

# **Video-based Osteoarthritis Mindset Intervention**

Stanford researchers have developed a set of intervention videos to improve mindsets about osteoarthritis and exercise, which was proven in a randomized clinical trial to increase physical activity levels and overall health and wellbeing in an individual.

Current osteoarthritis programs are in-person trainings, which can be difficult for patients to access, expensive, and time-consuming for both patients and experts. This invention, with four modules each containing a series of videos and reflective questions, is brief (10-25 minutes per module), engaging, accessible, and effective.

## **Stage of Development**

- A clinical trial demonstrating the effectiveness of the intervention has been completed and the associated manuscript is under review.

## **Rethinking Osteoarthritis Trailer**

## **Applications**

- **Clinician setting** - educate patients and improve their engagement in exercise programs
  - Patient-Provider setting
  - Physical therapy
  - Online educational and support content for patients
- **Digital Therapeutic platform** - enhance app for musculoskeletal digital therapy programs

## Advantages

- **Accessible and scalable** - virtual psychological therapy program
- **Brief and engaging** - four modules with a series of videos and reflective questions

## Publications

- [Presentation given at the World Congress on Osteoarthritis in the session "Highest Rated Abstracts by Early Career Investigators"\(2024\).](#)

## Innovators

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