



Study funded by the  
Department of Defense.  
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## The LAMP Team

We are a team of researchers,  
healthcare providers, and Veterans who  
are committed to  
improving pain care for Veterans.



## What will I need to do to participate in the study?

- Make sure you can download apps on your phone
- Click/tap on the link in your email, or copy and paste it into your internet browser
- Complete the short online survey to see if you meet study requirements

**Questions?** Contact the LAMP staff at  
1-877-467-5079 or  
vhaminLAMP@va.gov

**Check out our website to learn more, including a video:**  
<http://lamp.umn.edu/>

# Join the LAMP study and help us improve pain treatment for Veterans like you.

## Why are we doing the LAMP study?

The LAMP study has created new online mindfulness programs for pain, with input from Veterans like you. Our goal is to give Veterans new tools to better manage their pain.

## What is mindfulness?

Mindfulness focuses on learning how to become more aware of your body, thoughts and feelings. It is a skill you can learn to help you manage your pain.

Studies show mindfulness can be helpful for:

- Pain
- Stress
- Mood
- Sleep
- Overall well-being

Learn more about mindfulness on our site <http://lamp.umn.edu/>

## What is my role as a study participant?

- You will fill out 4 surveys asking you questions about your health and your pain.
- You'll receive the surveys at the beginning of the study, and then after about 10 weeks, 6 months, and 12 months.
- Each survey will be 20-30 minutes.
- You will be randomly assigned (like the roll of dice) to 1 of 3 LAMP groups.
- **You will receive \$25 for each survey (up to \$100).**

## What are the 3 LAMP groups?

You will be placed in 1 of 3 groups:

- 1. Group Mindfulness:** 9 weekly 90 minute interactive sessions using online video conferencing.
- 2. Mobile Mindfulness:** 8 weekly 30-60 minute sessions that you do on your own using your mobile phone, and 3 scheduled calls with study staff.
- 3. Normal Activity:** 9 weeks doing what you usually do. After the study, you will be given the mobile mindfulness program to do on your own if you choose.



**QUESTIONS?** Call or email the study staff: 1-877-467-5079 or [vhaminLAMP@va.gov](mailto:vhaminLAMP@va.gov)