



Chronic low back Pain and Anxiety

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Abstract: *Chronic low back pain is the single biggest cause of years lived with disability worldwide and a major challenge to international health systems.(James SL et.al.) The aim of this work was to assess the impact of chronic low back pain on anxiety. Sample consisted of 60 Chronic low back pain patients (30 male and 30 female). Their age range were 20 to 50 years. A control group 120 of the same age range was also taken for comparison purpose. Sinha's Anxiety scale (1968) was used to measure anxiety among the subjects. Finding of the study reveal that CLBP patients reported higher level of anxiety in comparison to normal subjects.*

Introduction- Chronic low back pain is a pain which regardless of its etiology is located at the lumber or sacrum section of the spinal cord and lasts six months or longer. It is a specific type of physical pain that is felt in the area of lower part of the back and impairs not only bodily activities but also is assumed to impair proper behavioral function.

Psychological factors are important in people with chronic low back pain. Kekerman & Stevens (1989) tried to find out the relationship between acute and Chronic pain and psychological status in CLBP. Low back pain has been chosen as a means to investigate the way in which pain affects the emotional state of patients and, in particular, their level of depression and anxiety. Studies show that depression and anxiety are associated with the occurrence of low back pain (Anderson, 1999, MC Cracker, 1998) and that people with low back pain are more likely to develop anxiety and depression disorders (Polatin, et. al.1993).

Anxiety is a psychological and physiological state characterized by cognitive, somatic, emotional and behavioural components (Seligman & Rosenhan D.L. 2001) These components combine to create an unpleasant feeling that is typically associated with uneasiness, fear or worry. How and to what extent anxiety is associated with CLBP, this knowledge will provide a useful insight into the effectiveness of medical health professional for treatment of such patients.

Hypothesis- Chronic low back pain patients would report higher level of anxiety in comparison to normal subjects.

Method- Design- The sample of the present study was constituted with 60 CLBP patients. These cases were selected from different hospitals and nursing centers of Jaunpur. Besides, a control group having the strength of 120 subjects was also constituted for the comparison purpose. The sample consisted of the subjects of the both sexes. The two groups were properly matched.

Tool- Sinha's Anxiety Scale (1968) was used to measure anxiety among the CLBP patients and normal subjects individually. 90 items with forced choice response alternative of yes and no response.

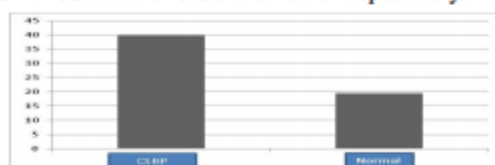
Result and Discussion- The comparative position of CLBP and normal subjects may be noticed from

table 1

Table 1 Mean, SD etc. of CLBP and control group on anxiety scale: cut boards, and thin film transistor

S.No.	Groups	Statistics		t	p
		Mean	S.D.		
1.	CLBP	39.93	7.60	14.86	.01
2.	Control	19.57	10.47		

Result shows that the CLBP group has scored a mean value of 39.93 and a SD value of 7.60 while the mean and a S.D. value of control group on this scale are 19.57 and 10.47 respectively.



**Fig. 1.1 Mean Scores of CLBP & Control group on Anxiety scale**

Fig. 1.1 also presents the relative position of the two groups on anxiety scale. The significance of difference between the two means was checked by t-ratio. The t-value obtained in this case is 14.86 and it is significant at .01 level. It is clear that the difference between the two means is real, not the function of chance variable. These findings confirm the hypothesis of the present study that CBLP patients would report higher level of anxiety in comparison to normal subjects.

Findings of other earlier studies emphasized the importance of present study. Lee et. al. (1991) studied and found that acute group male profiles reflected more depression and anxiety than female profiles. Similar results have been reported Lindal et. al. (1990) and Bradley et. al. (1978). Roelofs et. al. (2003) assessed by means of a modified stroop paradigm, whether highly fearful patients with chronic low back pain pay selective attention towards related to movements and injury. The above studies show that CBLP patients are in greater need of affection and social support.

Conclusion- On the basis of this research it can be said that chronic low back pain patients experience more apprehension, These problems interfere with adjustment and coping skills which decreases mental health. Thus they appear to be in require of psychological and medical support for betterment of their life situation.

संदर्भ ग्रन्थ सूची

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