

Is chronic low back pain a symptom of a greater syndrome?



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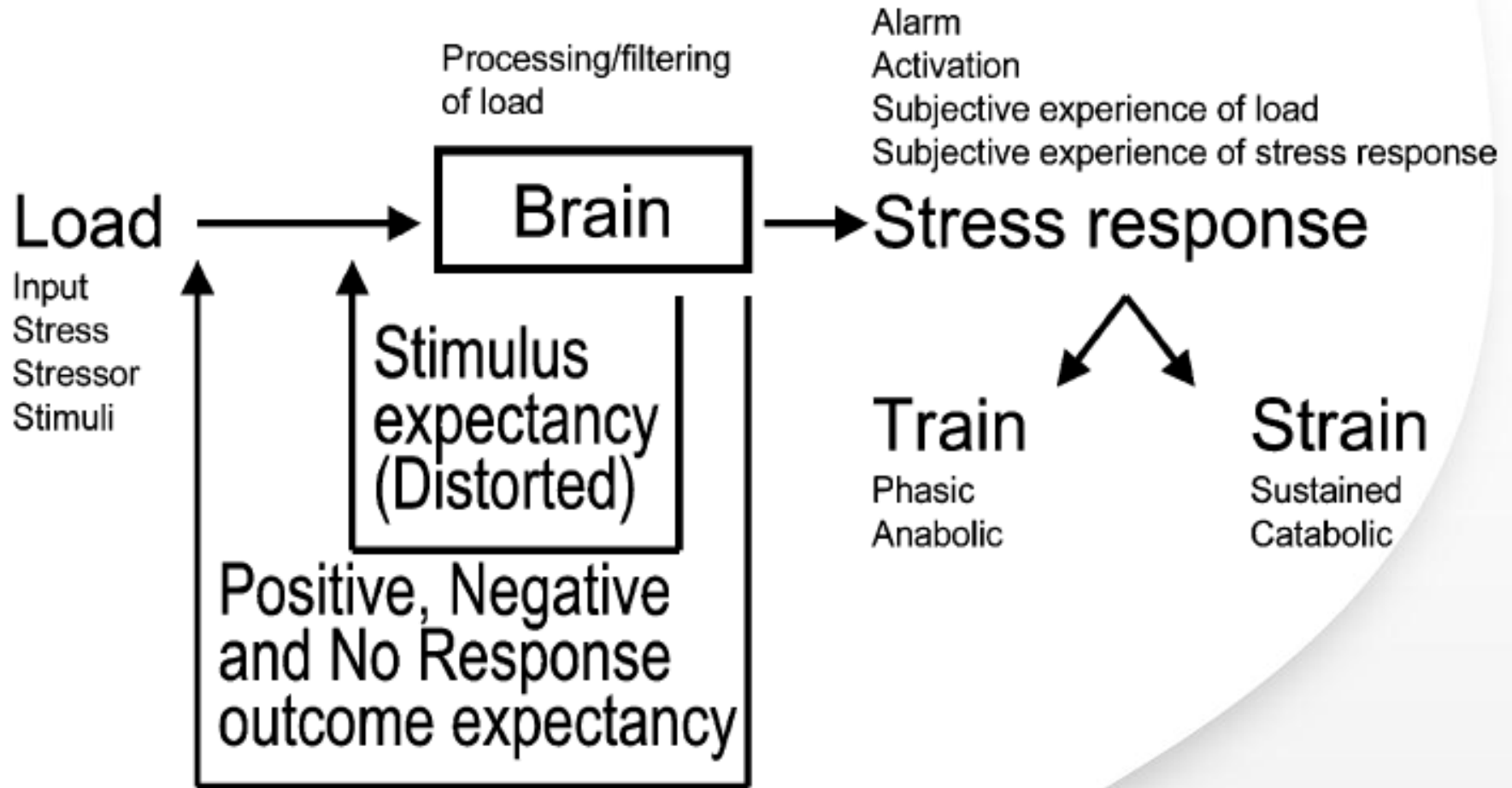
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Theoretical background

- Chronic Low Back Pain (CLBP)
 - High costs
 - Unspecific
 - “mysterious” etiology
 - Often comorbid
 - Frustrating to treat



Cognitive Activation Theory of Stress (CATS)



Objectives

1. To determine whether subjective health complaints (SHC), psychological distress, psychiatric disorders, victimization, low motivation to change, and disbelief in recovery are correlated
2. To identify patient subgroups using these criteria

Methods

- multicentre randomized controlled clinical cross-sectional trial
- Measures
 - *Subjective Health Complaints*: SHC (Eriksen, Ihlebaek & Ursin, 1999)
 - *Low motivation to change*: PSOCQ (Kerns et al., 1997)
 - *Disbelief in Recovery*: IPQ-R (Moss-Morris et al., 2002)
 - *Anxiety & Depression*: HADS (Zigmond & Snaith, 1983)
 - *Psychiatric Comorbidity*: MINI (Sheehan et al., 1998)
 - Questions on *Victimization*

Results: Sample description

- N=473
- 50 % females
- Age M=45 (SD=10, min=22, max=62)
- 25 % reported victimization
- 30 % current psychiatric illnesses
- 38 % lifetime prevalence psychiatric illnesses

Results I: Intercorrelations

	Low motivation	Disbelief I	Disbelief II	Anxiety	Depression	SHC
Low motivation	1	0.157**	-0.063	0.118*	0.128**	0.191**
Disbelief I		1	0.071	0.038	0.032	0.073
Disbelief II			1	0.082	0.104*	0.185**
Anxiety				1	0.699**	0.546**
Depression					1	0.460**

Results I: t-Tests

- Psychiatric comorbidity

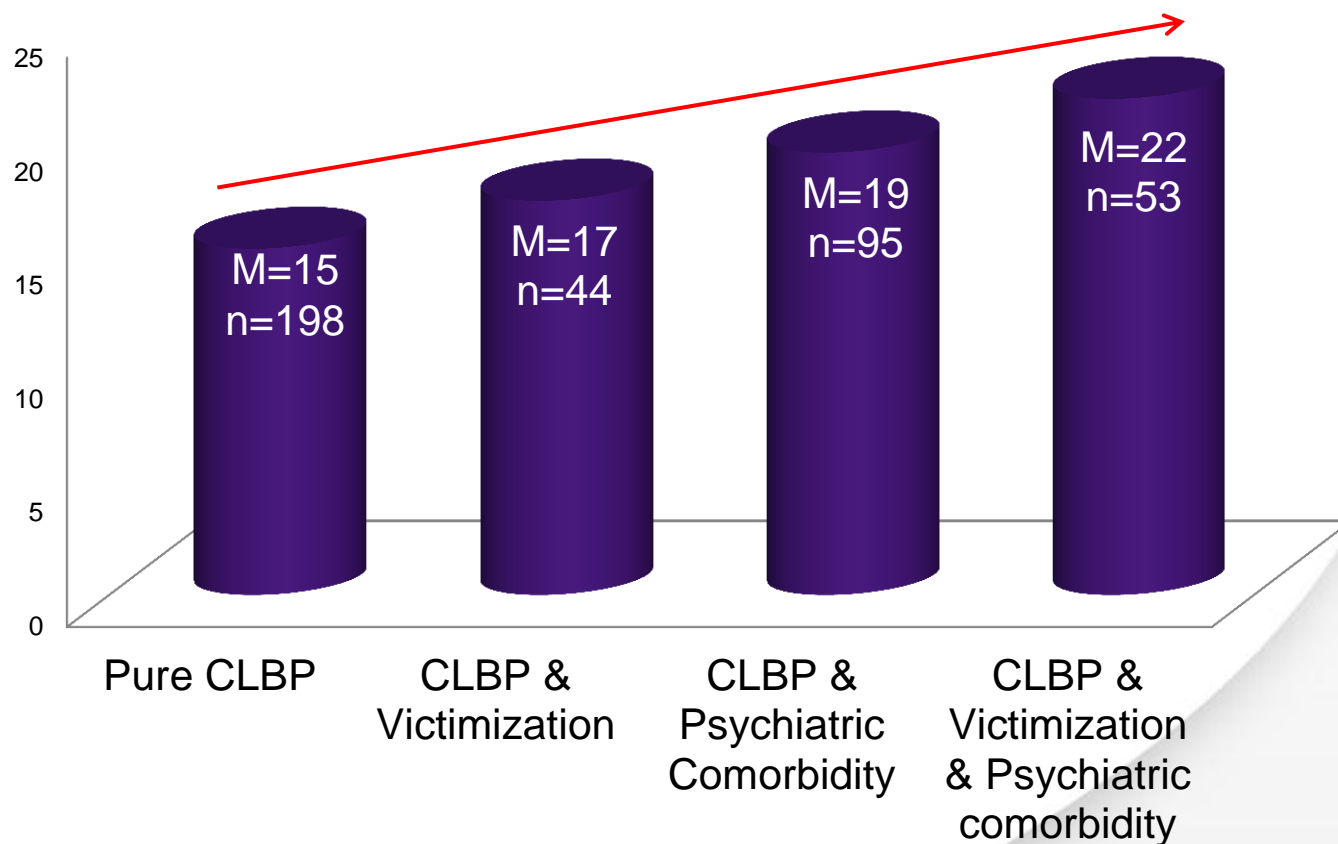
- more anxiety ($t(401) = 8.42, p < 0.001$)
- more depression ($t(401) = 7.63, p < 0.001$)
- more subjective health complaints ($t(392) = 4.87, p < 0.001$)
- n.s. for motivation and disbelief in recovery

- Victimization

- more anxiety ($t(410) = 3.83, p < 0.001$)
- more depression ($t(410) = 3.70, p < 0.001$)
- more subjective health complaints ($t(401) = 2.82, p < 0.05$)
- n.s. for motivation and disbelief in recovery

Results II: Two-Step-Cluster-Analysis

**Subjective
Health
Complaints**



Discussion

Psychiatric comorbidity and victimization are highly prevalent in CLBP

Further studies will focus on the predictive value of these findings



Results are explainable with CATS

More research on violence in CLBP is needed

**Thank you for your
attention!**

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