SELF-MANAGEMENT GROUP INTERVENTION

**Components:**
- Pain education
- Relaxation training & practice
- Physical exercise/activity
- Pacing activities
- Challenging negative thoughts
- Dealing with setbacks
- Hot and cold applications
- Personalized goal setting

PROCESS VARIABLES

**Beliefs:**
- ↑ Self-efficacy
- ↓ Catastrophizing

**Coping Strategies:**
- ↑ Adaptive Cognitions
- ↑ Adaptive Behaviors

OUTCOMES

- ↓ Physical disability
- ↓ Pain-related interference with activities
- ↓ Pain intensity
- ↓ Depression