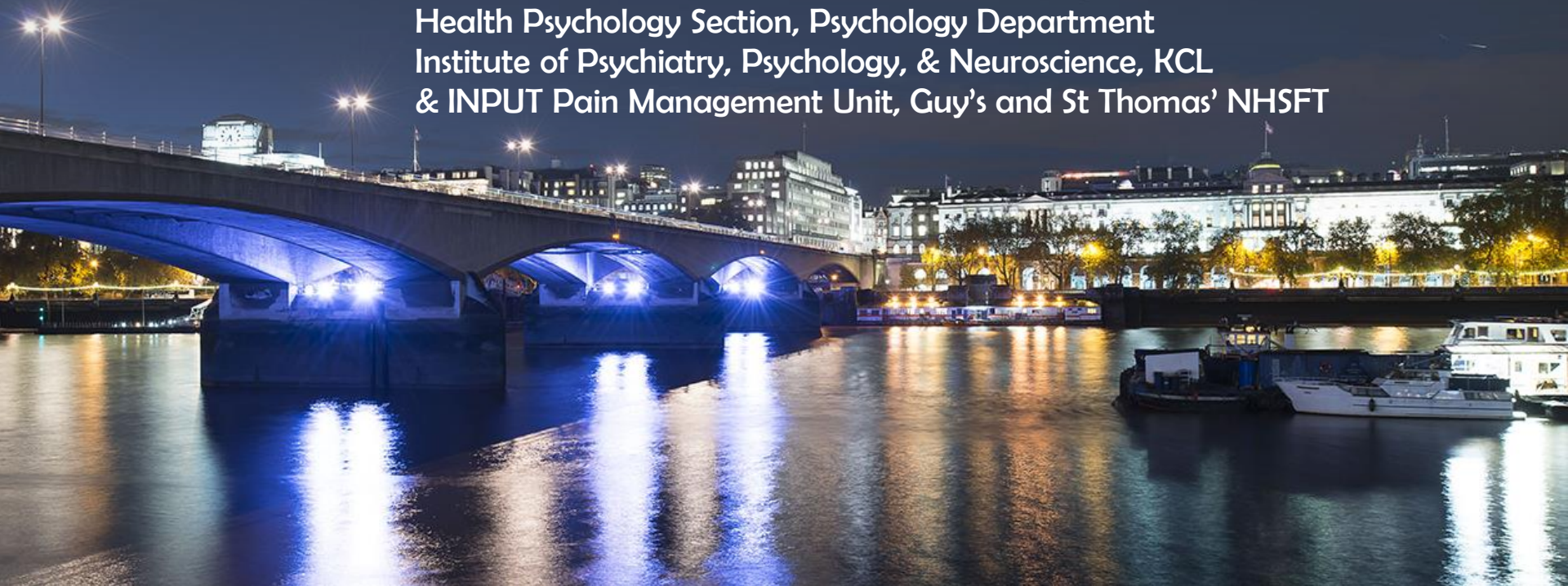


Pain and Work – Lost in Translation?

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Guy's and St Thomas' 
NHS Foundation Trust

KING'S
College
LONDON

Main Points of this Talk

- 1) Evidence for effects of psychological treatments on work-related outcomes in chronic pain appears inconclusive.
- 2) Might the psychological flexibility model apply to this problem?
 - *Probably, yes.*
- 3) Preliminary evidence shows the following
 - *Acceptance may reduce the effects of pain on work-related goals.*
 - *Positive work status may act as a predictor of better outcomes in ACT.*

RESEARCH ARTICLE

The Effectiveness of Cognitive Behavioural Treatment for Non-Specific Low Back Pain: A Systematic Review and Meta-Analysis

Helen Richmond¹*, Amanda M. Hall^{1,2}, Bethan Copsey¹, Zara Hansen¹‡, Esther Williamson¹‡, Nicolette Hoxey-Thomas¹‡, Zafra Cooper³‡, Sarah E Lamb¹‡

1 Centre for Rehabilitation Research, Nuffield Department of Orthopaedics Rheumatology and Musculoskeletal Sciences, University of Oxford, Oxford, England, United Kingdom, **2** The George Institute for Global Health, University of Oxford, Oxford, England, United Kingdom, **3** Department of Psychiatry, Medical Sciences Division, Warneford Hospital, Oxford, United Kingdom

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PLOS ONE | DOI:10.1371/journal.pone.0134192 August 5, 2015

23 Studies; N = 3359 participants.



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“Two studies reported work disability but the evidence remained inconclusive.”

Effectiveness of psychological interventions for chronic pain on health care use and work absence: systematic review and meta-analysis

Andrew Pike^a, Leslie Hearn^b, Amanda C. de C Williams^{a,*}

+ Corrigendum to: Effectiveness of psychological interventions for chronic pain on health care use and work absence: systematic review and meta-analysis, by Pike et al. PAIN 2016;157:777–785

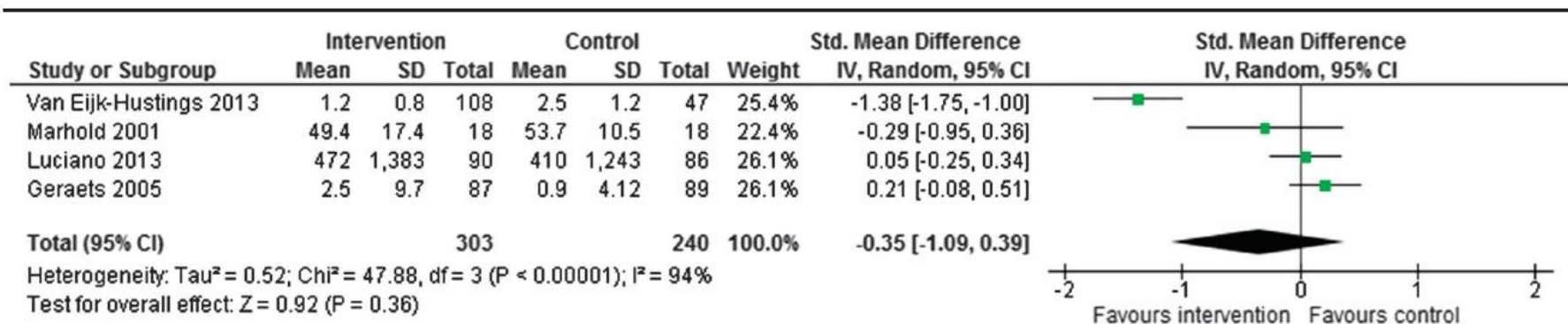


Figure 5. SMD for work loss: 4 studies and overall effect size. CI, confidence interval; SD, standard deviation; Std., standard.

“Analysis of work loss showed no significant effects of psychological interventions over comparisons,...

...but the use of many different metrics necessitated fragmenting the planned analyses, making summary difficult.”

Effects of daily pain intensity, positive affect, and individual differences in pain acceptance on work goal interference and progress

Chung Jung Mun*, Paul Karoly, Morris A. Okun

PAIN 156 (2015) 2276–2285

- N = 132 adults.
- 21-day diary.
- Multilevel modelling analyses.
- Conclusion: “...it appears that high pain acceptance significantly attenuates pain’s capacity to disrupt work goal pursuit.”

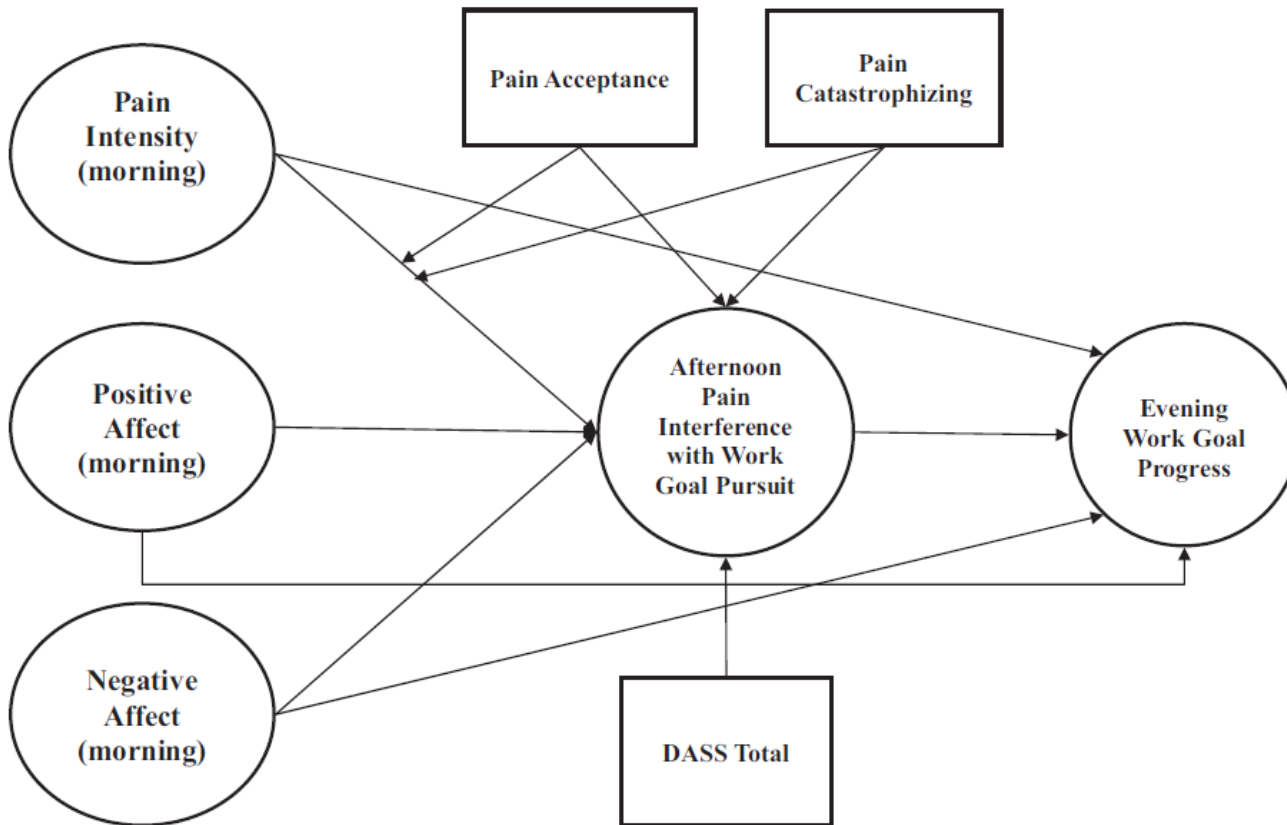


Figure 1. Hypothetical model. Variables with circular shape are level 1 (day-level) variables, and variables with rectangular shape are level 2 (person-level) variables.

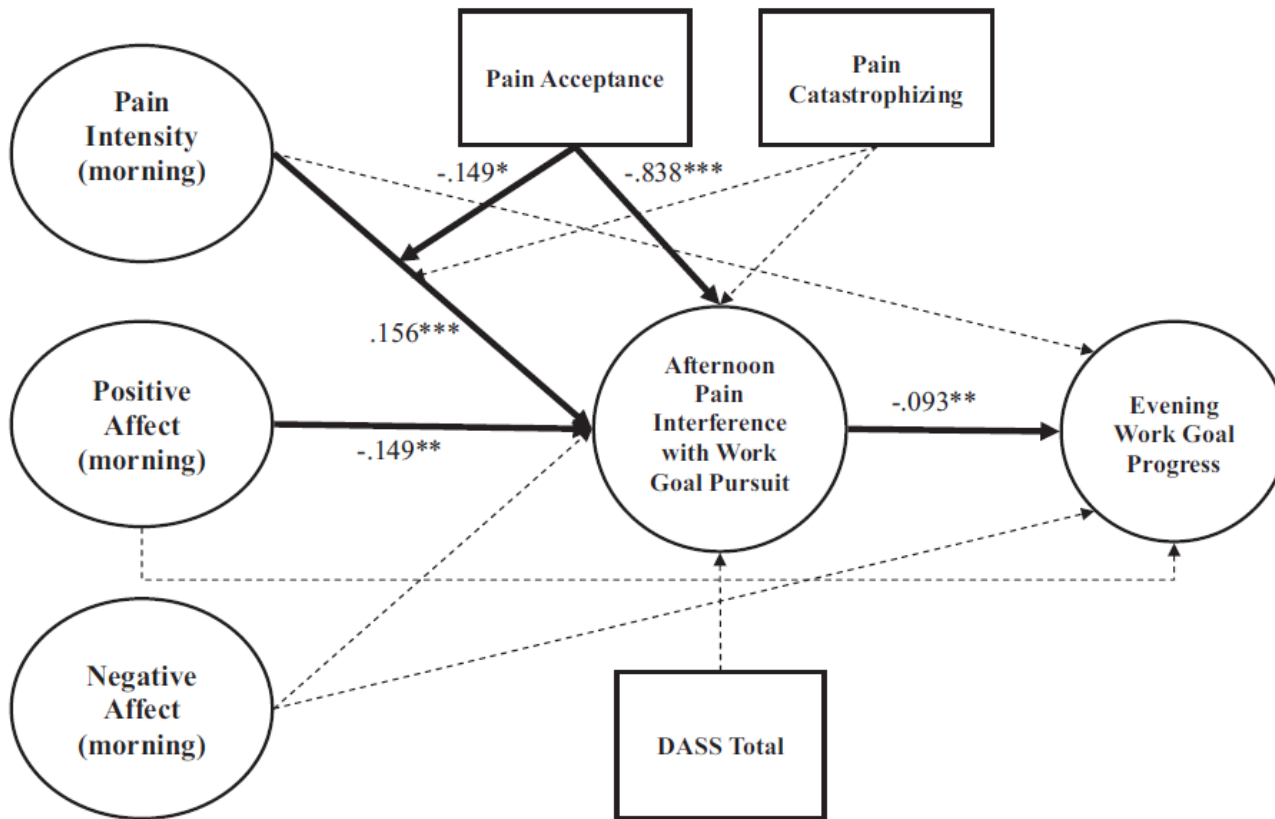
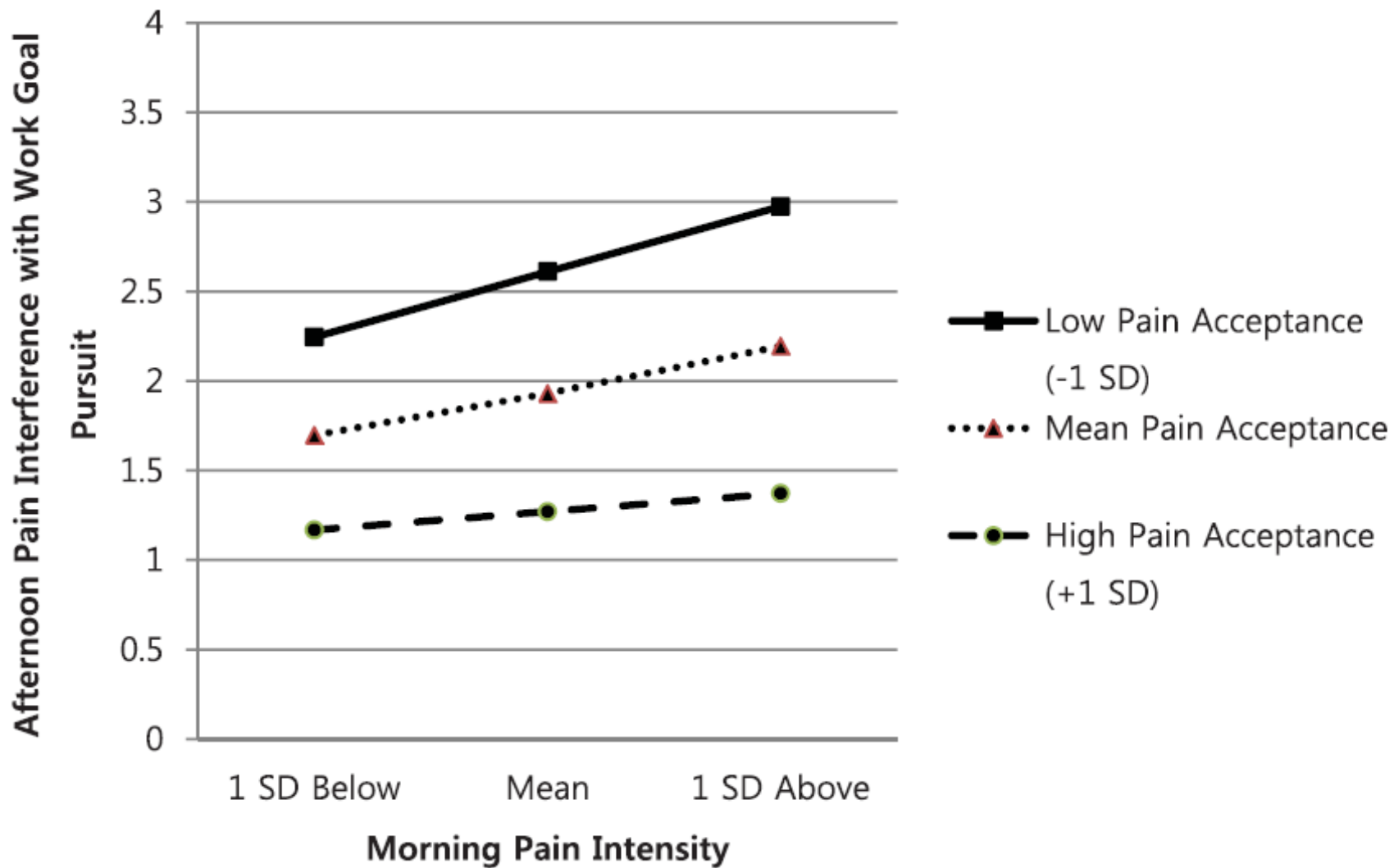


Figure 3. Summary of the present findings. The dashed lines represent nonsignificant paths. $*P < 0.05$, $**P < 0.01$, $***P < 0.001$. DASS Total, DASS total score (level 2 covariate).



Critical Reviews

Predictors of Treatment Outcome in Contextual Cognitive and Behavioral Therapies for Chronic Pain: A Systematic Review



Helen R. Gilpin,^{*,†} Alexandra Keyes,[†] Daniel R. Stahl,[†] Riannon Greig,[‡]
and Lance M. McCracken^{*,†}

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A theoretically guided approach to identifying predictors of treatment outcome in

Contextual CBT for chronic pain

Helen R Gilpin^{1,2}, Daniel R Stahl³, Lance M McCracken^{1,2}.

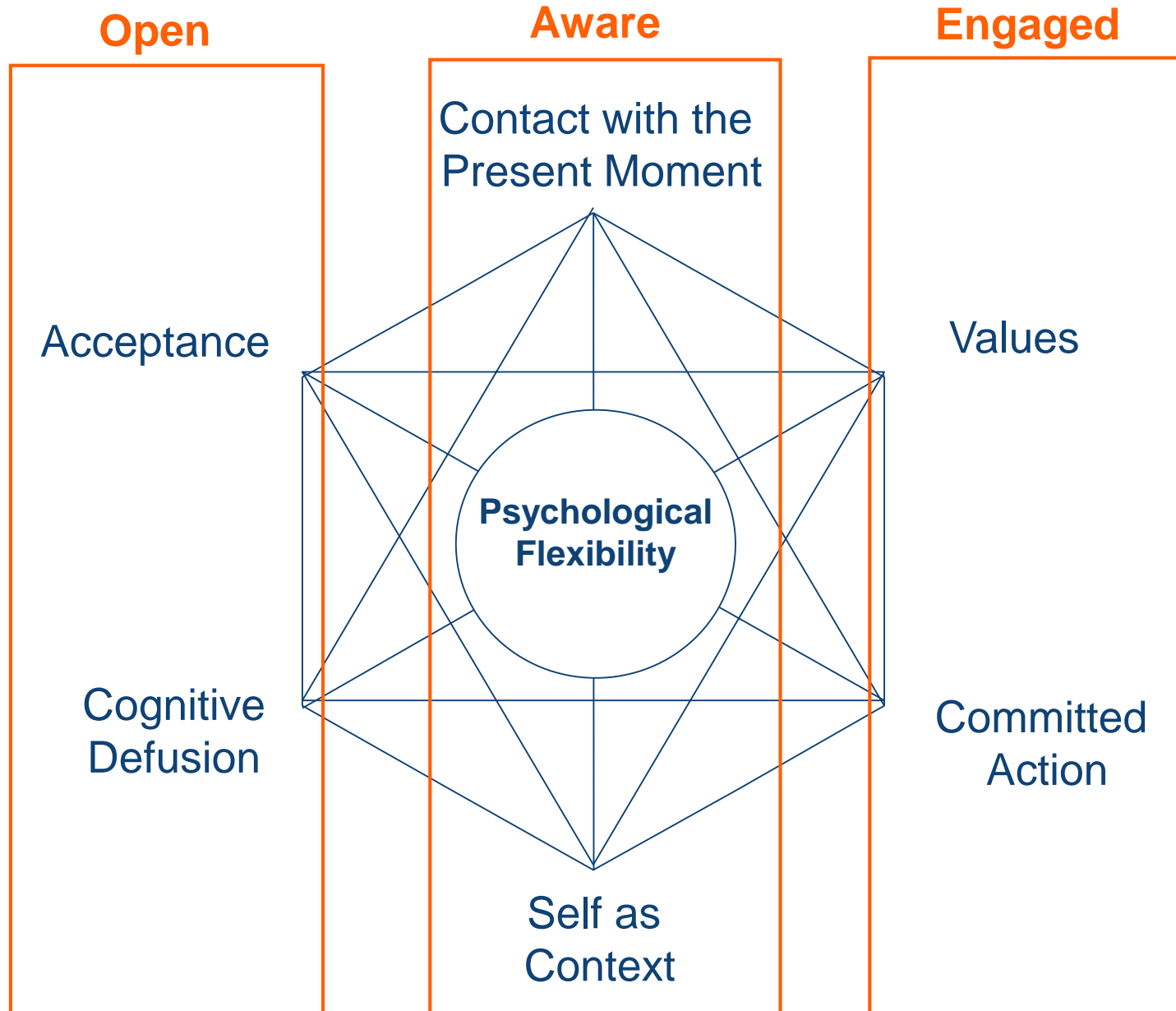
¹ INPUT Pain Management, Guys and St. Thomas NHS Foundation Trust Hospitals, London, UK

² Department of Psychology, Institute of Psychiatry, Psychology, and Neuroscience, King's College London, London, UK

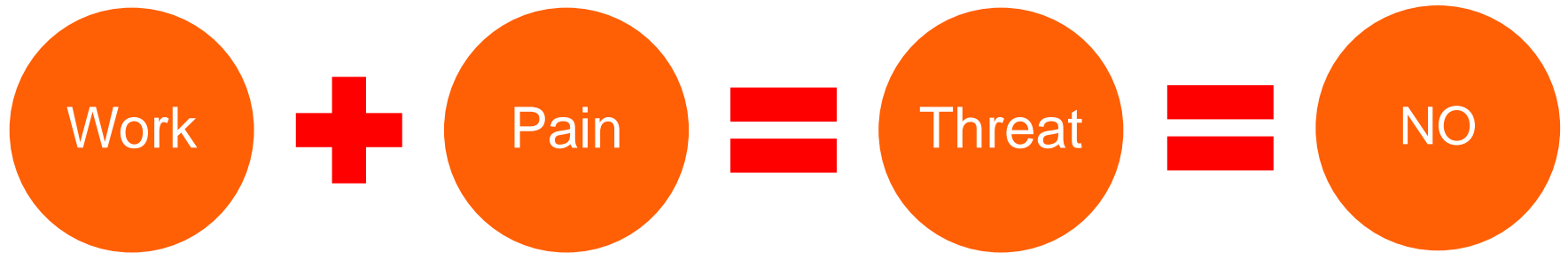
³ Department of Biostatistics and Health Informatics, Institute of Psychiatry, Psychology, and Neuroscience, King's College London, London, UK

- **METHODS:** 609 people who attended a residential, interdisciplinary, pain management programme based on ACT.
- **RESULTS:** **Employment status***, level of distress, decentering (a process like cognitive defusion), and acceptance significantly contributed to the model above and beyond the effects of other baseline variables.
- ***This included analyses for mental health, physical functioning, social functioning, and pain.**

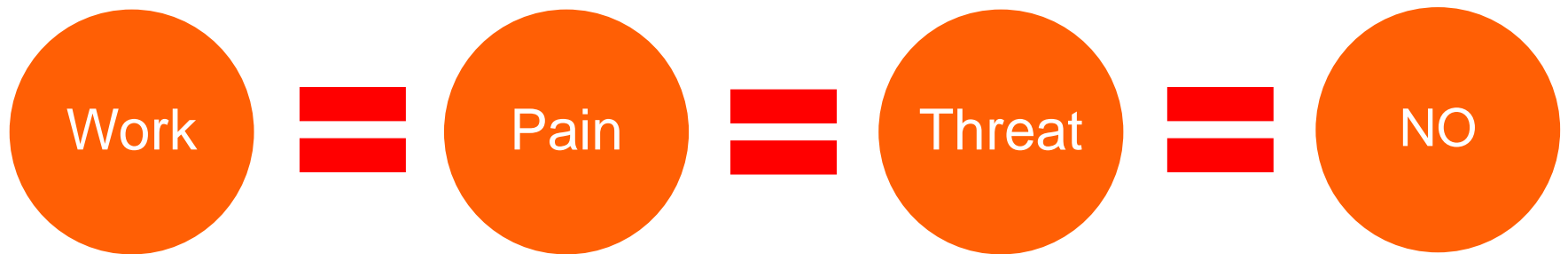
Facets of Psychological Flexibility



In a Context of Chronic Pain



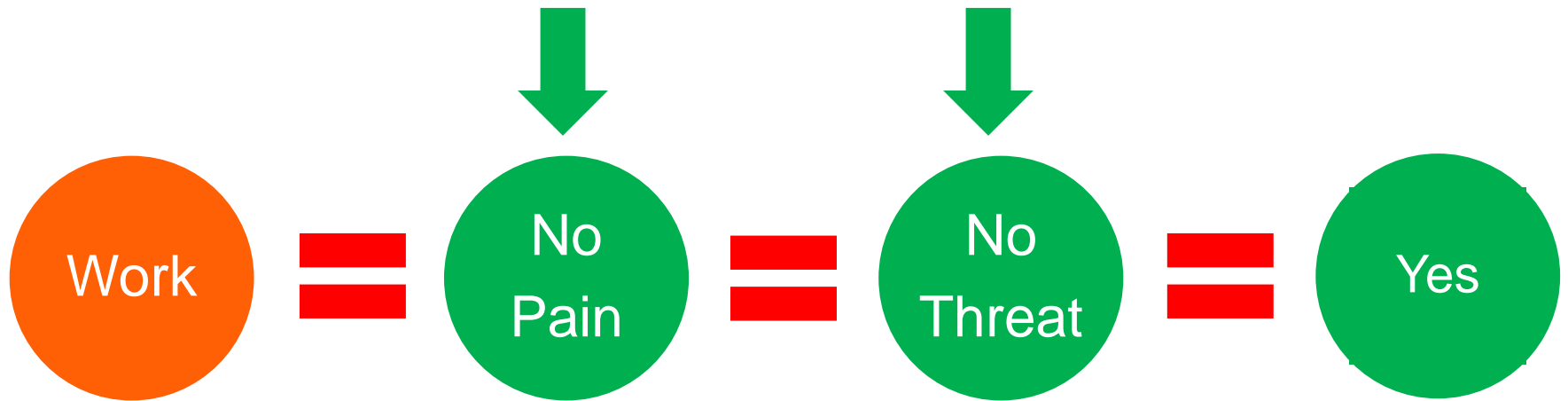
In a Context of Chronic Pain



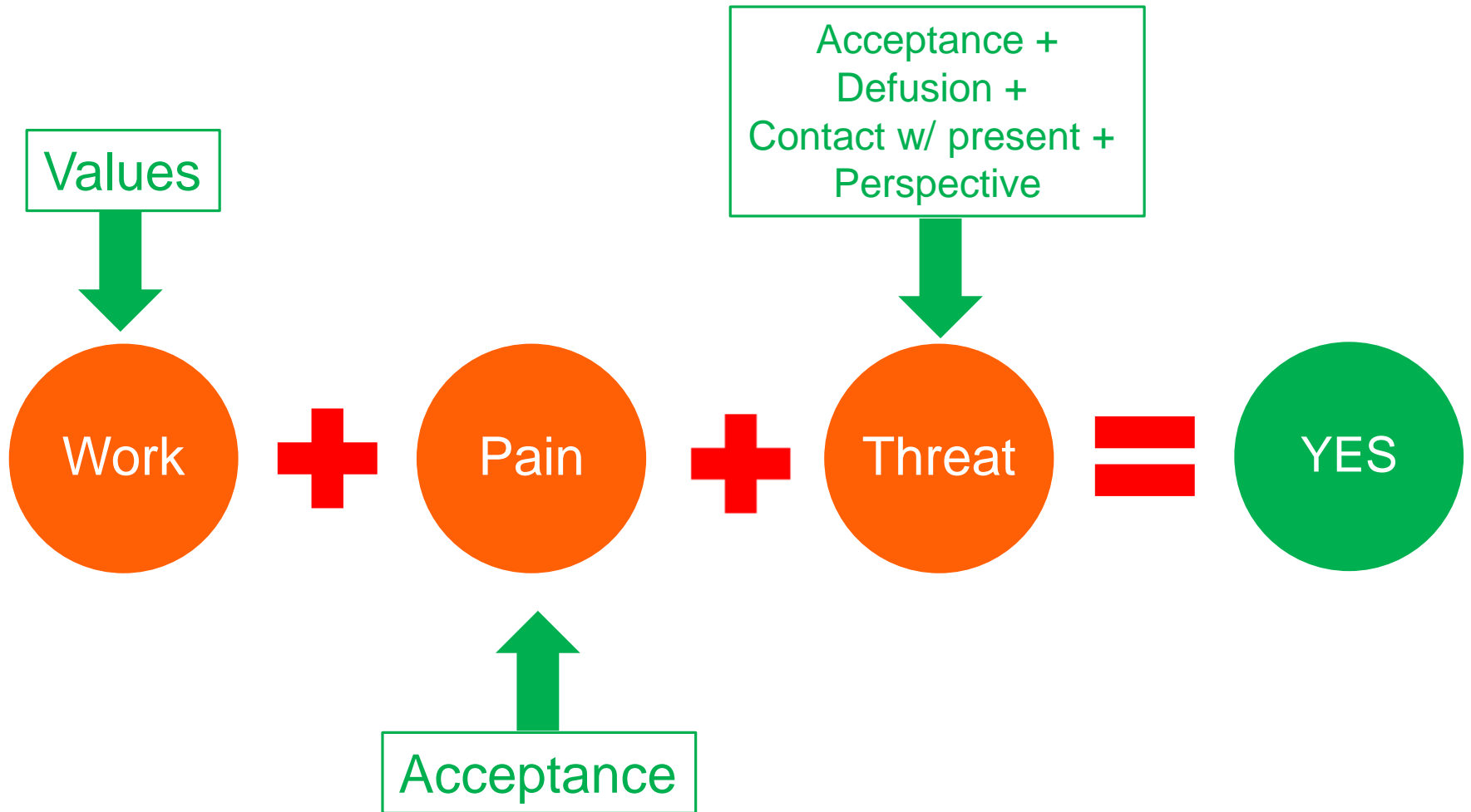
In a Context of Chronic Pain



In a Context of Chronic Pain



In a Context of Chronic Pain



Summary of Points Presented

1. Work is a notoriously difficult outcome in the context of chronic pain.
2. Results from meta-analyses do not show conclusive results.
3. The barriers to work are varied.
4. Preliminary evidence suggests that newer process-focused variants of CBT may help.

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