

How Will I Benefit?

- You may experience less pain.
- You may feel more energetic.
- You may function better in daily life.
- You will be monetarily compensated (up to \$250 upon study completion).

How Can I Find Out If I Am Eligible To Participate?

- Complete the pre-screening questionnaire either on-line at www.fibrofit.net or over the telephone with our project coordinator.
- Visit us at the National Institute for Fitness and Sports (NIFS) in downtown Indianapolis to undergo a screening evaluation, which may take 2 hours to complete.

We hope that you will consider participating in this study so that together we can discover ways for you to better cope with your fibromyalgia symptoms.

For more information about this study, please call:

**Janna Hilligoss
Project Coordinator
(317) 274-1755**

**or visit our
website at:**

www.fibrofit.net

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FibroFit Study

**Healthy Lifestyle
to
Reduce the
Symptoms of
Fibromyalgia**

**Funded by the
National Institute of Health**

Purpose of the study

To determine if a specific type of encouragement (Motivational Interviewing) would motivate people to lead a healthy lifestyle which in turn would improve symptoms of people with fibromyalgia.

Who may be eligible?

- Fibromyalgia patients under the care of a Rheumatologist.
- Persons who are between the ages of 18 to 65 years old.
- Individuals with no medical condition that requires restriction of physical activity.

Who is involved?

Our well trained fibromyalgia research team will work with you to help you better cope with your fibromyalgia symptoms.

What Can I Expect?

As a qualified participant in this study, you will be asked to agree to the following:

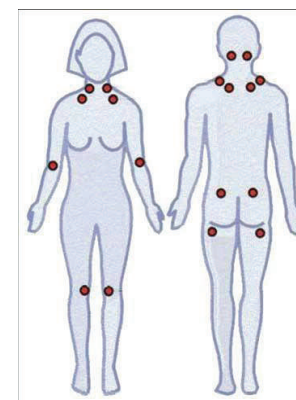
- Be randomly assigned to receive either: a) motivational-based encouragement (experimental), or b) health educational-based encouragement. Encouragement will be delivered over the telephone.
- Receive free exercise consultation and supervision from a qualified fitness instructor.
- Receive 6 telephone calls (approximately 30 minutes per call) from a trained interviewer regarding coping with your symptoms and achieving a healthy lifestyle.
- Perform a 6 minute walk test at three different time points. The walk test will require you to walk *comfortably* on an indoor track for 6 minutes.
- Wear an activity monitor for 7 days at 4 different time points during the study. The activity monitor, the size of a typical pager, can be clipped securely to your belt.
- Complete four sets of survey questionnaires over the course of the study.
- Participation in the study will last for 9 months (or 36 weeks).

Voluntary Nature of this Study

Taking part in this study is voluntary. Your decision whether or not to participate in this study will not affect your current or future relations with Indiana University Medical Center or your treating rheumatologist.

Costs

There are no costs associated with participation in the study. The use of the fitness facility and parking is free for the required 4 visits.



*The dots in this figure indicate the locations of tender points. People who have fibromyalgia experience undue tenderness when pressure is applied to many of these locations.