**Peer Empowered Endometriosis Pain Support (PEEPS): Results of an interdisciplinary group care pilot clinical trial**

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**Introduction/Background**

Traditional treatments for endometriosis-associated pain aim to treat the lesions; however, even the most definitive surgeries fail to prevent residual or recurrent pain. Patient-centered treatments aimed at pain management and overlapping conditions, such as pelvic floor dysfunction and mood disorders, have some efficacy, but are not broadly used or accessible.

**Materials and Methods**

We developed PEEPS, an interdisciplinary group care program comprised of eight, 2-hour weekly sessions of education, physical therapy, mindfulness, yoga, pain coping strategies, and peer support. In order to demonstrate feasibility in recruitment and retention and obtain preliminary data on efficacy, women with surgically diagnosed endometriosis aged 18-48 were recruited to a single-arm feasibility pilot trial between February 2023 and December 2024. Descriptive statistics were performed for demographics, and mixed-effects modeling for patient reported outcomes.

**Results**

Of the 33 women who enrolled in PEEPS, 82% (n=27) attended ≥6 sessions. Median participant age was 33 years [range 22-45]. Majority of participants had 1 prior surgery for endometriosis (70%, n=21) and stage III/IV disease (53.3%, n=16). Pelvic floor dysfunction (45.4%, n=15), migraines (36.4%, n=12), and irritable bowel syndrome (30.3%, n=12) were the most frequent overlapping pain conditions. As compared to baseline, median pain interference decreased 1.5 points (p 0.34, post=54.2 post vs. pre=58.0) and pain intensity 1.6 points (p 0.22, post=58.1, pre=59.7). Quality of life measured by EHP-30 demonstrated 12.6-point improvement (p <0.005, post=44.2, pre=57.9). Participants showed improvement in the EHP-30 domains of: Pain (11.7 points), Control and Powerlessness (19.0 points), Emotional Well-being (11.9 points), Social Support (14.6 points) (p<0.005 for each).

**Conclusion**

PEEPS is a novel integrative group care intervention for women with endometriosis-associated pain that demonstrates excellent retention and shows promise in improving endometriosis-related quality of life.

**Key words**

Endometriosis; Group care; Integrative teams