

PAIN ANXIETY SYMPTOMS AND CHRONIC LOW BACK PAIN: DIFFERENCES BETWEEN GREEK MEN AND WOMEN PATIENTS

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Introduction: Anxiety of pain plays a very important role in pain persistence and disability in patients with musculoskeletal pain.

Objective: This study examined the effect of pain anxiety symptoms on chronic pain.

Aim: The aim of the present study was the evaluation of pain anxiety symptoms in patients with chronic low back pain (CLBP) and the differences between genders.

Materials and methods: Two-hundred and one patients with CLBP participated in the present study (53 men - 148 women, mean age \pm SD 37,4 \pm 13,7). The measures used were: Pain Anxiety Symptoms Scale-PASS-20 (McCracken & Dhingra, 2002) and another questionnaire with socio-demographics and attitudes and self-reported questions data on the impact of the chronic pain in their life.

Results: The mean scores (\pm SD) for men and women with CLBP and the p values from the T-tests were respectively: PASS-20 total score, 22,19 \pm 9,09 and 30,11 \pm 14,15, (P=0,000), for avoidance, 8,15 \pm 3,02 and 9,65 \pm 4,46, (P=0,025), for fearfull thinking, 6,64 \pm 2,99 and 8,33 \pm 3,91, (P=0,002), for cognitive anxiety 3,98 \pm 2,72 and 5,90 \pm 4,20, (P=0,005) and for Physiological Responses 3,42 \pm 2,53 and 6,21 \pm 3,67, (P=0,000).

Conclusion: The results of the present study revealed the high levels of pain anxiety symptoms in patients with CLBP. Furthermore, women were found to be affected of pain anxiety symptoms more than men.