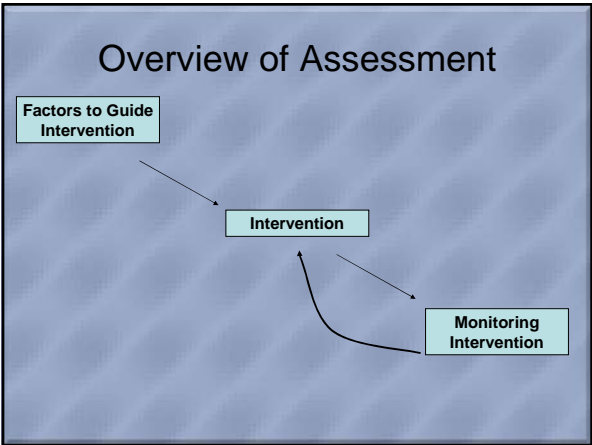


Assessment of Psychological Factors in Treatment of Chronic Pain

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Factors to guide intervention

Common Comorbidities

- Depression
- Anxiety
- PTSD
- Sleep Problems

Depression

Depression

- Prevalence 30-54% (Campbell et al., 2003)
- Particularly related to functional impairment
- Adds to pain intensity

Anxiety Disorders

Anxiety

- Prevalence 16-29% (Sareen et al., 2005)
- Also adds to pain intensity
- May complicate functional rehabilitation (even at sub-clinical levels)

Depression and Anxiety Disorders

Screening

- Hospital and Anxiety Depression Scale (Bjelland, et al. 2002)
 - 14 items
 - Normed on primary care patients
 - <http://www.patient.co.uk/showdoc/40002439/>

Hospital Anxiety and Depression Scale

Sample Items:

A: *I feel tense or "wound up".*

Not at all 0 A lot of the time 1 Occasionally 2 Most of the time 3

D: *I still enjoy things I used to enjoy.*

Not at all 0 A lot of the time 1 Occasionally 2 Most of the time 3

2-Question Depression Screener

1. During the last month, have you often been bothered by feeling down, depressed or hopeless?
YES NO
2. During the last month, have you often been bothered by little interest or pleasure in doing things?
YES NO

(Whooley et al., 1997)

Post-Traumatic Stress Disorder

PTSD

- Prevalence 15-58% (higher in MVA(s)) (Roy-Byrne, et al., 2004)
- Also adds to pain intensity
- May complicate functional rehabilitation
- High convergence of PTSD with SUD and Pain
- PTSD screener : Primary Care PTSD Screener (Prins et al., 2004)

Primary Care PTSD Screener

In your life, have you had any experiences that were so frightening, horrible, or upsetting that, in the **past month** you...

1) Have had nightmares about it or thought about when you did not want to?

YES **NO**

2) Tried hard not to think about it, or went out of your way to avoid situations that reminded you of it?

YES **NO**

3) Were constantly on guard, watchful, or easily startled?

YES **NO**

4) Felt numb or detached from others, activities, or your surroundings?

YES **NO**

Sleep Disorders

Insomnia

- Prevalence of 40% (Ohayon, 2005)
- Exacerbates inflammatory processes, decreases pain tolerance
- Global Sleep Assessment Questionnaire (Roth et al., 2002) 11-items

Global Sleep Assessment Questionnaire

Sample Items:

1. Did you have difficulty falling asleep, staying asleep, or did you feel poorly rested in the morning?

YES **NO**

2. Did you fall asleep unintentionally or did you have to fight to stay awake during the day?

YES **NO**

3. Did sleep difficulties or daytime sleepiness interfere with your daily activities?

YES **NO**

4. Did work or other activities prevent you from getting enough sleep?

YES **NO**

Anxiety Sensitivity

- The tendency to catastrophize over physical symptoms was initially applied to panic disorder
- Trait-like construct measured by the Anxiety Sensitivity Index (11-items: Blais MA, Otto MW, Zucker BG, McNally et al., 2001)
- Closely tied to two processes:
 - catatrophizing
 - fear of pain or re-injury

Additional Factors to Guide Intervention

1. Coping Strategies
 - Behavioral Responses
 - Cognitive Responses
2. Responses of Family or Significant Others
3. Leisure Activity Assessment

Coping Strategies

Behavioral Responses

- Inactivity (Deconditioning)
- Ignoring Pain (Exacerbation)

Cognitive Responses

- Catastrophizing: Seeing pain as indicative of damage or disease progression.
- Pain Catastrophizing Scale (Sullivan et al., 1995)

Pain Catastrophizing Scale

Sample Items (13-items total)

Magnification - "I wonder whether something serious may happen."

Rumination - "I keep thinking about how much it hurts."

Helplessness - "There is nothing I can do to reduce the intensity of the pain."

Pain-related Fear

- **Fear** sub-scale of Pain Outcomes Questionnaire

1. How much do you worry about re-injuring yourself if you are more active? (0 not at all –10 all the time)
2. How safe do you think it is for you to exercise? (0 not safe at all –10 extremely safe)

- Dehghani M, Sharpe L, Nicholas: Eur J Pain. 2004 Dec;8(6):585-94

Responses from Family Members or Sig. Others

Solicitousness from spouse or partner

- Associated with increase pain intensity
- Associated with increased disability

- West Haven Yale Multidimensional Pain Inventory (WHYMPI) – Section 2 (Kerns et al., 1985).

Sollicitious Responses

Sample items from WHYMPI- Sollicitious Response subscale

Indicate below how often your spouse (or S.O.) responds to you in that particular way when you are in pain.

1. Takes over my jobs and duties (0 = Never to 6 = Very Often)
2. Tries to get me to rest (0 = Never to 6 = Very Often)
3. Gets me some pain medications (0 = Never to 6 = Very Often)

Leisure Activities

1. Key element to "Attentional Diversion"
2. Key in supplying Alternative Rewards
3. May need to completely re-tool to match current capabilities

Assessment:

1. What hobbies do you have?
2. What hobbies did you have before the pain?
3. What are some hobbies you engaged in during childhood and adolescence?

Leisure Activities

Some helpful websites:

1. http://en.wikipedia.org/wiki/List_of_hobbies
2. http://www.onelang.com/encyclopedia/index.php/List_of_hobbies
3. <http://www.coping.org/growth/fun.htm>

On-going Assessment

1. Self-monitoring of pain (pain logs: Caudill, 1998)
2. Measurement of positive and negative affect (POQ , Clark et al., 2003)
3. Functional impairment (POQ items, Clark et al., 2003)
4. Other factors identified in initial assessment

Self-Monitoring of Pain

Day	Situation	Pain Intensity (0-10)	Thoughts	Distress	Method of Coping
Thursday					
Time 1					
Time 2					
Time 3					

Pain Outcomes Questionnaire

6 Sub-scales (20-items)

1. Pain: self-report of intensity (0-10) (1 item)
2. Mobility: self-report of mobility-related impairment (4 items)
3. ADL(s): self-report of pain-related impairment in completing Activities of Daily Living (4 items)
4. Vitality: self-report of activity and energy levels (3 items)
5. Negative Affect: dysphoria associated with symptoms (5 items)
6. Fear: pain-related fear and avoidance (2 items)

Pain Outcomes Questionnaire

Additional Info:

- One of few measures with published norms for both intake and follow-up patients, as well as inpatients and outpatients

Ordering the Pain Outcomes Questionnaire:

<http://www.vachronicpain.org/Pages/POQReq.htm>
