

PSYCHOSOCIAL FACTORS AS PREDICTORS OF DEPRESSION AND ANXIETY IN PATIENTS WITH CHRONIC PAIN

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Background and aims: Depression and anxiety are common in patients with chronic pain. Although research examining the psychosocial predictors of depression is abundant, less is known regarding the associations between psychosocial factors and anxiety. This study sought to evaluate and compare the prediction of depression and anxiety from psychosocial factors.

Methods: 324 persons with four different chronic pain conditions completed measures of pain intensity (NRS) and interference (P-BPI), pain coping responses (the brief CSQ and the brief CPCI), self-efficacy (P-PSEQ), satisfaction with social support (ESSS), anxiety and depression (HADS). We conducted principal components analyses upon subscales of CSQ and CPCI to reduce number of predictor variables. Regression analyses and partial correlations were computed to test the predictive importance of psychosocial factors.

Results: Results showed anxiety and depression to be associated to higher pain severity and interference. Anxiety was predicted by self-efficacy beliefs, social support, catastrophizing and praying/hoping, and wellness-focused coping responses, whereas depression was predicted by self-efficacy, social support, catastrophizing and praying/hoping, and illness-focused coping responses.

Conclusions: The findings suggest that there are many common factors predicting anxiety and depression, but also some differences regarding the associations between coping strategies and both variables. The results suggest that treatment programs may need to be adjusted somewhat depending on if patients are presenting with more anxiety or depression.

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