

## The Back Skills Training Trial (BeST)



Lamb SE, Lall R, Hansen Z, Potter R, Withers EJ, Castelnuovo E, Underwood M on behalf of the BeST team

THE UNIVERSITY OF  
WARWICK

## AIMS

“To determine the effectiveness and cost effectiveness of cognitive behavioural therapy for the management of low back pain in the UK primary health care setting”

“To determine the effectiveness of the treatment in different (pre-specified) groups of patients”

WARWICK

## CBA Intervention

- GROUP BASED CBA
- Physios, OTs, Nurses and psychologists
- Short training course with on-going mentoring
- Initial assessment session to establish problems/goals and start on exercises
- 6 sessions of 1.5 hours over 6-8 weeks
- 8-10 participants per group
- Emphasis on self management – learning the skills to enable an increase in activities



WARWICK

## Inclusion Criteria

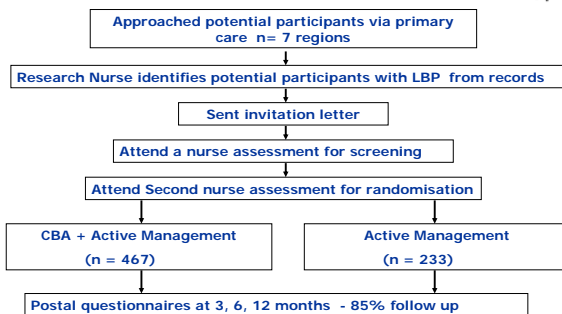
- >18 years of age
- At least moderately troublesome LBP for greater than 6 weeks
- Able to give informed consent

## Exclusion Criteria

- Managed previously in a CB programme
- Have factors associated with serious pathology
- Have severe psychiatric or personality disorders

WARWICK

## Study Design



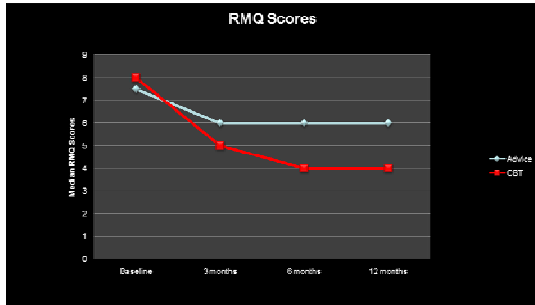
WARWICK

## Baseline characteristics

Average Age 54 years  
60% women; 88% White; 4% Asian  
68% report pain every day  
55% moderately troublesome; 46% very or extremely troublesome  
Duration – 13 years  
Roland and Morris Score (/24) 8.7  
Modified von Korff (disability /100) 48%  
Modified von Korff (pain /100) 59%

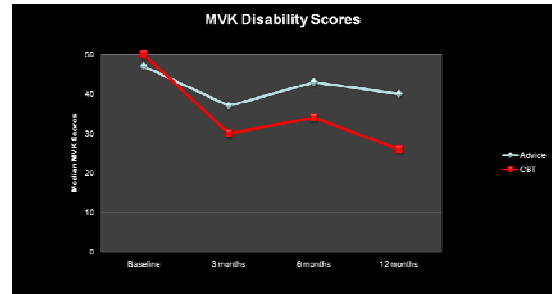
WARWICK

## Results: Median RMQ



WARWICK

## Results: Median MVK Scores



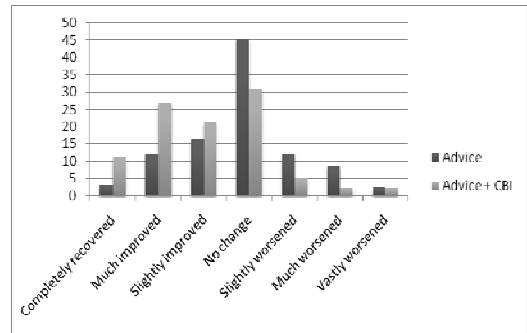
WARWICK

## Primary outcomes

Δ 12 month	Advice	CBT	Δ [95% CI]	ES	P value
Roland and Morris (8.7)	1	3	1.3 [0.6, 2.1]	0.31	P<0.001
Von Korff Disability (48%)	6	14	8.4 [4.4, 12.4]	0.41	P<0.001
Von Korff Pain (59%)	7	14	7.0 [3.2, 10.7]	0.37	P<0.001

WARWICK

## Global rating of recovery at 12 months



WARWICK

## Costs and cost effectiveness

Average cost per CBA program = £821 (US\$ 1313)  
 Average cost CBA per patient = £182 (US\$ 292)  
 Average cost advice per patient = £16 (US\$ 26)

QALY gain = + 0.103  
 ICER = £1516 per QALY  
 US\$ 2426 per QALY

WARWICK

## Conclusion

CBA has important and sustained benefits at 12 months.

Clinical gains are important at public health and individual level.

Gains at a population level are consistent with twice as many people reporting improvement

The intervention is highly cost-effective.

WARWICK

