

Perceptions and Attitudes toward Pain in Patients with Chronic Low-Back Pain

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Abstract : To date, there are few studies on the subjective experiences of patients with chronic low-back pain (CLBP). The purpose of this study was to gain a better understanding of CLBP patients' perceptions and attitudes regarding pain. Individual, semi-constructed interviews were conducted with 7 Japanese and 10 Americans who had been diagnosed with CLBP. The interviews were transcribed verbatim and analyzed based on a content analysis approach. The study proposal was approved by the Institutional Review Board of the first author's affiliate university. All participants provided written consent. Participants' ages ranged from 48 to 82. Five main categories were emerged, namely, 'There are no reasons for long-term chronic pain,' 'Just will not worsen,' 'Have something to help me cope,' 'Pain restricts my life,' and 'Have something to relieve me.' Participants lived with CLBP, which could sometimes be avoided as a result of the coping strategies that they employed, and due to which they sometimes felt helpless, despite their efforts. As a result, they had mixed feelings, which included resignation, resoluteness, and optimism. However, their perceptions and attitudes toward pain seemed to differ based on their backgrounds, including biological, social, religious, and cultural status. There is a need for the development of a scale in future studies, to enable quantitative measurement of individuals' perceptions of and attitudes toward pain. There is also a need for an investigation of factors influencing perceptions and attitudes toward pain.

Keywords : attitude, chronic low-back pain, perception, qualitative study

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