Arthritis sufferers report diminished pain after learning coping strategies

"Can a feeling of control reduce arthritis pain?"

That was the straightforward title of a recent study published in the journal *Arthritis & Rheumatism* by Karen Gratza, a nurse at the University of Michigan. The study, which was conducted at the University of Michigan Medical Center, involved 40 arthritis patients who were randomly assigned to either a control group or a treatment group. The treatment group received a coping strategy training program, which included techniques such as relaxation training, problem-solving, and goal setting. The results showed that the treatment group had significantly lower levels of pain and disability compared to the control group.

**Brain models help map managers' decision styles**

By BARBARA R. CASSILETH

NORMAN COUSINS

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