

Correlates of care seeking ID'd for those with low back pain

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Not all patients with low back pain (LBP) seek medical care, with female sex, LBP frequency, limitations in activities of daily living, and fear-avoidance beliefs contributing to increased odds of seeking care, according to a study published in the May 20 issue of *Spine*.

(HealthDay)—Not all patients with low back pain (LBP) seek medical care, with female sex, LBP frequency, limitations in activities of daily living, and fear-avoidance beliefs contributing to increased odds of seeking care, according to a study published in the May 20 issue of *Spine*.

Anne F. Mannion, Ph.D., from Schulthess Klinik in Zurich, and colleagues examined the correlation between LBP beliefs and care seeking using data from [questionnaires](#) mailed to a random sample of 2,507 participants from an [epidemiological study](#) of musculoskeletal health. Participants were questioned about sociodemographics, LBP characteristics, and LBP-related care seeking, and completed the Back

Beliefs Questionnaire (BBQ) and the Fear-Avoidance Beliefs Questionnaire (FABQ; [physical activity](#) and work scales).

The researchers found that 43 percent of participants reported current LBP, of whom 28 percent had sought care. Care seeking was significantly related to female sex; increasing age; not working full time; lower income; greater LBP frequency; LBP intensity; limitations in activities of daily living; worse [general health](#); and higher FABQ-Physical Activity, FABQ-Work, and BBQ scores in univariate analyses. Factors that contributed significantly to the final model included female sex (odds ratio [OR], 1.731); LBP frequency (OR, 1.492); limitations in activities of daily living (OR, 1.010); and high FABQ-Work Scores (OR, 1.025) in multiple regression.

"That the odds of seeking care are higher in fear-avoidant individuals, even when controlling for other established predictors, emphasizes the importance of addressing such beliefs during the consultation; public health education programs may serve to underpin the delivery of positive messages, ultimately reducing health care demands," the authors write.

More information: [Abstract](#)
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