BIOPSYCHOSOCIAL FACTORS AS PREDICTORS OF LATER PAIN FLARE SEVERITY IN PATIENTS WITH IC/BPS

Alison Crawford, BA
Queen's University
Student/Trainee

INTRODUCTION / AIM

Interstitial Cystitis/Bladder Pain Syndrome (IC/BPS) is a chronic pelvic pain condition characterized by pain flares localized to the bladder and by urinary urgency, frequency, and dysuria (Nickel et al., 2009). Depression and catastrophizing are suggested to mediate the relationship between pain and patient disability in women with IC/BPS (Katz, et al., 2013). The aim of this study was to examine the predictors of pain flare severity within a biopsychosocial perspective.

METHODS

A total of 501 women diagnosed with IC/BPS were recruited online and completed questionnaires at two time points (spaced four weeks apart) regarding demographics, pain flare severity, IC/BPS symptoms and problems (Interstitial Cystitis Symptom Index and the Interstitial Cystitis Problem Index), catastrophizing (Pain Catastrophizing Scale), depression (Patient Health Questionnaire-9), and hopelessness (State Hopelessness Scale). A hierarchical regression analysis was run, predicting pain flare severity at Time 2 from biological and psychosocial factors at Time 1.

RESULTS

In step 1 of the regression, age (β= .110, p=.007), IC symptoms (β=.226, p=.003) and IC problems (β=.207, p=.006) were all significant predictors of pain flare severity (F(3,498) = 37.404, p<.001). In step 2, only catastrophizing (β=.157, p=.002) was a significant psychological predictor of pain flare severity, with age (β=.141, p=.001) and IC symptoms (β=.201, p=.006) remaining significant (F(6,495) = 23.158, p<.001).

DISCUSSION / CONCLUSIONS

The biological factors of age, IC symptoms, and the psychosocial factor of catastrophizing predict pain flare severity four weeks later in women with IC/BPS. Understanding which factors predict painful flares in IC/BPS is important to identify helpful flare management strategies.

OTHER AUTHORS

Dean A. Tripp
J Curtis Nickel
Hayley Yurgan
Adrijana Krsmanovic
Abi Muere
Madelaine Gierc