

TEXT4myBACK: INNOVATIVE STUDY PROVIDING TEXT MESSAGES FOR PEOPLE WITH LOW BACK PAIN

Do you have low back pain?

Researchers from the University of Sydney are conducting an innovative study using text messages to support recovery of people suffering from low back pain. The study is a remotely conducted clinical trial named 'TEXT4myBACK'. The study is being led by Prof. Manuela Ferreira, who is ranked as the 3rd researcher in the world in the field of low back pain. The study was approved by the Northern Sydney Local Health District Ethics Committee (ETH 13895).

Researchers are looking for adults with a **current episode** of **low back pain** that is causing moderate interference with their everyday life and who have a mobile phone that can receive text messages.

All the study activities will be performed online or via phone and your involvement will include receiving study text messages and intermittent completion of online surveys for 12 months.

Participants will be randomised to one of the two groups which will receive different volumes of text messages in different formats. The text messages will provide education and self-management strategies. Participation will involve receiving text messages and completing online surveys.

In days of self-isolation and social distancing, this represents a good opportunity for you to receive evidence-based information about low back pain without having to leave your home.

If you have back pain, please follow the link to find out more about the TEXT4myBACK Study <https://bit.ly/TEXT4myBACK>

Or check the informative video on you tube <https://www.youtube.com/watch?v=zhtavBjLlyA&t=20s>