



Space in Chronic Pain Descriptor from Depression and Anxiety

The Space from Chronic Pain programme has been written for individuals living with chronic pain who are experiencing symptoms of low mood, depression and anxiety.

The programme endeavours to relieve the symptoms of low mood and anxiety by:

- Focusing on developing more flexible ways of thinking, not only in relation to the individual's condition but in other aspects of their life
- Increasing awareness and understanding of emotions in the context of living with a chronic condition
- Increasing activity and motivation in daily life, in the context of physical limitations that can occur when living with Chronic Pain

The Space from Chronic Pain programme consists of 10 modules, which aim to reduce symptoms of depression and anxiety in individuals living with Chronic Pain using the principles of Cognitive Behaviour Therapy (NICE, 2009).

It is accessible 24/7, which allows users to access the programme at a time and place that suits them.

Each module is designed to follow a goal orientated and structured format comprising of an introductory video and quiz, psychoeducational content with examples and personal stories, interactive activities, homework suggestions and summaries.

Programme Modules

Getting Started

The module contains psycho-educational content on Chronic Pain, which illustrates how living with chronic pain can impact on psychological wellbeing. The user is also provided with a number of activities to enable them to become more aware of their mood and to understand their



situation. This module also introduces the user to Cognitive Behavioural Therapy (CBT) and how the Thoughts, Feelings Behaviour (TFB) Cycle can be a useful tool in understanding how the experience of living with chronic pain can be linked to low mood and feelings of anxiety.

Understanding Feelings

This module focuses on the “feelings” component of the TFB Cycle in Depression. The aim of this module is to help the user to understand and identify their emotions and their association with low mood, anxiety and Chronic Pain. This module also addresses the physical body reactions that are associated with low mood and anxiety, and the importance of considering the impact of lifestyle choices on mood. Content in this module has been tailored to acknowledge the presence of chronic pain and its link to lifestyle choices. The user can begin to build their own TFB cycles and track the impact of their lifestyle choices on their mood in this module.

Boosting Behaviour

This module focuses on one of the core issues of low mood and depression – inactivity and a lack of motivation. The user is introduced to the cycle of inactivity and its role in maintaining low mood and depression and the symptoms of chronic pain. This module helps the user to identify ways to motivate themselves to engage in pleasurable activities and activities that provide a sense of achievement, while being mindful of the need to pace themselves. The user also learns about practical strategies to tackle the unpleasant physical feelings associated with low mood and depression.

Spotting Thoughts

This module focuses on the “thoughts” component of the TFB cycle and introduces the user to negative thinking and its impact on mood. The user is introduced to a number of thinking traps and is encouraged to examine the outcomes of TFB cycles. The activities allow the user to continue to build their TFB cycle and evaluate the outcome of each cycle they create.

Challenging Thoughts



This module focuses on taking action against negative thoughts. The user is introduced to “hot thoughts” and their impact on their mood. This module helps the user to learn techniques to tackle the various thinking traps that are common in low mood, depression and anxiety, and to identify alternative ways of thinking. This module also introduces the user to coping thoughts and helpful self-talk thoughts.

Managing Worry

This module is designed to aid the user to understand the role of worry and anxiety. Using the worry cycle and worry tree activities, the user is encouraged to think about whether their worries are practical or hypothetical. Techniques to manage worries are also presented, such as worry time, problem solving and drawing attention back to the present moment.

Anxiety and Your Health

This module assists the user to recognise that becoming over-concerned and anxious with their physical health can lead to the development of unhelpful behaviours. A psycho-educational piece introduces users to health anxiety and its symptoms. Further content focusses on illustrating the unhelpful behaviours associated with health anxiety and provides methods of approaching and changing these behaviours.

Bringing It Altogether

This module prepares the user for coming to the end of the programme and focuses on helping the user to stay well in the future. The user learns about warning signs that their mood is deteriorating and how to plan to ensure that they stay well. This module also highlights the importance of social support and continuing to use the skills and techniques that they have learned to prevent future relapse. The user has the opportunity to review the expectations that they had at the start of the programme and can set goals for the future.

Core Beliefs (Unlockable content)

Many people with depression struggle with the “thoughts” component of the TFB cycle. Although they may be able to identify unhelpful thoughts and thinking traps, they may struggle to identify alternatives or generate coping thoughts. The *Core Beliefs* module was developed to specifically target the deeply held core beliefs that are the underlying root of these unhelpful thoughts and keep the cycle of depression and low



mood going. This module helps the user to identify healthy and unhealthy core beliefs and teaches them strategies to challenge core beliefs and generate more balanced core beliefs.

| Modules | Topics | Goals | Activities |
|------------------------|--|--|--|
| Getting Started | <ul style="list-style-type: none">• Psychoeducation about depression, anxiety and chronic pain.• Chronic pain, wellbeing and the cycle of chronic pain.• Applying CBT to Depression, anxiety and chronic pain• The TFB Cycle with chronic pain examples• Personal Stories tailored to individuals living with CP | <ul style="list-style-type: none">• Improve understanding of depression, anxiety and how they link to chronic pain.• Introduce the TFB cycle• Facilitate understanding of link between mood and overall wellbeing when living with CP• Learn about the role of thoughts, feelings and behaviours in depression and anxiety and their role in the experience of pain | <ul style="list-style-type: none">• Understanding My Situation• Mood Monitor• Staying in the Present |



| Modules | Topics | Goals | Activities |
|-------------------------------|---|---|--|
| | | <ul style="list-style-type: none"> • Introduce users to CBT and how it can benefit individuals living with CP • Introduce relaxation exercises | |
| Understanding Feelings | <ul style="list-style-type: none"> • Understanding emotions and their function • Emotions that are difficult to cope with • Physical Body Reactions and mood • Lifestyle choices • Personal Stories tailored to individuals living with CP | <ul style="list-style-type: none"> • Learn about emotions and their role in the TFB cycle • Recognise challenging emotions • Recognise physical body reactions • Explore the impact of lifestyle choices on depression, anxiety and general wellbeing • Encourage engaging in physical activity in a paced and flexible manner | <ul style="list-style-type: none"> • Thoughts, Feelings Behaviours in Chronic Pain • Lifestyle Choices Chart • Staying in the Present |
| Boosting Behaviour | <ul style="list-style-type: none"> • Psychoeducation about mood boosting behaviours • Behavioural traps in depression • Increasing activity level • Helpful and unhelpful supports • Getting Motivated • The importance of incorporating pacing in pleasurable activities and achievements. • Changing physical body reactions to improve mood [tailored to CP] • Personal Stories tailored to individuals living with CP | <ul style="list-style-type: none"> • Learn about the link between mood and behaviours • Improve knowledge of common behavioural traps and how to beat them • Learn tips on how to get motivated during periods of low mood • Recognise the importance of pleasurable activities and achievements in boosting mood • Identify activities to target distressing physical sensations associated with depression | <ul style="list-style-type: none"> • Activity Scheduling: Pleasurable activities & achievements • Staying in The Present |
| Spotting Thoughts | <ul style="list-style-type: none"> • Automatic thoughts and mood • Thinking traps • Catching unhelpful thoughts • Personal Stories tailored to individuals living with CP | <ul style="list-style-type: none"> • Learn about the role of thoughts in depression and anxiety within the TFB cycle • Recognise negative automatic thoughts • Understand and recognise thinking traps | <ul style="list-style-type: none"> • Thoughts, Feelings, Behaviours Cycles in Chronic Pain • Staying in the Present |



| Modules | Topics | Goals | Activities |
|----------------------------------|---|---|--|
| Challenging Thoughts | <ul style="list-style-type: none"> Hot Thoughts with chronic pain examples. Challenging negative thoughts Tackling thinking traps Coping with difficult situations Personal Stories tailored to individuals living with CP | <ul style="list-style-type: none"> Learn about hot thoughts and how to recognise them Learn to challenge negative thoughts Learn how to overcome specific thinking traps Recognise situations where it is necessary to use thoughts to cope | <ul style="list-style-type: none"> Identifying hot thoughts in the TFB cycle for Chronic Pain Generating more balanced alternative thoughts in the TFB cycle Staying in the present |
| Managing Worry | <ul style="list-style-type: none"> The role of worry in maintaining anxiety Practical Vs Hypothetical Worries The Worry Tree Managing Worries Personal Stories tailored to individuals living with CP | <ul style="list-style-type: none"> Improve knowledge of worry and its role in anxiety Recognise practical or hypothetical worries Use the Worry Tree to manage worries Identify and use other strategies to manage worry | <ul style="list-style-type: none"> My Worries Worry Tree Staying in the Present |
| Core Beliefs (Unlockable) | <ul style="list-style-type: none"> What are Core Beliefs Where do Core Beliefs come from Identifying core beliefs Challenging Core Beliefs Balancing Core Beliefs Personal Stories tailored to individuals living with CP | <ul style="list-style-type: none"> Improve understanding of core beliefs and where they come from Improve knowledge on how to recognise hot thought themes and underlying core beliefs Learn how to challenge core beliefs by finding evidence Learn to balance core beliefs using balanced alternatives Gain insight into experiences of core beliefs | <ul style="list-style-type: none"> Core Beliefs: Identifying, challenging, balancing, strengthening with Chronic Pain examples |
| Anxiety and Your Health | <ul style="list-style-type: none"> Chronic Pain & Health Anxiety Unhelpful behaviours in health anxiety Changing unhelpful behaviours Personal Stories tailored to individuals living with CP | <ul style="list-style-type: none"> Learning about the link between chronic pain and health anxiety Learning about the role of unhelpful behaviours in Health Anxiety. Understand the role of unhelpful behaviours in maintaining anxiety. Learn how to recognise and change unhelpful behaviours | <ul style="list-style-type: none"> Understanding my unhelpful behaviours. |



| Modules | Topics | Goals | Activities |
|---------------------------------|--|---|---|
| Bringing it All Together | <ul style="list-style-type: none">• Finishing up• Warning Signs and planning for wellness• Social support• Preparing for the future• Preparing for relapse• Personal Stories tailored to individuals living with CP | <ul style="list-style-type: none">• Preparation for coming to the end of the programme• Recognise the importance of social support in staying well• Identify warning signs• Planning for staying well• Set SMART goals for the future | <ul style="list-style-type: none">• Staying Well Plan• SMART goals• Taking Stock• Staying in the Present |