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Online Psychological Treatment for Pediatric Recurrent Pain: A Randomized Evaluation

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Objective To evaluate the efficacy of a distance treatment delivered through Internet and telephone for pediatric recurrent pain. **Methods** Forty-seven participants (9–16 years of age) were randomly assigned to either an Internet-based treatment or a standard medical care waitlist. Treatment employed a Web-based manual for children and parents with weekly therapist contact by telephone or e-mail. At 1- and 3-month follow-ups, participants were assessed on the outcome variables of pain and quality of life. A 50% reduction in diary pain scores was considered clinically significant. **Results** Significant between-group differences were found: 71 and 72% of the treatment group achieved clinically significant improvement at the 1- and 3-month follow-ups, respectively, whereas only 19 and 14% of the control group achieved the criterion. No significant differences were found on the quality of life variable. **Conclusions** Distance methods have considerable potential for making effective treatments more accessible with lower associated costs.

Key words: abdominal pain; distance treatment; headache; Internet; online; pediatric; recurrent pain.

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