**Description**
Medications are a mainstay of chronic pain therapy in diabetes; however, cognitive-behavioral therapy (CBT) can improve functioning and reduce reliance on medications that can damage kidneys or affect balance. The goal of this project was to engage residents of the Alabama Black Belt living with diabetes and chronic joint pain in a training intervention delivered by community health workers (CHW) to improve functional status and diabetes mellitus metabolic parameters.

**Project Aims**
The main aims of this study were:
1) Adapt the comparative effectiveness review on osteoarthritis (OA) and diabetes mellitus to enhance use in decision-making, using formative evaluation to assess needs.
2) Test the CHW-delivered intervention in a group randomized trial with patients with chronic pain, OA, and diabetes.
3) Broadly disseminate the products of the study to physicians.

**Findings**
The preliminary analyses showed that the program improved coping strategies, pain, physical functioning, and physical activity levels in individuals with diabetes and chronic pain.

**Study Population**
- African Americans
- Rural

**Health Condition Addressed**
- Chronic Pain
- Diabetes
- Osteoarthritis

**Dissemination Tool and/or Method**
- Community Health Workers

**Principal Investigator:**
- Monika Safford, MD

**Institution/Partner:**
- University of Alabama at Birmingham

**Project Period:**
- 09/30/2010 – 09/29/2013

**Grant Number:**
- R18 HS019239

**Publications:** None as of 12/17/2014

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