

Pilot Summary

- Veterans with knee or hip arthritis were successfully recruited and retained
- Retention and ratings of activities were similar across positive and control groups
- Compared to control group, positive group showed:
 - Significant improvement in self-reported functioning
 - Non-significant improvement in self-reported pain
 - Significant improvement in negative affect and life satisfaction
 - No difference in positive affect

Limitations

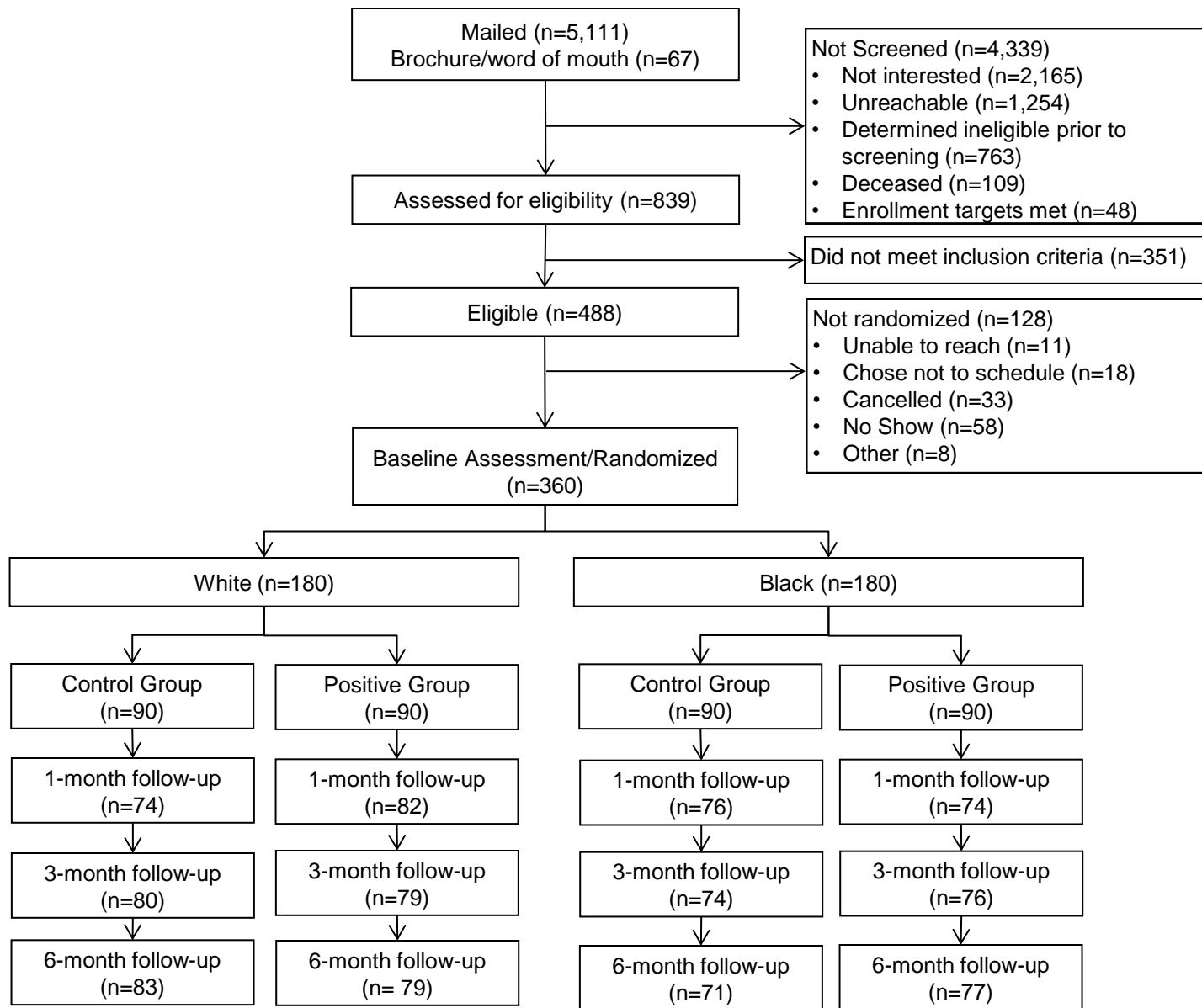
- Single site
- Small sample
- Not powered to detect race differences
- Few females

Phase 3

Staying Positive: An Intervention to Reduce Osteoarthritis Pain Disparities (VA IIR 13-080)

Pilot Study vs. Main Study

Feature	Pilot Study	Main Study
Sample size	N=42	N=360
Sites	Pittsburgh	Pittsburgh & Philadelphia
Recruitment strategy	Opt-in for screening	Opt-out of screening
Workbooks		New color scheme Re-ordered control activities Tweaked some examples



Study Status

- Analyses underway with original target cohort
 - N=360; 85 women
- Preparing data from expanded cohort for additional analyses
 - N=517; 139 women

Preliminary Findings

Pilot Study



2014: Maddie Bowman celebrated after winning the gold, holding up the American flag.

Image Source: [Getty / Cameron Spencer](#)

Main Study



2018: Maddie Bowman lays on the snow after a fall in the women's freestyle skiing halfpipe final.

JACK GRUBER, USA TODAY SPORTS

What happened?!

- Overly inclusive eligibility criteria?
 - Mean pain at baseline was 48.8 (sd=17.6) on 100-point scale
 - Restricting analyses to those with >median baseline pain yields same pattern
- Was there non-adherence?
 - 66% entirely or partially completed at least 5 of 6 activities
 - Restricting analyses to that 66% yields same pattern
- Were activities too difficult?
 - Mean difficulty rating of 2.2 (SD=1.8) difficulty on 7-point scale
- Were there benefits that weren't captured by our survey measures?
 - Anecdotal comments indicate that some Veterans REALLY liked the program

Comments from Positive Group

“At first I thought this program was a pain in the a**. Then, as I started to do it, I saw that the point was not to be too depressed about the pain. It's easy to get down when you're hurting, but it's good to notice that nice things are still happening in life.”

“Glad it helped me a little with the pain. I used less medication.”

“Most of the things with the study are keeping me positive. Most of the things I did, I've been doing but now I pay attention to them. It not only has been beneficial to me but to my family too. I enjoyed being in it.”

“There needs to be more programs like this.”

Comments from Control Group

“I enjoyed this whole study. I enjoyed it very well and I think it benefited me. I feel pretty great and I think being positive is a big factor in health.”

“I think it has helped a lot with pain. I don't have as much pain as when the study started. The activities are good to take your mind off the pain.”

“I think I've become a little more attentive to my arthritis. I do the most positive things I can and try to enjoy them. I would recommend this to someone else.”

“Whoever thought of this is a genius.”

Next Steps

- Finalize and publish main outcomes
- Conduct gender comparisons with expanded cohort
- Analyze open-ended comments to identify where additional cultural adaptations are needed

THANKS!

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