

# Pain and Well-being



**Who we are?** This study is being directed by Megan Robbins, Ph.D. and Robert Wright, MA. in the Psychology Department at the University of California, Riverside.

**Why would I participate?** We understand living with pain is difficult. This study is testing non-invasive, non-pharmaceutical treatment options for people living with pain.

**What we can learn from this study?** We want to understand the connection between positive activities and pain. The better we understand this connection the better alternative or complimentary treatment options can be designed.

## What would my participation involve?

- Completing questionnaires: 30-45 minute survey to be completed 3 times over the duration of the study.
- You will be instructed to complete an activity once a week for 4 weeks and responding to very brief questions about it (5 minutes weekly).

**Where will the study take place?** The first questionnaire will be taken in person on campus. Then the remainder of the study will be web-based. We will provide you with the questionnaires and instructions through email.

**Will I be compensated for my time?** For each set questionnaires you complete you will have a chance to win 1 of 60, \$50 Amazon Gift Card. Everyone can be entered in the drawing regardless of participation. If you do not want to participate but want to be included in the drawing, please email me at [observelab@gmail.com](mailto:observelab@gmail.com).

**Eligibility:** 18 years or older and experiencing pain which interferes with your day-to-day life; not currently seeking psychiatric or psychological treatment for your pain.

If you are interested in participating in this study, please contact the researchers at [observelab@gmail.com](mailto:observelab@gmail.com) or (951) 827-5254 to see if you're eligible. Participation is completely voluntary.

