

**Journal of Pediatric Psychology Advance Access originally published online on August 24, 2005**

Journal of Pediatric Psychology 2006 31(7):714-723; doi:10.1093/jpepsy/jsj064

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## Development and Evaluation of a Cognitive-Behavioral Intervention for Juvenile Fibromyalgia

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**Objective** To describe the development and test the efficacy of a cognitive-behavioral intervention (CBT) for juvenile fibromyalgia. **Method** Sixty-seven children with fibromyalgia and their parents were recruited to participate in an 8-week intervention that included modules of pain management, psychoeducation, sleep hygiene, and activities of daily living. Children were taught techniques of cognitive restructuring, thought stopping, distraction, relaxation, and self-reward. Additionally, they kept daily pain and sleep dairies. Children completed questionnaires of pre- and post-treatment measuring physical status and psychological functioning. **Results** Following CBT, children reported significant reductions ( $p < .006$ ) in pain, somatic symptoms, anxiety, and fatigue, as well as improvements in sleep quality. Additionally, children reported improved functional ability and had fewer school absences. **Conclusion** Children with fibromyalgia can be taught CBT strategies that help them effectively manage this chronic and disabling musculoskeletal pain disorder.

**Key words:** cognitive-behavioral intervention; juvenile fibromyalgia; pain management.

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Online ISSN 1465-735X - Print ISSN 0146-8693

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