


Have Pain?

Want flexible treatment options?

VA has an effective treatment for persistent pain. Read how Kai learned about a program offering **tailored, phone-based recordings, provided by a coach, to improve pain.**


Kai watched a video from a fellow Veteran about cognitive behavioral therapy (CBT) to improve pain.

Watch the video:
<https://tinyurl.com/va-cbt>




Kai was worried about the 10-week commitment for in-person CBT sessions.

Kai is very busy, so getting to appointments would be difficult.



Kai learned about a **new** form of CBT that can be done via personalized, phone-based recordings, from the comfort of Kai's home.



Kai wondered if this approach would work as well as face to face.

The answer is yes, based on studies by VA researchers.

Study Results



Phone-based CBT is as effective as in-person treatment for pain.



Physical Functioning

The percent of participants who were at least somewhat active tripled **from 8%** at the study's start **to 24%** at the end.



Sleep Quality

Sleep quality for participants in both groups **improved significantly.**

Read the study findings:

<https://pubmed.ncbi.nlm.nih.gov/28384682/>
<https://pubmed.ncbi.nlm.nih.gov/33386530/>

Take Action

VA Medical Centers, beginning with the **New England service network**, are rolling out this tailored, phone-based CBT program.

If New England is where you receive care, call the COPES program to learn more: **(833) 314-7738**

Other VA locations offer standard CBT appointments. Ask your provider about CBT for pain.

