

I-STOP Study: An ongoing research initiative for comorbid opioid use disorder and chronic pain inpatients

Introduction

The I-STOP Study is:

- An ongoing National Institutes of Health (NIH) and National Center for Complementary and Integrative Health (NCCIH) -funded clinical trial
- For those who are diagnosed with opioid use disorder and experience comorbid chronic pain.
- Currently seeking participants ages 18 to 65 in the Denver Metro Area.
- Accepting patients with inpatient experience.
- Seeking to address both the chronic pain component and opioid addiction treatment component within the same inpatient treatment setting (concurrently, rather than sequentially), incorporating an exercise component.

Methodology

I-STOP Study Treatment Protocol:

- The I-STOP Study treatment protocol was build using techniques from Self-Regulation and Cognitive Behavioral Therapy.
- Participants for aim 1 and 2 have been interviewed from four different inpatient addiction treatment centers across the country about exercise and pain experiences.
- Cycling/therapeutic interventions will occur at various treatment centers as well as we begin aims 3 and 4, evaluating the group therapy and exercise protocol for patients with OUD and pain.
- Participants will be compensated for their time.

Future Directions and How You Can Help

The I-STOP study treatment protocol is being tested:

- For possible future dissemination to addiction inpatient treatment centers that may not have prior training in or access to pain management protocols.
- To prepare therapists with no prior education in pain management to utilize the protocol.
- To provide further direction and research pathways for addressing the opioid epidemic.

We are **currently looking** to partner with additional inpatient/residential sites in Colorado for the pilot phase of this grant.

For more information on study recruitment, please contact our study coordinator, Dallas, at the University of Colorado Denver.

More information can also be found on the CU Denver Biopsychosocial Pain Management Lab website:

<https://clas.ucdenver.edu/wachholtz-lab/get-involved>

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Purpose

Aim 1

- To describe the timing, preferences, facilitators, and barriers to exercise as well as pain experiences in patients with OUD and pain in residential programs, to optimize the STOP program for inpatients, and to conduct focus groups with treatment center staff
- Ongoing in 2020

Aim 2

- To evaluate the feasibility of an assisted rate cycling/voluntary rate cycling protocol and I-STOP as adjunctive treatments to MAT in patients with OUD and pain enrolled in residential treatment programs and determine what components will be integrated into the R33 phase
- Ongoing in 2020

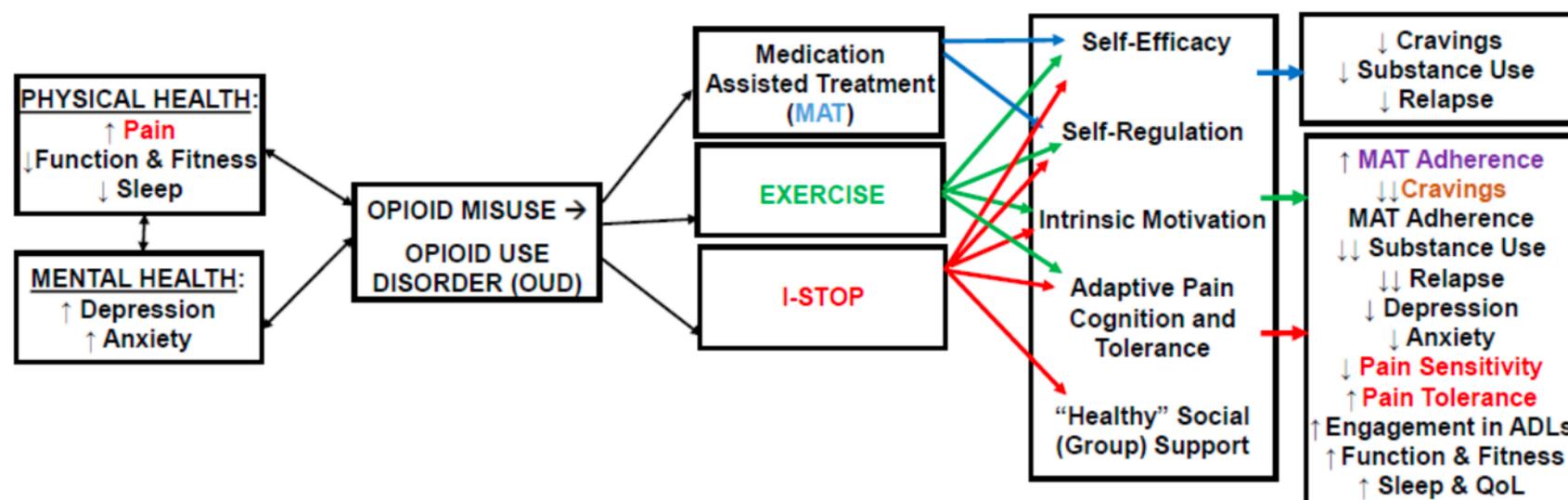
Aim 3

- Evaluate the effects of assisted rate cycling, voluntary rate cycling, and I-STOP individually and in combination as adjunctive treatments to MAT on craving outcomes in OUD and pain patients
- To begin later in 2020 or early 2021

Aim 4

- Evaluate the effects of assisted rate/voluntary rate cycling and I-STOP on outcomes of pain, depression, anxiety, weight, and sleep as well as adherence to MAT 4 weeks after the intervention
- To begin late 2021.

Hypothesized Model of Exercise and Psychotherapy on Cravings, Pain and MAT Adherence.



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