MINIMALLY IMPORTANT CHANGE OF SCORES ON THE FRENCH-CANADIAN CHRONIC PAIN SELF-EFFICACY SCALE IN FIBROMYALGIA PATIENTS

Anaïs Lacasse, PhD
Université du Québec en Abitibi-Témiscamingue (UQAT)

INTRODUCTION / AIM

The French-Canadian Chronic Pain Self-efficacy Scale (FC-CPSES) is a psychometrically sound measure of chronic pain management self-efficacy. In order to better interpret the clinical meaning of changes on this patient-reported outcome in intervention trials, this study aimed to estimate the minimally important change (MIC) of the FC-CPSES in fibromyalgia patients.

METHODS

The present analysis was conducted with data collected in a pragmatic trial involving fibromyalgia patients who participated in an evidence-based self-management intervention offered in nine health care centres of the province of Quebec (Canada). The 33-item FC-CPSES allows the computation of 0-10 scores, where higher scores indicate higher self-efficacy. Using an anchor-based method [7-point patient global impression of change (PGIC) regarding quality of life], pre- and post-intervention measures were used to estimate the MIC.

RESULTS

A total of 65 patients completed the FC-CPSES and the PGCI. Mean age of participants was 48.77 (SD: 11.36), 92.31% were females, and the baseline average pain intensity in the past seven days was 6.72 /10 (SD: 1.69). A substantial correlation between the post-intervention FC-CPSES score and the PGCI was found (Spearman’s r = 0.54, p<.0001), suggesting the latter as an appropriate anchor. Among patients reporting improvement on the PGIC scale (n= 43, 66.15%), the mean change and percentage change in FC-CPSES scores were respectively 0.84 (SD: 1.20) and 18.43% (95%CI: 8.87-28.00). Proportion of patients who achieved the yielded 0.84 units MIC was 46.15%.

DISCUSSION / CONCLUSIONS

Our study suggests the smallest changes in FC-CPSES scores that can be regarded as clinically meaningful for clinicians and researchers who seek to assess the benefits of multimodal self-management interventions for the treatment of fibromyalgia.

OTHER AUTHORS

Patricia Bourgault, RN, PhD
Yannick Tousignant-Laflamme, Pht, PhD
Manon Choinière, PhD