

## How Patient and Public Involvement Shaped the Pain-LESS 2 Study

### Background

Fibromyalgia is a long-term health condition. It causes widespread pain, tiredness, poor sleep, and low mood. It affects about one in twenty adults in the UK. The symptoms can make everyday life very hard.

Both the James Lind Alliance — which brings patients and clinicians together — and the National Institute for Health and Care Excellence (NICE) have said that we need more research on sleep treatments for people with chronic pain. Because of this, our pain research team in the OHBRC is running a study called **Pain-LESS 2**. This study tests whether an online sleep programme called **Sleepio** can help people with fibromyalgia sleep better.

Sleepio includes six online sessions over 10 weeks. Each session lasts about 20 minutes and gives advice on sleep habits, helpful routines, and ways to manage unhelpful thoughts about sleep.

We ran an early version of the study, called **Pain-LESS 1**, and found that many people did not complete the Sleepio programme. To help improve this, we wanted to create a video for future participants. The video would show people with fibromyalgia who had successfully completed Sleepio talking about their experiences. We hoped this would encourage new participants to stay engaged with the programme.

If Sleepio works well for people with chronic pain, it could be used more widely as part of routine healthcare.

### What we did

We hired a professional videographer to interview two people living with fibromyalgia who had completed Sleepio. They spoke about:

- What motivated them to use the Sleepio programme
- When and how they noticed improvements
- What helped them stay on track during difficult parts
- Their advice for others with chronic pain starting the programme

We added this video to the materials for participants in Pain-LESS 2 who are assigned to use Sleepio.

### What difference did it make?

Pain-LESS 2 will run for three years, so we will not know the full impact of the video until the study finishes in 2027. We expect the video to help improve how many Sleepio sessions people log in to, how many they complete, and how rigorously they adhere to the advice given. All of this will be reflected in the answers they provide to outcome measure questionnaires about their sleep.

We will compare these results with those from Pain-LESS 1. This will help us understand how Sleepio works for people with chronic pain and whether it could be used more often in clinical care.