**Physical activity and endometriosis-associated pain - a randomized controlled trial with a multimodal interdisciplinary group approach**

**Introduction:** Current treatments for endometriosis are dictated by the primary symptom: pain and are limited to surgery and hormonal treatments with often short-lived effect. Advances in the understanding of the condition has expanded to focus on less invasive and non-pharmalogical treatments. Systematic reviews and meta-analysis of observational studies have focused on the protective role of physical activity (PA) and exercise on the risk of developing endometriosis. The results from these studies have been inconclusive. However, the efficacy of PA and exercise on pain among women with endometriosis have not been tested in high-quality randomized controlled trials (RCT).

**Objective/Aims**: The overall aim of this project is to investigate whether pain education, PA and exercise compared to pain education alone can relieve endometriosis-associated pain. Secondary aims will be to study the effect of pain education and exercise on quality of life, sexual function, fair of movement and mental health. We will also perform a cost-effectiveness analysis and analyze qualitative data performed after participating in the intervention.

**Study design and study sample**: an assessor blinded two arms parallel group RCT, involving 82 women with diagnosed endometriosis and endometriosis-associated pain. The participants were referred to the Departments of Obstetrics and Gynecology at Ahus and OUS and were recruited through the Norwegian Endometriosis association during the time period 2021-2023. All women participated in a four hour pain education course before being randomized to either a training group for four months or control group. The training group were supervised by a physiotherapist weekly, in addition to performing home exercises. The focus in the training groups was strength, endurance and flexibility training. The control group received no further follow-up after the pain education.

**Data:** finished in January 2024.

**Project group**:

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**Publications**

Tennford , Merete Kolberg, Gabrielsen, Rakel and Tellum, Tina. Effect of physical activity and exercise on endometriosis-associated symptoms: a systematic review: <https://bmcwomenshealth.biomedcentral.com/counter/pdf/10.1186/s12905-021-01500-4.pdf>

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