



Do YOU have CHRONIC PAIN? – We need your help please!

Can you take part in our study? Yes - if you are at least 18 years of age, had pain for at least six months, and you have tried to exercise at least once since your pain started.

We are studying what people with chronic pain experience in their lives, including what beliefs might relate to their exercise levels. You do not have to be exercising right now to participate.

Want to volunteer? It's as easy as... filling out **3** online surveys. After you do the first survey, you may be emailed a link to do a second survey, 2 weeks later. The surveys will ask you chronic pain-related questions. The surveys will also ask you about your recent exercise behavior.

The surveys are very easy to complete. The first survey will take about 30 - 45 minutes to do. The second survey (2 weeks later) and third survey (2 weeks after the second survey) are even shorter to do, taking about 15-20 minutes each. **Doing the surveys would be of great help to us!**

Are there any risks to you? There are no risks to doing our study.

You simply answer questions about your experiences with pain and thoughts you have about exercising.

Will your answers be confidential? Of course – completely confidential!

No one, other than the researchers, will see your answers, plus we only present our findings in group form. We have procedures in place to make sure that your answers are carefully protected.

Our study is approved by the Behavioural Research Ethics Board, University of Saskatchewan (BEH# 16-381).

If you are interested in volunteering, please follow this link:

<https://fluidsurveys.usask.ca/s/ChronicPain/>



-The link will begin with an informed consent form, followed by the survey.

Got Questions? We have answers: Please email Miranda Cary:
miranda.cary@usask.ca

**This research will be used in part for a graduate student's doctoral dissertation research (Miranda Cary). Results may help people to exercise more and help them to better manage their pain*