



## Transforming Chronic Pain Project

### Summary and results of the survey about chronic pain done in 2009

#### General:

The survey aimed to show the effect of a 4-session process of the Grinberg Method, focused on a specific pain, while clients learn to develop body awareness and control and stop automatic reactions to pain.

There was no control group and with the practitioners filling in the questionnaires with their clients. Clearly these factors allow us to relate to the study only as an inner survey.

The results of the data, as specified below, were analyzed by a statistician and this summary is based on her report.

#### Data:

**29 practitioners** participated in the survey from **5 countries** (7 locations).

Data was collected from questionnaires filled by **300 clients**; each filled **3 questionnaires** at pre-defined periods:

- Questionnaire 1:** Before a 4-session Grinberg Method process
- Questionnaire 2:** A week after the 4<sup>th</sup> session
- Questionnaire 3:** 3-3.5 months after the 4<sup>th</sup> session

Each client chose one specific pain (defined by its location).

We investigated results of **14 parameters**: frequency of the pain, duration, usage of medicine, the severity of pain, the effect of the pain on: level of energy, motivation, mobility, occupation, family/home responsibilities, recreation activities, relationships, sleep, digestion and concentration. Each parameter had a result for the three periods of time.

Out of the 300 clients 211 (70.3%) were females.

Age ranged between 19 and 78 years.

Out of the 300 clients 76 clients had low back pain (25.3%), 50 had pain in the neck (16.7%).

During the study period 51 clients (17%) started a regular Grinberg Method process.

#### Analysis results:

The analysis was based on the changes of scores for each client in the following time points:

1. Pre-sessions and a week after the 4 sessions (questionnaires 1 and 2)
2. Pre-sessions and 3-3.5 months after the 4<sup>th</sup> session (questionnaires 1 and 3)

A statistically significant improvement in scores ( $\alpha = 0.05$ ) was detected for all 14 parameters when comparing post to pre-sessions (time point 1), and also when comparing post 3-3.5 months to pre-sessions (time point 2).

Main improvement was seen from pre-sessions to the post 4-sessions time point, but improvement stability was demonstrated also after 3-3.5 months.

Percentage of clients that reported improvement from baseline (pre-sessions) are given in the detailed analysis for each of the 14 parameters, for the 2 time points above. For example:

	<b>Before sessions &amp; a week after</b>	<b>Before sessions &amp; 3-3.5 months after</b>
pain occurrence	74%	79%
pain duration	84%	85%
medicine usage	31%	32%
Questions 4–14 all relating to the effect of pain on different daily domains	30% - 84%	32% - 79%

No significant association between success of the 4-session process and the clients' age and gender were detected.