Applying a Biopsychosocial Perspective to Self-Management of Chronic Pain (R01 Clinical Trial Optional)

National Institutes of Health

- Adapt integrative models of care that address the psychological and social influences on optimal self-management of chronic pain
- Assess the effect of biopsychosocial approaches to self-manage chronic pain on non-pain domains such as sleep, cognition and functional activities of daily living
- Adapt or develop technological tools that can improve psychological and social well-being, e.g., by reducing social isolation, in order to promote self-management of chronic pain
- Identify psychosocial barriers to chronic pain self-management in disparate populations, including populations at-risk for undertreatment of chronic pain
- Conceive models of biopsychosocial predictors of chronic pain that can inform self-management strategies
- Tailor biopsychosocial-centered approaches to chronic pain that emphasize self-management as care rather than cure

<table>
<thead>
<tr>
<th>Sponsor</th>
<th>Name of Program</th>
<th>Deadline</th>
<th>Brief Description</th>
<th>Opportunity ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Institutes of Health</td>
<td>Applying a Biopsychosocial Perspective to Self-Management of Chronic Pain (R21 Clinical Trial Optional)</td>
<td>2/16/2019</td>
<td>The purpose of the Funding Opportunity announcement is to encourage grant applications from the scientific community on applying a biopsychosocial perspective to self-management of chronic pain. For the condition of chronic pain, meaning pain that persists past the expected healing time, opioid therapy is often the treatment of choice. The awareness, however, of the unintended consequences of prescription opioids, e.g., opioid use disorder and overdose, as well lack of evidence of long-term benefits of opioids, contributed to the 2016 CDC guidance that nonpharmacologic therapy and nonopioid pharmacologic therapy are preferred for chronic pain. Yet the evidence base for effective, nonpharmacologic options is inadequate, while opioid prescriptions remain high. For the 25 million Americans who suffer each day from chronic pain, such realities underscore the critical need to accelerate research that can benefit this population. As described in the literature, chronic pain is a highly personal symptom, and physical signs are not universally present. A biopsychosocial model of chronic pain is aligned with these descriptors, as it recognizes that in addition to a physiologic cause, pain perception and the biobehavioral response to pain are significant contributing factors.</td>
<td>825</td>
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**Total Number of Opportunities** 2