

HOW DO I KNOW THIS STUDY IS SAFE?

To keep people safe during the pandemic, this study will be done on the internet or by telephone. You will not need to come to UMass. There will be no in-person meetings for this study. It is important to know that there are several layers of safety monitoring for this research study.

UMass Boston's Institutional Review Board reviews the study carefully every year for the protection of the participants.

The safety and comfort of our study participants is one of our most important goals.

Confidentiality

Confidentiality is one of the basic rights of research participants. All staff who are working in this study are trained to protect the privacy of the participants. Data used for analysis in this research and for publications will be identified by numbers only; no names will be used.

Who are the researchers conducting this study?

The research team consists of highly qualified and accomplished research scientists.

Suzanne Leveille, PhD RN

Principal Investigator
Department of Nursing

Tongjian You, PhD

Principal Investigator
Department of Exercise and Health Sciences

**University of Massachusetts
Boston**

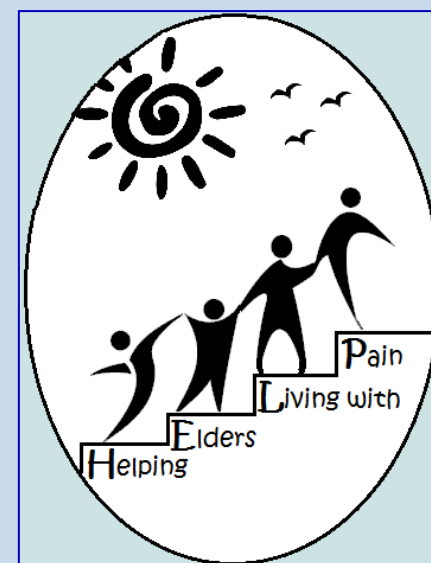
**For information about the study,
please call the following number:**

617-952-1301

For more information about the study,



The HELP 2 Study Helping Elders Living with Pain



The HELP 2 Study

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The First HELP Study

From 2014 to 2017, we had a grant from the National Institute on Aging, part of NIH, to do a small study in the Boston area, testing different types of exercise. We compared mind-body exercise to gentle physical exercise in a group of 54 older adults who had chronic pain. We found that people were able to do both types of exercise and our study suggested some health benefits from the mind-body exercise program.



WHO CAN PARTICIPATE?

- ◆ age 65 or older
- ◆ living in the community in the Boston area

WHAT WILL I HAVE TO DO?

For the HELP 2 Study, we will be conducting 3 pilot studies:

- 1) a telephone interview study to find out which adults living in the community might be eligible for the next exercise study.
- 2) a focus group study, which will involve one-time discussion group on the internet about older adults' experiences and interests in mind-body exercise
- 3) a small study of a short course of mind-body exercise, 2 online classes per week for 4 weeks

WHAT WILL I RECEIVE FOR MY TIME AND EFFORT?

Participating in research is a generous act which deserves recognition. Research volunteers contribute to an important scientific effort which ultimately benefits many people.

Participants will receive a small stipend (\$20 gift card) for joining either the interview or focus group studies. Those who join the exercise group will have a free 4-week long exercise program. To reimburse people for their time and effort in the exercise study, stipends will be provided before and after the exercise course – \$25 for the baseline interview, \$50 for final interview.

HOW WILL THE STUDY INFORMATION BE USED?

The information gathered during this study will be used by researchers in order to find ways to use mind-body exercise to help older persons who have chronic pain to be healthy and get around safely.

The HELP 2 Study

The purpose of the new study is to find out more information about what older adults think about joining mind-body exercise programs, such as Tai Chi. We will use this information to plan a bigger study of Tai Chi exercise for older adults who live with chronic pain, to help them stay as healthy as possible and to continue to live independently.