PREDICTIVE UTILITY OF THE CHRONIC PAIN ACCEPTANCE QUESTIONNAIRE FOR EXERCISE IN ARTHRITIS

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INTRODUCTION / AIM

The chronic pain acceptance questionnaire (CPAQ) is a validated measure of pain acceptance. Pain acceptance is the extent to which one is willing to pursue and engage in valued daily activities despite pain. As exercise is not referenced in the CPAQ, respondents may not be considering exercise as a “valued activity”. We evaluated a modified CPAQ for exercise (CPAQ-E) for utility in predicting exercise.

METHODS

Each CPAQ item was modified to reference exercise. The modification and use was supported by the CPAQ’s author (McCracken). Active participants with arthritis’ (N = 98) CPAQ-E responses were obtained at baseline. Exercise was assessed 2 weeks later. A factor analysis was conducted on the CPAQ-E to examine its scale structure.

RESULTS

An iterative procedure was used resulting in removal of 5 items. (i.e., multicollinearity; items not loading on any factor). This reduced model had good fit (RMSEA = .055, CFI = .97). All items loaded on either of 2 factors, similar to the original CPAQ. Internal consistency of each subscale was good (α = .88). The activities engagement subscale predicted weekly minutes of exercise (R2Adj. = .05, p= .014). Both subscales, and the total CPAQ-E score predicted weekly exercise bouts (R2Adj. = .04 to .13, p < .05).

DISCUSSION / CONCLUSIONS

The CPAQ-E is a face valid and reliable measure that exhibits predictive validity. Future exercise and pain studies should examine the predictive utility of the CPAQ-E relative to the CPAQ.

OTHER AUTHORS

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