

## Assessment of usability and satisfaction with a take-home device presenting sound and body stimulation for back pain

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

**Inclusion Criteria:**

- must have chronic lower back pain, defined as back pain lasting 3 or more months,
- willing to travel to the University of Minnesota and commit to the study duration

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**Exclusion Criteria:**

- cannot have any implanted stimulation devices

### Conditions & Interventions

**Conditions:**

Bone, Joint & Muscle

**Keywords:**

Back Pain

### More Information

**Description:** The purpose of this study is to measure the compliance, usability, and satisfaction of an at-home, multi-modal stimulation device in a diverse population of people with chronic lower back pain (cLBP) compared to a group of participants who are engaging in integrative health practices. The multi-modal device will include a combination of electrical stimulation, auditory stimulation, and integrative-health techniques, including mindfulness breathing, health coaching, and reflective journaling. The multi-modal device creation is based on prior knowledge in lower back pain treatment, which includes electrical stimulation of the back (Transcutaneous Electrical Nerve Stimulator or TENS) and integrative health modalities. Findings from this usability pilot study could help refine the approach and the multi-modal device for a future intervention study in cLBP participants.

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**IRB**

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