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# Beliefs about influence of psychological factors' on the recovery from lower back pain

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# Study design

## ■ Background

- Psychological factors are known as risk factors for the development of chronic lower back pain (LBP).

## ■ Aim

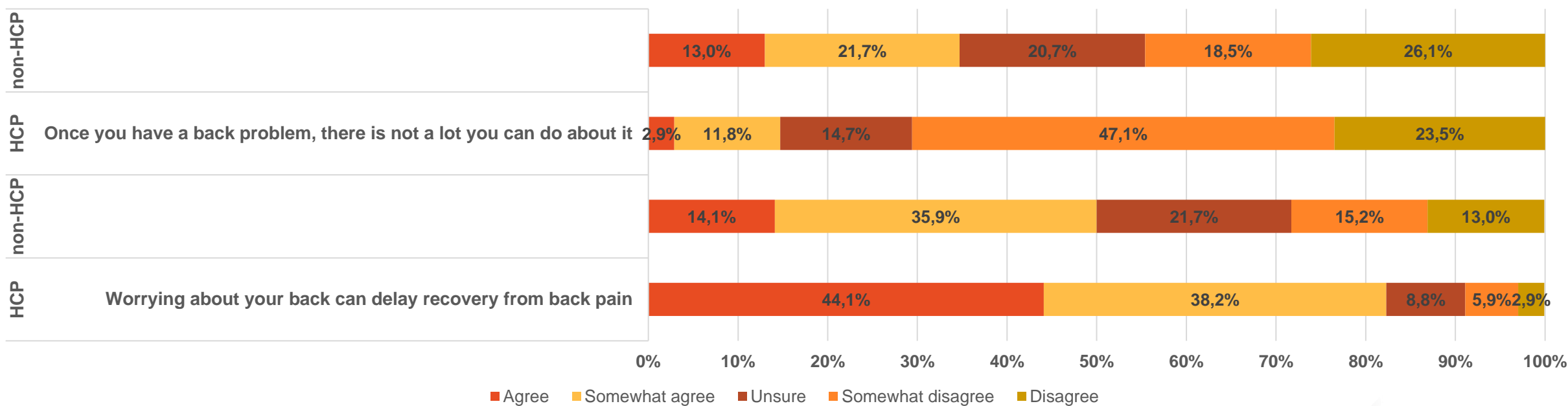
- To analyse opinion regarding influence of psychological factors on the recovery from LBP.

## ■ Methods

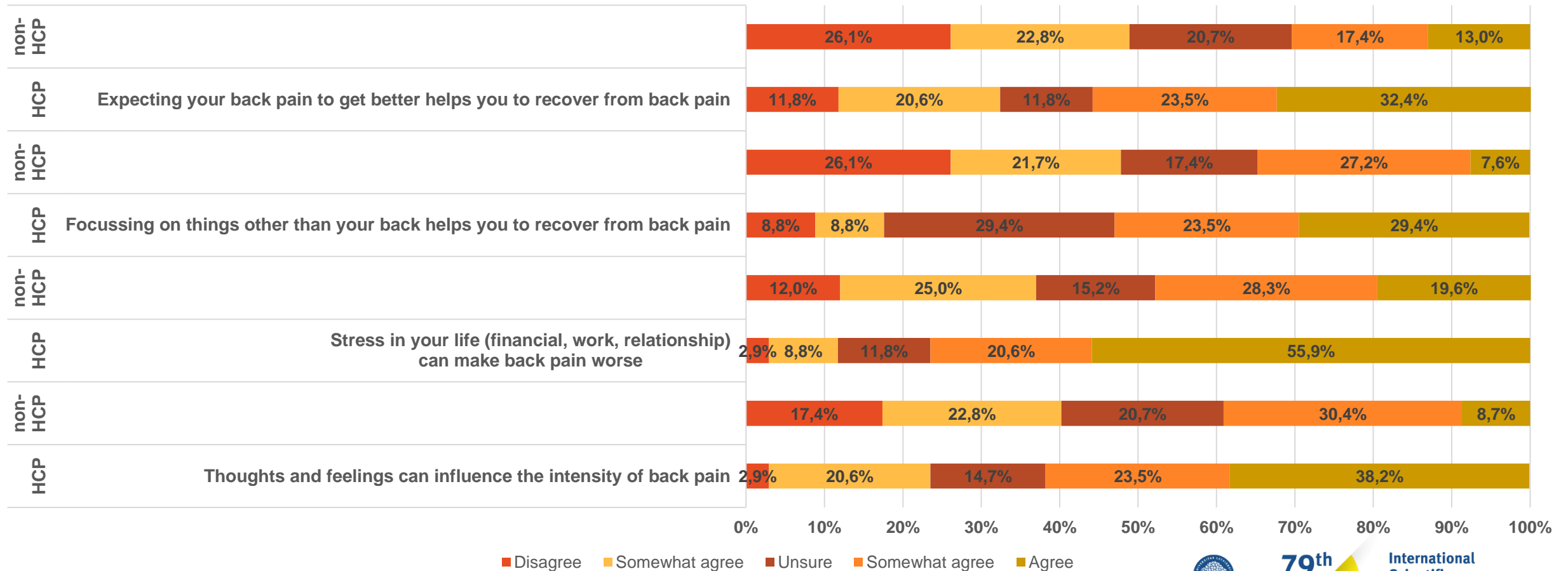
- A retrospective study
- General questionnaire (sociodemographic data, pain characteristics), Back-Pain Attitudes Questionnaire (beliefs about recovering from LBP).
- Comparison of results in healthcare professionals' (HCP) and non-HCP groups.

# Results – total respondent sample

- A total of 126 participants (mean age 40.8 years, SD ±11.9) were included.
- Females vs. males – 88.9% vs. 11.1% (112/126 vs. 14/126)
- HCP vs. non-HCP – 27.0% vs. 73.0% (34/126 vs. 92/126)



# Different factors' influence on pain intensity and recovery from pain



# Conclusions

1. HCP are better educated and knowledgeable, however, the third part of them still disagree that subjective psychoemotional factors influence attitude to LBP.
2. HCP should pay more attention to patient psychoeducation.