

An AI-Guided Brain-Body Program for Chronic Pain and Persistent Symptoms: Early Real-World Symptom Trends and Perceived Helpfulness



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TAKE-HOME Chronic pain is not always driven by ongoing tissue or nerve damage. Nervana is a mobile app that helps people self-manage neuroplastic pain using a mind-body approach. In early real-world use, 84% of members who began with high symptom severity improved after 10 completed app sessions (n=31), with average severity decreasing by 2.1 points. Improvement was more common among members who practiced at least twice per week. These preliminary, uncontrolled findings suggest Nervana may be useful as a standalone self-management tool or a complement to provider-guided pain care.

WHY THIS MATTERS

1 in 5 51.6 million U.S. adults lived with chronic pain in 2021 [1].

Pain is shaped by biological, psychological, and social factors [2].

Many people with chronic pain have nociplastic or neuroplastic pain—sometimes alongside tissue- or nerve-related pain—but these mechanisms are often overlooked in traditional medical care. Recognizing them can open the door to brain-body treatment approaches.

WHAT NERVANA DELIVERS

Short in-app sessions pair pain neuroscience education with a highly personalized, empathetic generative-AI voice coach informed by neuroplastic recovery principles, such as Pain Reprocessing Therapy.

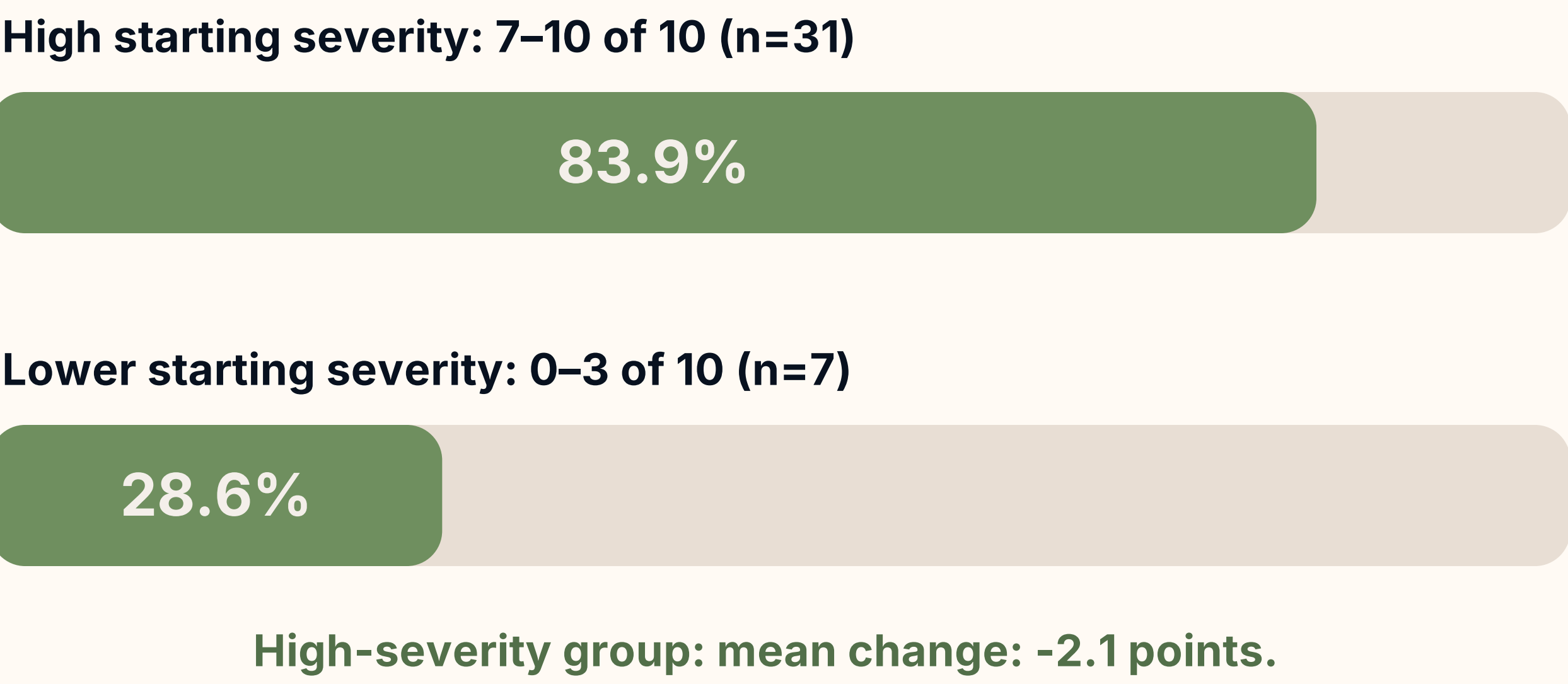
OBJECTIVE AND METHODS

OBJECTIVE	Describe early, real-world outcomes of the Nervana app.
HIGH SEVERITY	Starting symptom rating of 7–10 on a 0–10 scale.
IMPROVEMENT	Self-reported symptom improvement asked every 7 days.
SESSION	One completed short app experience (10–15 min).
HELPLESSNESS	“Somewhat helpful” or “very helpful” self-reported answers.
DESIGN	De-identified, descriptive real-world analysis; no control.

60 rated symptoms at start + Session 10 31 started at 7–10 (high severity) 54 averaged at least 2 sessions/week 35 answered helpfulness at Session 21

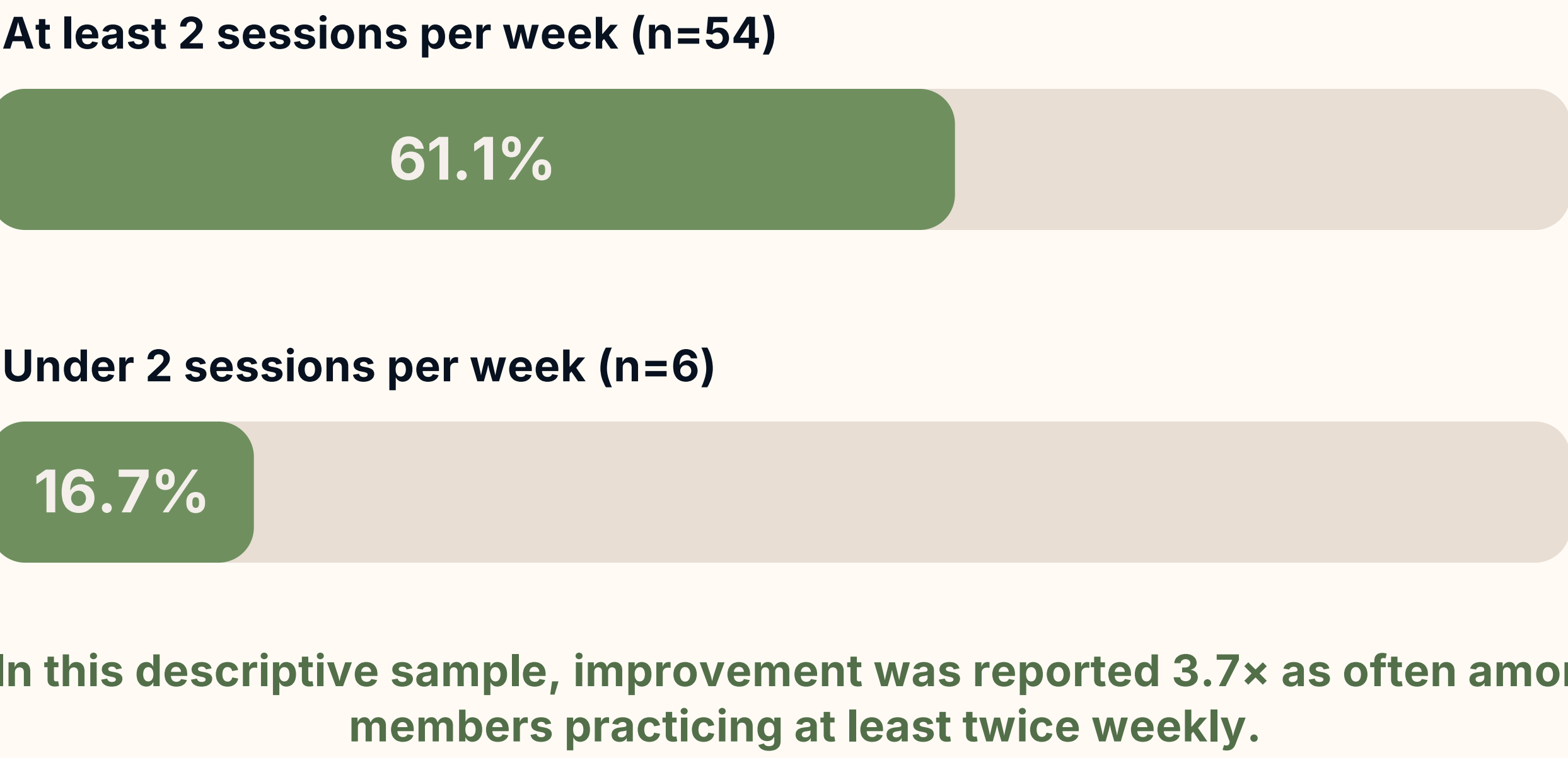
PRIMARY OUTCOMES

Any symptom improvement after 10 completed app sessions



IMPROVEMENT BY PRACTICE FREQUENCY

Any symptom improvement after 10 sessions, by average weekly practice



ENGAGEMENT AND PERCEIVED HELPFULNESS

85.7% At the Session 10 check-in, 66 of 77 respondents rated Nervana somewhat or very helpful; 10 said it was too early to tell (87 reached).

97.1% At the Session 21 check-in, 34 of 35 respondents rated Nervana somewhat or very helpful; 1 said it was too early to tell (35 reached).

AVERAGE DISTINCT SYMPTOMS

11.8 Distinct symptoms per member Median 10 (n=324).

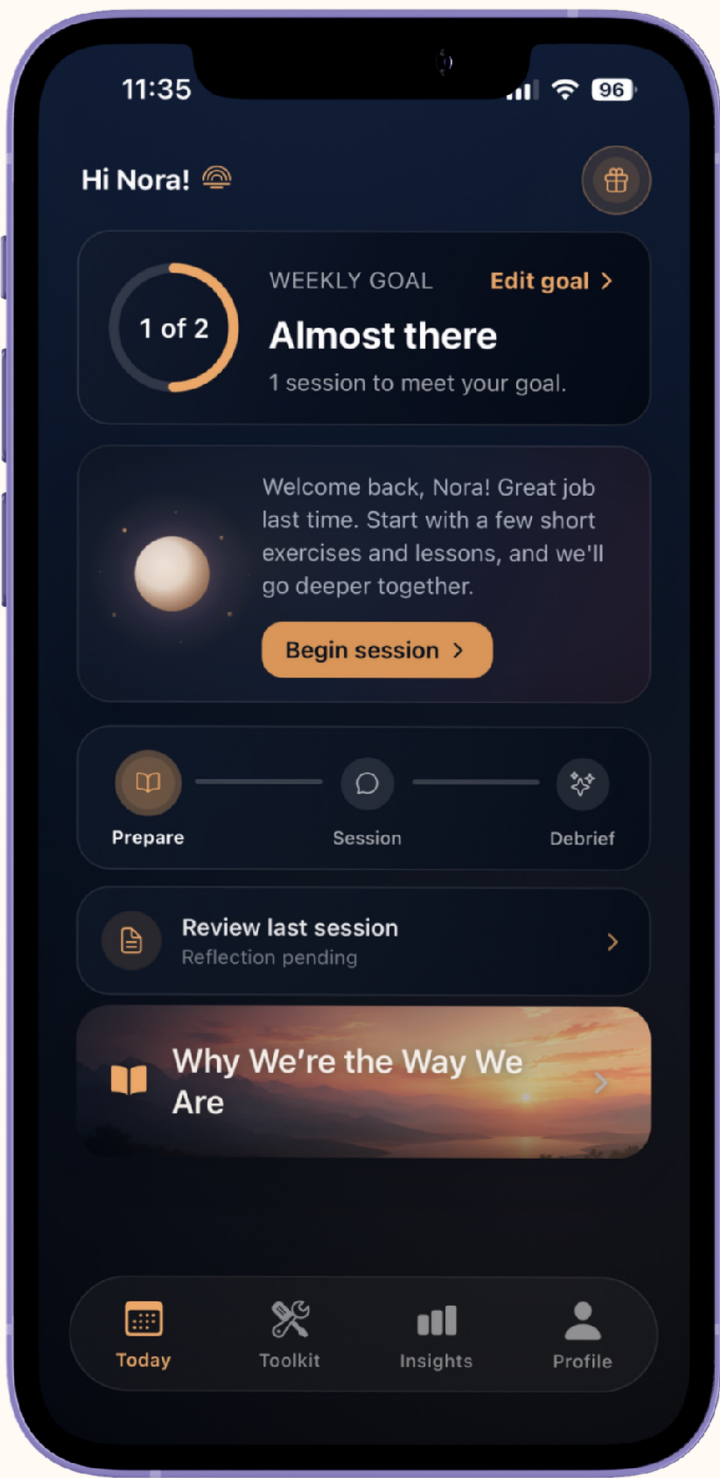
INTERPRETATION

Members who began with higher symptom severity improved more often than those who began with lower severity. Improvement was also more common among members who used Nervana at least twice per week. Overall, most members reported that the app was helpful for their symptoms, with a higher proportion reporting benefit with continued use.

Together, these findings suggest that Nervana may serve as a useful tool, helping people practice brain-body skills consistently over time. Limitations include self-reported outcomes, varied follow-up across members, and no control group.

NEXT STUDY

Next: a prospective controlled study with fixed 6- and 12-week follow-up, validated pain and function measures and prespecified responder criteria.



Nervana mobile app

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