

ABSTRACT

Eleni Hapidou, Ph.D., C. Psych, and her honor's thesis student, Avery Hart, from the Department of Psychology, Neuroscience and Behavior (PNB) at McMaster University have been investigating how the Veteran-woman intersectionality moderates chronic pain and response to treatment.

They collected data from the five-week intensive interdisciplinary chronic pain management Program (adapted for the pandemic) at the Michael G. DeGroot Pain Clinic of Hamilton Health Sciences. There were 106 individuals who enrolled in the Program, 99 of whom provided complete psychometric measures at admission and discharge (44% women, 62% Veterans). Psychometrics assessed pain intensity (PIS), pain disability (PDI), kinesiophobia (TSK), anxiety (CAS), depression (CES-D), catastrophizing (PCS), sensitivity to pain traumatization (SPTS), pain stages of change (PSOCQ), pain acceptance (CPAQ) and subjective happiness (SHS) at admission and discharge, and self-evaluations of program benefit and satisfaction at discharge. 2x2x2 mixed ANOVAs on outcome measures, and 2x2 ANOVAs on satisfaction measures were conducted.

Results showed improvements in all variables ($p < 0.001$) at discharge: main effects of gender on SPTS, PCS, TSK, SHS, Pre-cont ($p < 0.05$), and Veteran-Civilian on the CES-D, PCS, CAS, PDI, PQ, SPTS, Pre-cont, Cont, Action and CAPQ; interactions between gender and Veteran-civilian ($p < 0.05$) for the contemplation and maintenance stages of change.

Results replicate previous findings on the benefits of interdisciplinary pain management for all patients and highlight differences between men and women, Veterans and civilians on several outcome variables. Overall, women and Veterans scored lower on several outcome variables overall. That women scored lower than men on pain traumatization has not been reported before. It is recommended to further explore the effect of gender as it relates to pain traumatization, and interactions between gender and veteran-civilian with larger sample sizes.

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