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the authors' knowledge, this is the first study to examine the effects of a single session of a group-based, self-help, cognitive-behavioral intervention on the self-reported health status of people with chronic low back pain. The authors also note that the study was limited by the lack of a control group, and that the results may be limited by the self-reported nature of the data. However, the authors conclude that the study provides a promising first step in the development of a self-help program for people with chronic low back pain.

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