P1-39: Endorsement of Anger by Patients Living with Chronic Back Pain

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Abstract:
Introduction: Persons living with chronic low back pain (PLWCLBP) represent a major health concern. Up to 84% of people at some point experience chronic low back pain (CLBP) with sizable fiscal and emotional cost. If a connection between anger and CLBP can be understood, PLWCLBP can learn to better manage CLBP by managing their anger. This pilot study assessed the feasibility and challenges of recruiting PLWCLBP, suitability of using the survey instruments; and unexpected obstacles to using them.

Method(s): This pilot study used survey methodology. Three tools, demographic survey, Spielberg State-Trait Anger Expression Inventory-2 (STAXI-2) with sub-scales, and the Short form McGill Pain Questionnaire were used. Inclusion criteria for the convenience sample was adult men and women; experiencing CLBP for six months or more; able to read and understand
English; able to understand the research process. The sample consisted of 11 adults living with CLBP recruited from two chiropractic offices. To encourage recruitment, periodic small incentives were given to office staff.

**Results:** By having clinic staff distribute the 20 packets, 55% were returned which is comparable to that expected for mailed surveys. The six women and five men who participated ranged in age between 27 and 80. The subjects were able to complete the forms without assistance. The only data that needed to be excluded were a few answers on the demographic survey. While preliminary scores suggest that many of the subjects did not have much pain or anger, there were notable ranges in the scores.

**Discussion & Conclusions:** Participants in the pilot study were almost evenly divided, suggesting a gender balanced sample of PLWCLBP, not requiring special analysis procedures is possible. Their SF-MPQ scores and STAXI-2 sub-scales scores confirmed these tools were appropriate to measure pain and anger among this sample. It was also found the demographic questionnaire could be completed without difficulty. No unexpected obstacles were encountered. During the pilot, numerous offers were made to recommend a relative, friend or themselves to participate in the study. Considering this, social nomination was added to the subsequent study. That study sample will be expanded to include physicians’ offices and acupuncturists.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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