

What will I be asked to do?

Phase 1

During **Phase 1** of the **HOPE** study, you will be randomly assigned (like tossing a coin) into one of two groups: Pain Coping Skills Training (PCST) or Usual Care.

If you are assigned to the PCST group, you will:



Attend video-based sessions with a trained coach to help you learn skills to manage your pain (Weeks 1-12)



Complete brief, automated, booster phone sessions during which you will be asked to answer questions about your pain (Weeks 13-24)

If you are assigned to the Usual Care group, you will:

Receive information about pain, pain medications, and ways to manage pain. You will continue to work with your usual doctors to manage your pain.

Phase 2



In **Phase 2** of the **HOPE** study we will be testing whether a drug called buprenorphine improves pain. Buprenorphine is a unique type of opioid medication that has similar effects on pain as other opioid medications but has a lower risk of slowing or stopping your breathing.

At Week 24, if you are taking opioid medication for your pain, you may be offered the opportunity to switch from your usual opioid pain medication to buprenorphine for 12 weeks.

If you are offered buprenorphine you will be encouraged but not required to make this change.

Other Important Details

- Your participation will last 8-10 months
- Participation is voluntary, you can stop at any time
- You will be paid for completing activities
- Visits can take place during times that fit your schedule
- No travel is required

To see if the **HOPE** study might be a good fit for you, please complete our survey by going to www.HOPEHDSurvey.org or use your smartphone camera to scan the QR code to the right.

