

# Peer Support for Adolescents and Emerging Adults With Sickle Cell Pain

**Status:** RECRUITING

## Eligibility Criteria

**Age:** 16 years to 30 years old

This study is NOT accepting healthy

**Healthy Volunteers:** volunteers

### Inclusion Criteria:

1. Aged 16 to 30 years of age at time of enrollment 2. Sickle Cell Disease diagnosis of any genotype based on referral or documentation 3. Reports chronic pain ( $\geq 4$  days/week for past 3 months or more) OR A) Being prescribed pain medication to be taken ( $\geq 4$  days/week for past 3 months or more) OR B) Taking pain medication ( $\geq 4$  days/week for past 3 months or more) OR C) Receiving non-pharmaceutical pain treatment ( $\geq 4$  days/week for past 3 months or more) 4. Access to an iOS or Android mobile device with internet access

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### Exclusion Criteria:

1. Unable to speak or read English 2. Prior hematopoietic stem cell transplant for sickle cell disease

## Conditions & Interventions

### Interventions:

BEHAVIORAL: CBT+ Health coach, BEHAVIORAL: CBT w/o Health Coach ( self-guided), BEHAVIORAL: Usual Care

### Conditions:

Pain, Sickle Cell Disease

### Keywords:

Sickle Cell Disease, Pain management, Cognitive Behavioral Therapy, Wellness

## More Information

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**Principal Investigator:**

**IRB**

**Number:**

**System ID:** NCT06374238

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