DOES CURRENT STAGE OF PAIN EFFECT MOOD AND COPING AMONG INDIVIDUALS WITH CHRONIC NECK PAIN?

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INTRODUCTION / AIM

Readiness to change or an individual’s level of motivation to self-manage their pain has been shown to be an important predictor of clinical outcomes. The objective of this study was to examine the difference in mood and coping among individuals based on their current pain stage of change.

METHODS

Participants with chronic neck pain greater than 3 months were recruited from an academic specialist pain clinic during February 2014 through September 2015. A multivariate ANOVA was conducted comparing current pain stage of change with measures of mood and coping. A post hoc analysis was conducted with Bonferroni adjustments.

RESULTS

Individuals in the precontemplation stage had higher levels pain related kinesiophobia (p<0.024), cognitive anxiety (p<0.008), and pain catastrophizing (rumination, p<0.039; magnification, p<0.032; helplessness, p<0.016) than those in the maintenance stage. Individuals in the maintenance stage were less likely to use passive coping strategies such as relaxation, compared to those in precontemplation (p<0.043) or contemplation (p<0.036). Alternatively, those in the maintenance stage were more likely to use active coping strategies such as task persistence compared to those in the precontemplation (p<0.05) or contemplation (p<0.04).

DISCUSSION / CONCLUSIONS

The results from this study has important implications for improving clinical outcomes in chronic cervical neck pain management. The use of strategies such as cognitive behavioural therapy and motivational interviewing which promote cognitive restructuring and develop active coping strategies may help an individual’s level of readiness to change.

OTHER AUTHORS

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