

# What to Expect with the HOPE Study

Thank you for being a part of the **HOPE Study**. Research has shown that people who are prescribed medications for opioid use disorder often have trouble with chronic pain and engaging in daily activities they care about.

The purpose of the **HOPE Study** is to learn if a new treatment program helps individuals improve their quality of life by building skills for living with chronic pain and managing opioid craving.

## 1. Screening Interview



**How Long: 2 hours**

**What to expect:**

- We will ask you questions about yourself, your pain and your medications.
- You will have a urine test.
- If the study is right for you, you will be assigned to 1 of 2 groups\*:

**New Treatment-** You will learn ways to cope with pain and manage opioid cravings in a small-group setting (3-10 people).

**Educational Treatment-** you will get a brochure about pain treatment resources and opioid overdose prevention and speak with a therapist for 15 minutes about concerns

*\*Everyone has an equal opportunity of being assigned to the study treatment group or the education group.*

*The doctor does not decide which group is assigned. The participant does not decide either. There is an important reason why. Each group needs to have a mix of different kinds of participants. This is the best way to find out whether the treatment sessions or the education session work best.*

## 2. Treatment Period



**How long: 12 weeks**

**What to expect:**

- **New Treatment-** You will participate in 12 weekly online treatment sessions with other study participants. Each session lasts 60-90 minutes.
- **Both Treatments-** You will complete weekly questionnaires, each lasting about 10 minutes.
- **Both Treatments-** Once a month, you will have a urine test and answer questions about your alcohol and drug use.

## 3. Follow-up Period



**How long: 12 months**

**What to expect:**

- You will have 3 follow-up visits, where you will have a short interview and answer questions about your pain. Each visit lasts about 60 minutes.
- You will have 12 monthly visits to have a urine test and answer questions about your alcohol and drug use.

## 4. Compensation



**How long: Throughout the study**

**What to expect:**

- **Both Treatments-** You will be compensated for all urine drug screens, study visits, and surveys you complete

**For questions please contact:**

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