

## Disability and Quality of Life in Low Back Pain: A Cross-Sectional Study

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**Abstract :** Low back pain (LBP) is a major musculoskeletal problem in global population. This study aimed to examine the relationship between pain, disability and quality of life in patients with non-specific low back pain (LBP). One hundred LBP participants were recruited in this cross-sectional study (mean age =  $42.23 \pm 11.34$  years old). Pain was measured using Numerical Rating Scale (11-point). Disability was assessed using the revised Oswestry low back pain disability questionnaire (ODQ) and quality of life (QoL) was evaluated using the SF-36 v2. Majority of participants (58%) presented with moderate pain and 49% experienced severe disability. Thus, the pain and disability were found significant with negative correlation ( $r = -0.712$ ,  $p < 0.05$ ). The pain and QoL also showed significant and positive correlation with both Physical Health Component Summary (PHCS) ( $r = .840$ ,  $p < 0.05$ ) and Mental Health Component Summary (MHCS) ( $r = 0.446$ ,  $p < 0.05$ ). Regression analysis indicated that pain emerged as an indicator of both disability and QoL (PHCS and MHCS) accounting for 51%, 71% and 21% of the variances respectively. This indicates that pain is an important factor in predicting disability and QoL in LBP sufferers.

**Keywords :** disability, low back pain, pain, quality of life

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