

FIG. 1

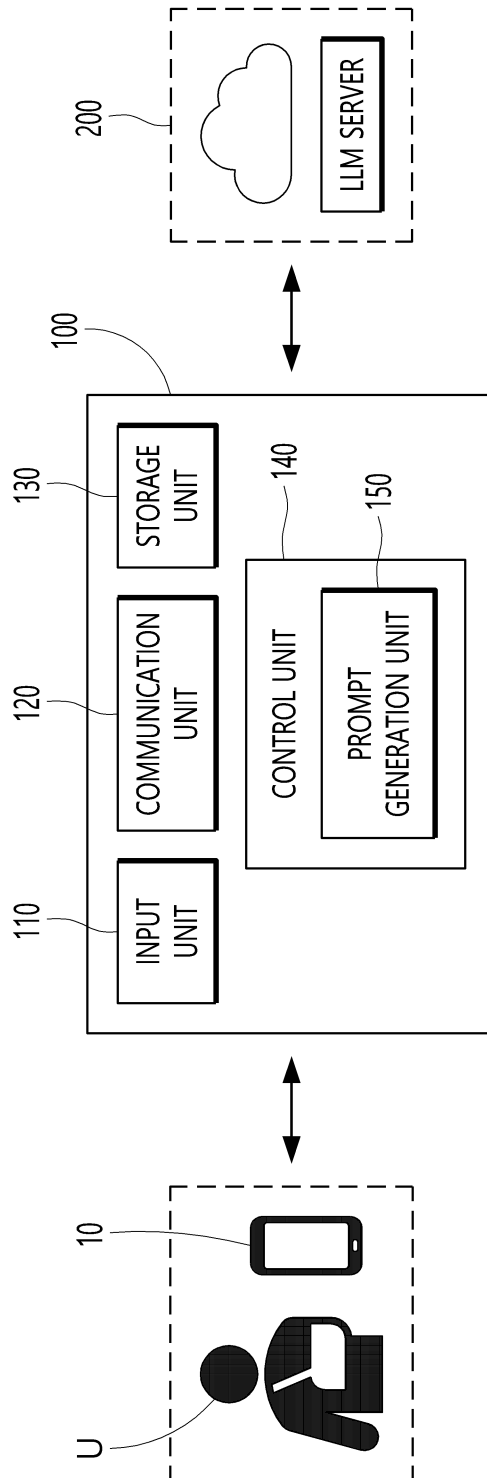


FIG. 2

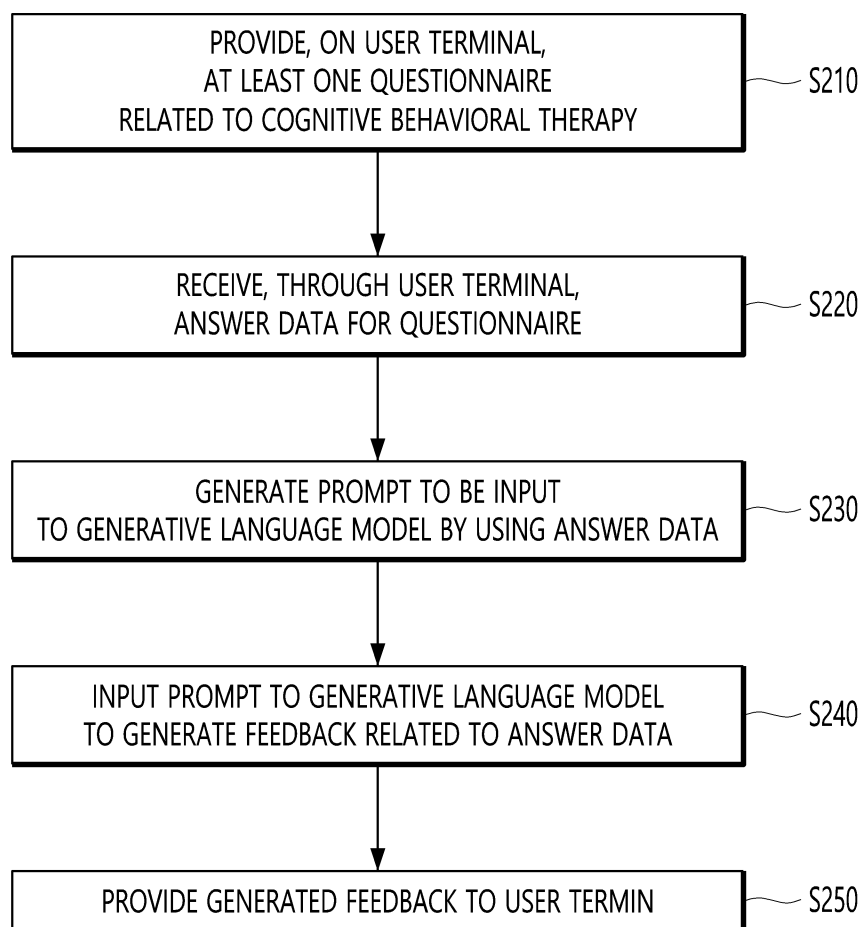


FIG. 3A

10

PAIN

310

311

HOW IS YOUR PAIN TODAY?

311

NO PAIN

311a

0 POINT

1 POINT

2 POINT

3 POINT

4 POINT

311b

311c

311d

311e

COMPETENCE

DO YOU FEEL CONFIDENT IN PERFORMING DAILY ACTIVITIES DESPITE PAIN?

320

NO CONFIDENCE AT ALL

0 POINT

1 POINT

2 POINT

3 POINT

4 POINT

VERY CONFIDENT

MOOD

HOW WAS YOUR MOOD TODAY?

330

VERY BAD

0 POINT

1 POINT

2 POINT

3 POINT

4 POINT

VERY GOOD

ONE-LINE MEMO

340

341

EVERYTHING IS THE WORST TODAY DUE TO SEVERE LEG PAIN...

342

350

CONFIRM

FIG. 3B

(a)

OBJECTIVE QUESTIONNAIRE	RESPONSE	SCORE
310 FIRST QUESTIONNAIRE (PAIN)	NO PAIN	0 POINT
	ALMOST MILD PAIN	1 POINT
	NORMAL	2 POINT
	SLIGHTLY SEVERE PAIN	3 POINT
	TERRIBLE PAIN	4 POINT
320 SECOND QUESTIONNAIRE (COMPETENCE)	NO CONFIDENCE AT ALL	0 POINT
	NO CONFIDENCE	1 POINT
	NORMAL	2 POINT
	CONFIDENT	3 POINT
	VERY CONFIDENT	4 POINT
330 THIRD QUESTIONNAIRE (MOOD)	VERY BAD	0 POINT
	BAD	1 POINT
	NORMAL	2 POINT
	GOOD	3 POINT
	VERY GOOD	4 POINT

(b)

SUBJECTIVE QUESTIONNAIRE	TEXT CONTENT	MEANING
340 FOURTH QUESTIONNAIRE	"TODAY IS THE WORST!," "MOOD IS REALLY BAD," "IN TOO MUCH PAIN SO CONDITION IS THE WORST," "DON'T WANT TO DO ANYTHING," "BODY IS THE WORST AND MOOD IS ALSO THE WORST," "MOOD IS NOT SO GOOD," OR "FEEL FRUSTRATED..."	NEGATIVE
	"TODAY IS THE BEST!," "MOOD IS REALLY GOOD," "FEELING GREAT AND IN TOP CONDITION!," "PRETTY GOOD DAY," OR "NEITHER GOOD NOR SAD..."	POSITIVE

FIG. 4A

COGNITIVE BEHAVIORAL THERAPY FOR CHRONIC MUSCULOSKELETAL PAIN CONTROL (8 SESSIONS)			
SESSION NO.	SESSION TOPIC	CORE CONTENT	COMPOSITION STRATEGY (MODULE)
1 SESSION	INTRODUCTION TO PROGRAM AND MOTIVATION ENHANCEMENT	- UNDERSTANDING THE COGNITIVE SCHEMA OF COGNITIVE BEHAVIORAL THERAPY AND PAIN. - SETTING ONE'S OWN GOAL TO ENHANCE THERAPY MOTIVATION.	Education Motivation Enhancement (setting goals)
2 SESSION	EXPLORING PAIN, EMOTION, AND MY COPING STYLE	- IDENTIFYING NEGATIVE EMOTIONS, PHYSICAL REACTIONS, AND BEHAVIORS RELATED TO PAIN. - RECOGNIZING ONE'S OWN COPING STYLE TOWARD PAIN.	Monitoring emotion/body sensation/(coping) behavior
3 SESSION	CHANGING PAIN : EXPLORING BEHAVIORAL STRATEGIES	- SETTING AN ACTIVITY GOAL TO CREATE NEW COPING BEHAVIORS. - COPING WITH PAIN BY USING BREATHING TECHNIQUES AND PROGRESSIVE RELAXATION TECHNIQUES.	Coping strategies (Setting activity goals) Relaxation technique (breathing, progressive muscle relaxation)
4 SESSION	CHANGING PAIN : ATTENTION DIVERSION STRATEGY	- COPING WITH PAIN BY USING ATTENTION DIVERSION METHODS. (ACTIVITY, EMOTION, FIVE SENSES)	Coping strategies (distractions)
5 SESSION	CHANGING PAIN : CHANGING THOUGHTS 1	- EXPLORING NEGATIVE AUTOMATIC THOUGHTS RELATED TO PAIN. - IDENTIFYING EMOTIONS AND BEHAVIORS CORRESPONDING TO AUTOMATIC THOUGHTS. - FINDING COUNTER-EVIDENCE AGAINST AUTOMATIC THOUGHTS.	Cognitive restructuring
6 SESSION	CHANGING PAIN : CHANGING THOUGHTS 2	- EXPLORING ONE'S IRRATIONAL THOUGHT PATTERNS. - DISCOVERING COGNITIVE FLEXIBILITY.	Cognitive restructuring
7 SESSION	CHANGING PAIN : PRACTICING POSITIVE SELF-TALK AND PAIN MANAGEMENT STRATEGIES	- COPING WITH PAIN BY USING POSITIVE SELF-TALK. - UNDERSTANDING STOP-THINK-EVALUATE-ACT METHOD.	Coping strategies (positive self-talk, stop-think-evaluate-act method)
8 SESSION	OVERCOMING OBSTACLES AND BUILDING A POSITIVE SELF-IMAGE	- REVIEWING PREVIOUSLY LEARNED COPING STRATEGIES AND CREATING ONE'S OWN RECIPE. - IDENTIFYING ALTERNATIVES FOR ANTICIPATED DIFFICULTIES.	Managing setbacks

FIG. 4B

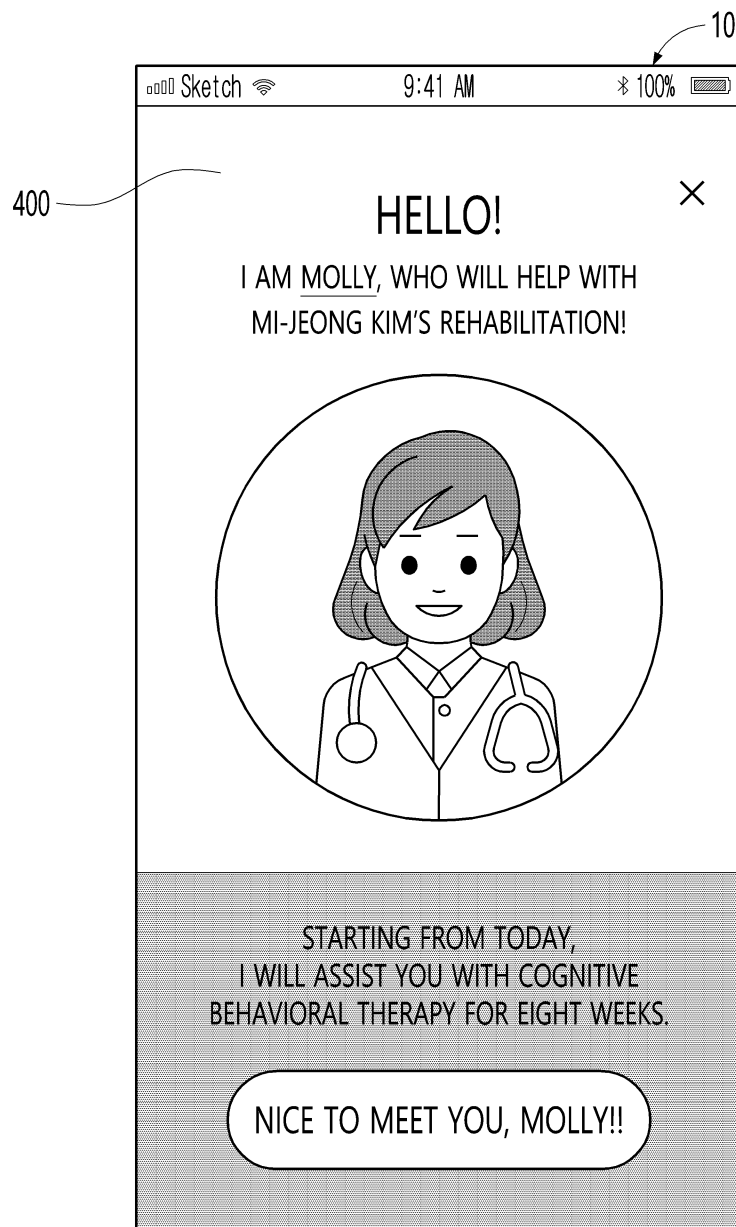


FIG. 4C

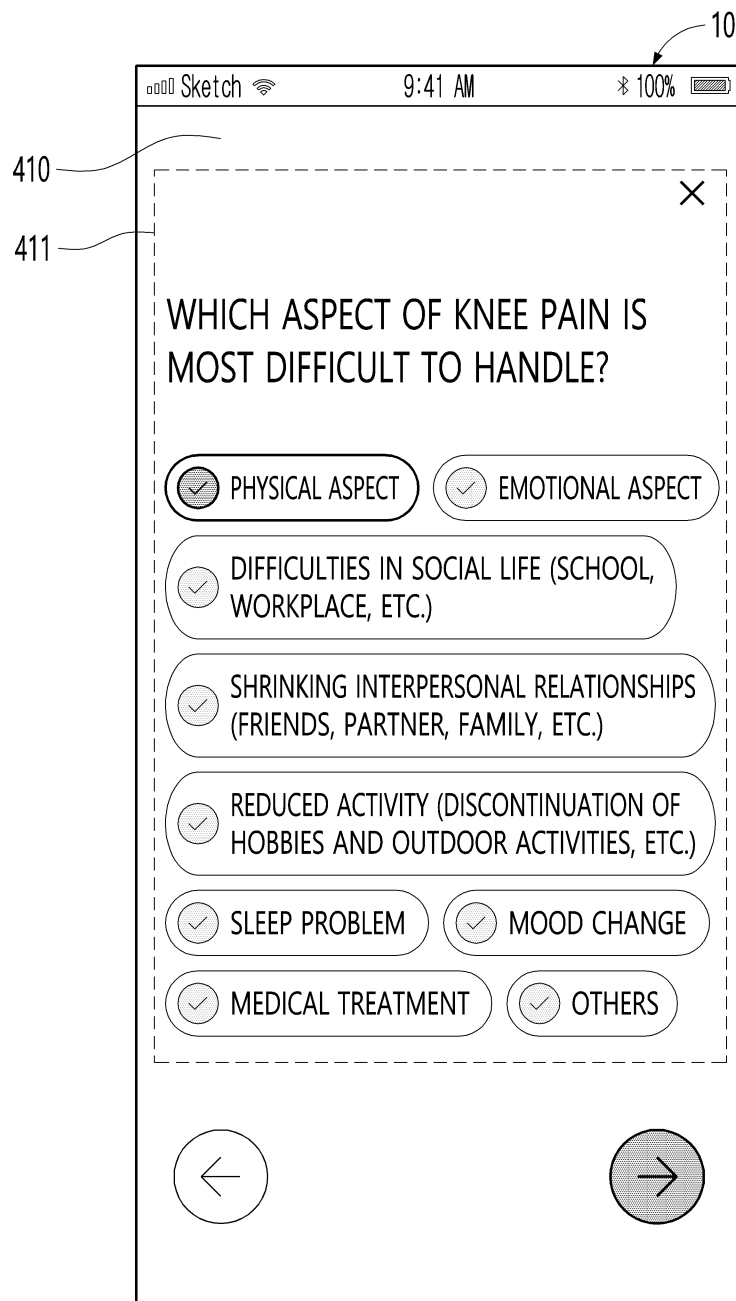


FIG. 4D

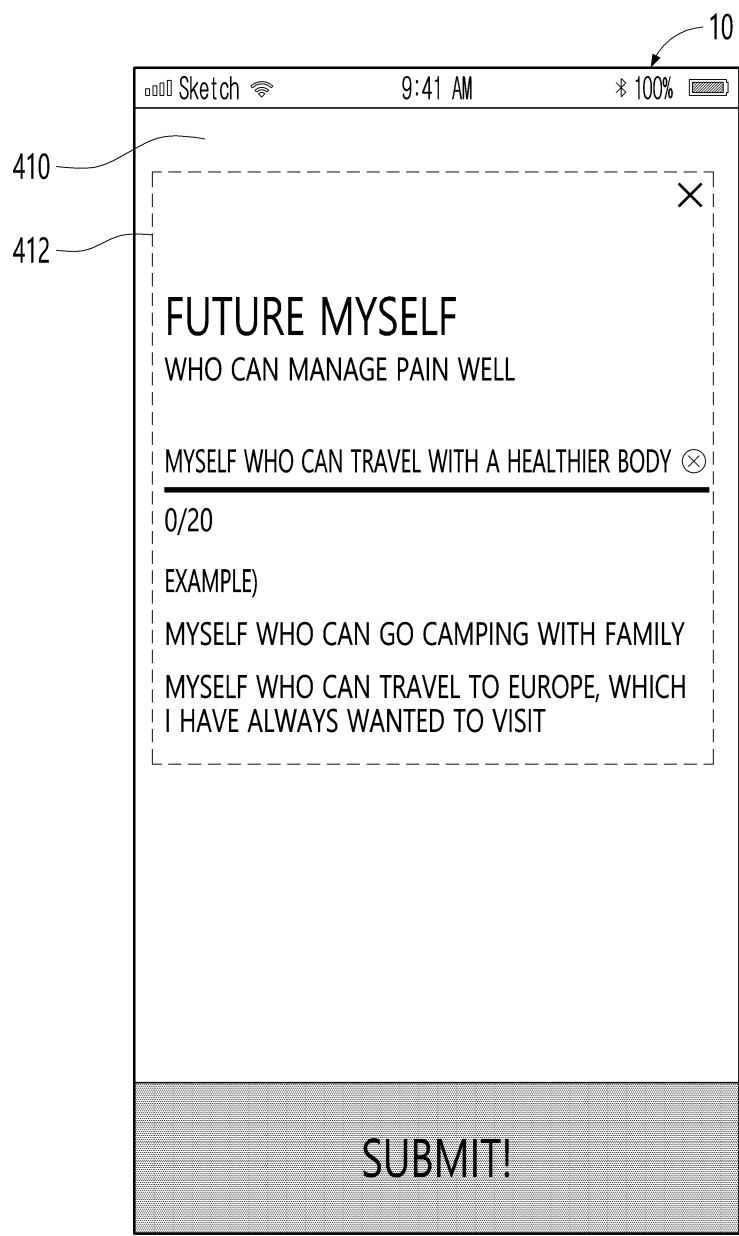


FIG. 4E

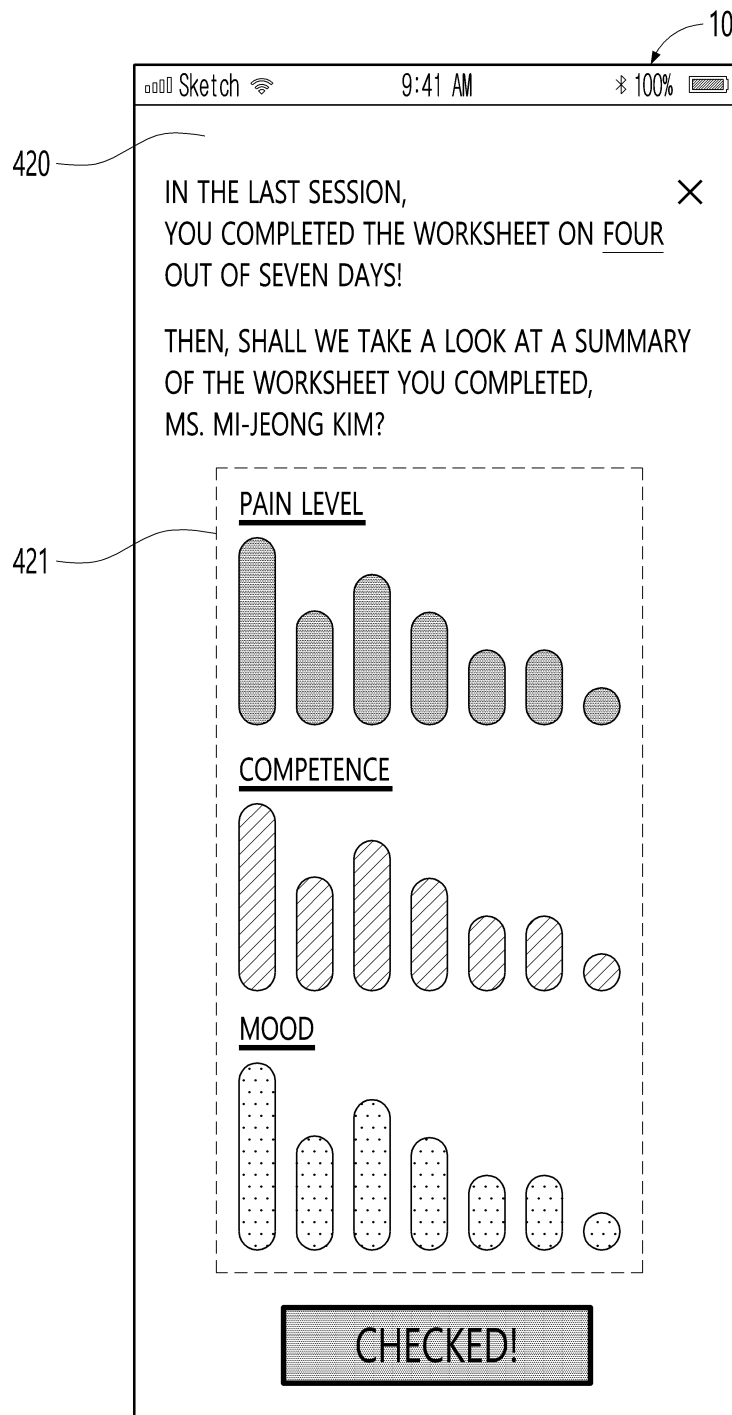


FIG. 4F

10

Sketch 9:41 AM 100%

420

2 SESSION

2.24 2.25 2.26 2.27 2.28 3.1 3.2
SUN MON TUE WED THUR FRI SAT

422

2.24 SUNDAY ✓ RECORD COMPLETED

PAIN LEVEL 3 POINT

EMOTION :
DEPRESSION, EMBARRASSMENT

PHYSICAL SENSATION :
HYPERVENTILATION, INDIGESTION

BEHAVIOR :
ASKING SURROUNDING PEOPLE FOR HELP

2.25 MONDAY ✗ RECORD NOT COMPLETED

2.26 TUESDAY ✓ RECORD COMPLETED

PAIN LEVEL 3 POINT

EMOTION : DEPRESSION, EMBARRASSMENT
EMOTION : DEPRESSION, EMBARRASSMENT

PHYSICAL SENSATION :
HYPERVENTILATION, INDIGESTION

BEHAVIOR :
ASKING SURROUNDING PEOPLE FOR HELP

CHECKED!

FIG. 4G

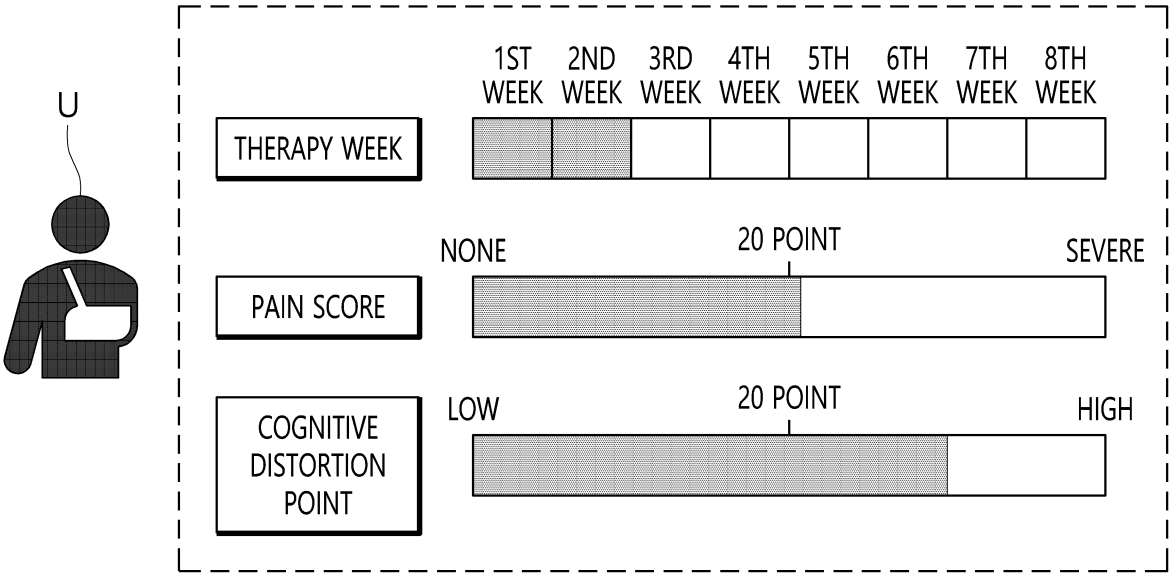


FIG. 5

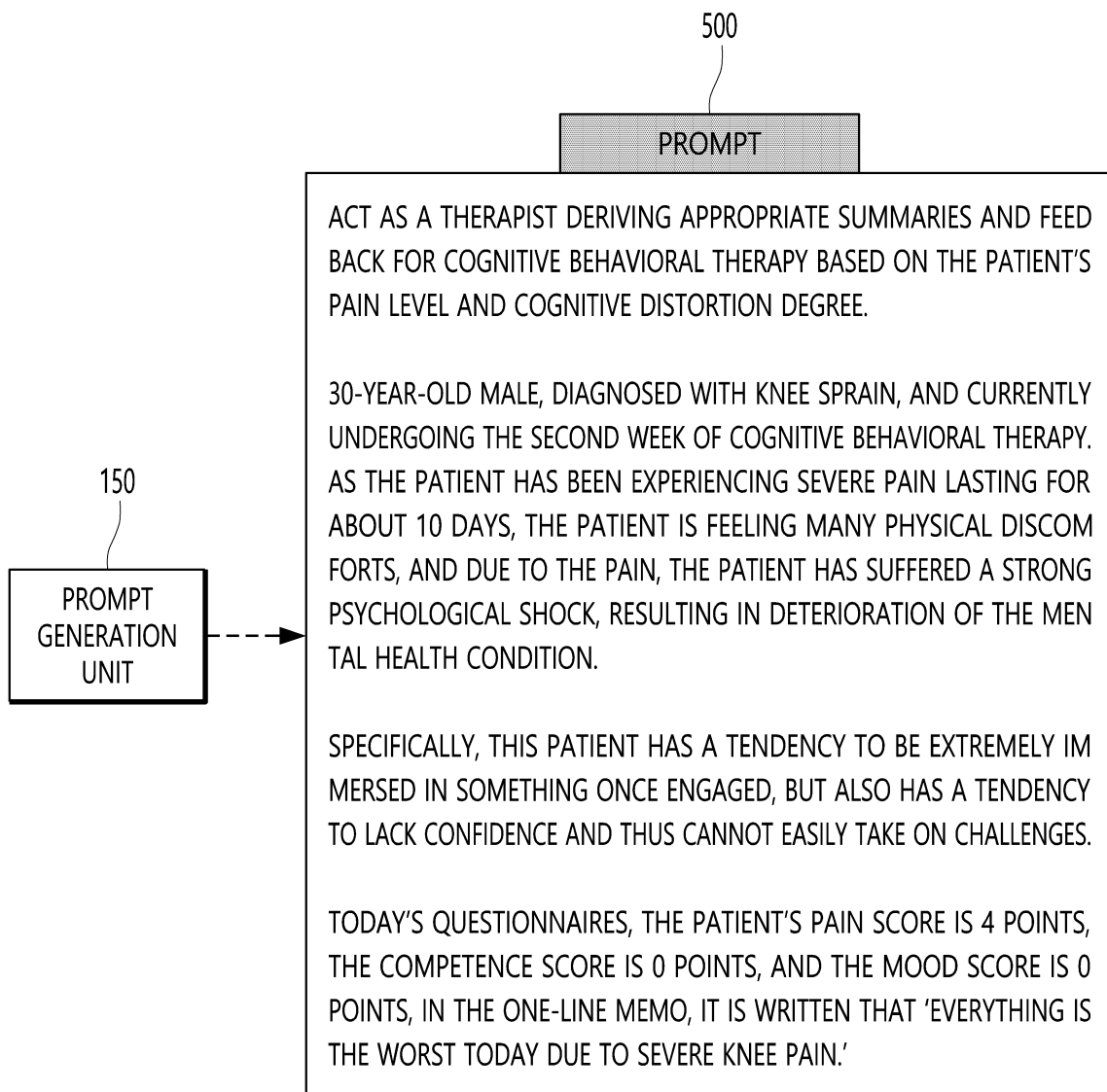


FIG. 6

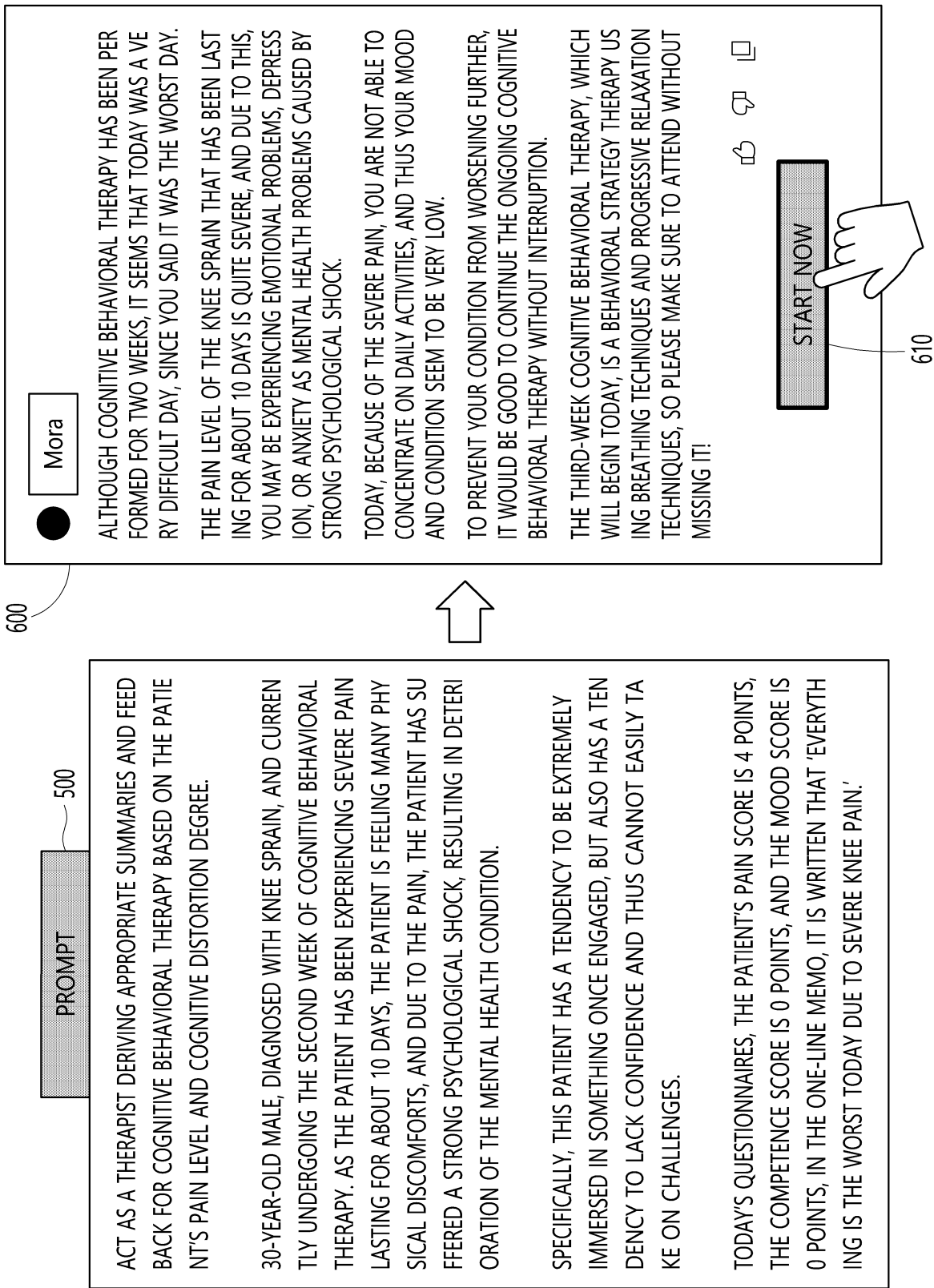


FIG. 7A

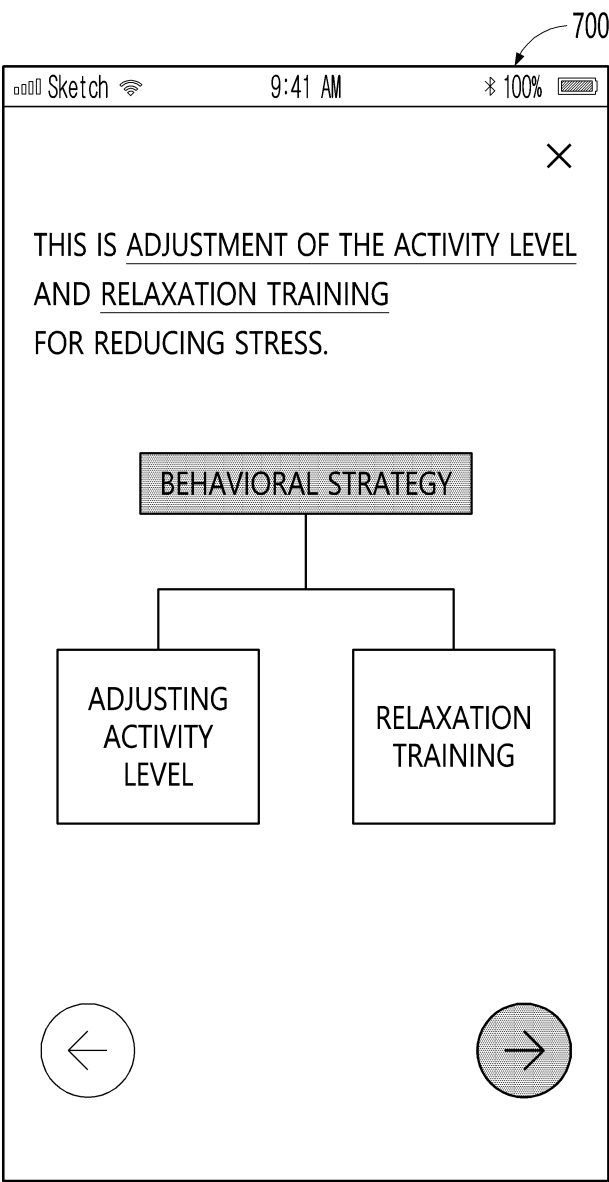


FIG. 7B

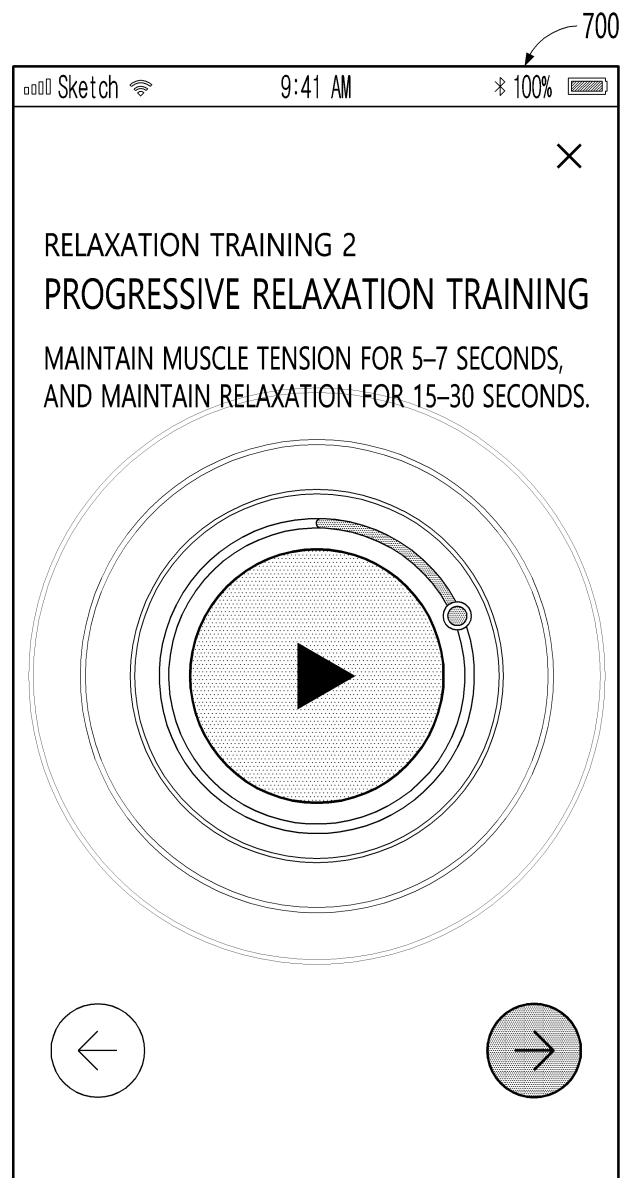


FIG. 7C

