EFFECTIVENESS OF PAIN NEUROSCIENCE EDUCATION COMBINED WITH THERAPEUTIC EXERCISE IN PEOPLE WITH CHRONIC PAIN
(Grant Application Reference 2025-FIS-4161138)
(NCT not available)

A statistical analysis will be conducted using SPSS software.

First, a descriptive analysis of the study variables will be performed.

- Quantitative variables will be described using the mean and standard deviation if they are normally distributed, or the median and interquartile range if they are not.
- Qualitative variables will be expressed using frequencies and percentages.

Subsequently, an inferential analysis will be performed using a mixed-factorial ANOVA (repeated measures model), considering:

- An between-subjects factor with 4 levels (two groups of fibromyalgia patients—control and experimental—and two groups of chronic low back pain patients—control and experimental).
- An within-subjects factor corresponding to time, with 5 assessment sessions (T1 to T5).

Before applying the model, the statistical assumptions will be tested:

- Normality of the variables using the Shapiro-Wilk test.
- Homogeneity of variances using Levene's test.
- Sphericity using Mauchly's test.

The level of statistical significance will be set at $\alpha = 0.05$, with a 95% confidence interval, and the statistical power will be set at 80% ($\beta = 0.20$).