Online Acceptance and Commitment Therapy for Chronic Pain in a Sample of People with Chiari Malformation: A Pilot Study


**Purpose**
Many patients with CM experience chronic pain, depression, anxiety, and sleep dysfunction. Effective, specialized and accessible psychological interventions for CM patients are needed.

**Methods**
53 adults (aged 18-65) with CM were randomized into either a treatment or control group. All participants completed weekly surveys on mental health outcomes. The treatment group completed 8 weekly online self-guided Acceptance and Commitment Therapy intervention modules.

**Results**
Participants in the ACT intervention group had improved psychological flexibility and chronic pain acceptance. There were no improvements in sleep dysfunction, anxiety, depression, or pain interference.

**Conclusions**
The ACT intervention successfully taught ACT psychological processes. A follow-up study is currently examining what specific components of the intervention are particularly efficacious.

This study was funded by the Conquer Chiari Research Foundation and was registered with Clinical Trials.gov (Identifier NCT04089670, 19-17).