

PROJECT DETAILS

Project Title:

Use of Behavioural Activation to Manage Pain: A Feasibility Clinical Trial

Project Summary:

We aim to determine whether Behavioural Activation (BA) is a feasible and cost-effective intervention for chronic pain. One in three people experience chronic pain, with costs exceeding those of heart disease, cancer, and diabetes in some countries. While CBT is the recommended treatment, its accessibility is limited. Emerging evidence suggests BA may be equally effective for depression, and our scoping review indicates its potential for chronic pain. This feasibility study will assess if it might be feasible to conduct a large-scale implementation trial to improve access to psychological care for rural Australians disproportionately affected by chronic pain.

Preferred Applicant Skillset:

We are looking for a self-motivated PhD candidate with the following:

- Bachelor's degree in a health-related field with first- or second-class honours and/or Master's degree with a research component or equivalent from a recognised university.
- IELTS score of ≥ 7 across all bands where relevant tertiary education is not completed in an English-speaking country.
- Interest in low intensity psychosocial interventions.
- Evidence of excellent interpersonal, communication, and scientific writing skills.
- Relevant experience in quantitative and qualitative research methodology.
- Knowledge of chronic pain and challenges faced by rural communities in accessing health services.

Primary Contact:

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