



Transforming Chronic Pain Project

Summary and results of the survey about chronic pain done in 2010

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 biostatistics and this summary is based on her report.

Data:

20 practitioners participated in the survey from **the area of Berlin and Essen in Germany**.

Data was collected from questionnaires filled by **186 clients**; ten out of the remaining 186 had data only on the 2 questionnaire resulting in data of **176 clients** each filled **3 questionnaires** at pre-defined periods:

- Questionnaire 1:** Before a 4-session Grinberg Method process
- Questionnaire 2:** A week after the 4th session
- Questionnaire 3:** 3-3.5 months after the 4th 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 186 clients 147 (79.0%) were females.

Age ranged between 19 and 74 years.

Out of the 186 clients 43 clients had low back pain (23.1%), 26 had pain in the head (14.0%), 25 clients had pain in the shoulder (13.4%) and 23 clients had pain in the neck (12.4%).

During the study period 30 clients (16.1%) out of 176 clients 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 4th session (questionnaires 1 and 3)

A statistically significant improvement in scores ($\alpha = 0.05$) was detected for 13 parameters (quantity of pain medication resulted in non significant difference) 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. Only the parameter of quantity of pain medication resulted in non significant difference.

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:

	Before sessions & a week after	Before sessions & 3-3.5 months after
pain occurrence	63%	68%
pain duration	87%	74%
medicine usage	25%	29%
Questions 4–14 all relating to the effect of pain on different daily domains	69% - 91%	71% - 90%

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