review in chronic pain before. The objective of this systematic review, therefore, is to appraise and synthesise the evidence on outcome measures utilised to measure the change in SM in patients with chronic pain.

**Methods:** MEDLINE, EMBASE, CINAHL, PsycINFO, the Cochrane Library and Google Scholar will be searched electronically using a combination of Medical Subject Headings, keywords and validated Cochrane filters for randomised controlled trials. Full-text primary research reports (written in English) of randomised and non-randomised controlled trials, which have purposefully utilised a composite quantitative SM outcome measure to examine the effectiveness of any non-surgical intervention in adult (18 years with no upper age limit) participants with chronic pain, will be included in this review. Studies involving participants with carcinoma, episodic pain, trauma, substance abuse, addiction, AIDS and end-of-life care conditions will be excluded. Study details, populations' characteristics, details of SM outcome and other outcome measures will be extracted. Risk of bias in the included studies will be assessed by two independent reviewers following the Cochrane guideline. Frequency and characteristics of the different SM outcome measures used in the selected studies will be appraised in this review. Review findings will be reported in keeping with the PRISMA guideline. The results of this review will not only augment the literature but also provide clinicians appraised options for SM outcome measures suitable for using in chronic pain clinical trials, which may translate in better delivery of an intervention targeting to change SM in future.

**Key words:** chronic pain, self-management, outcome measures, systematic review

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