

## FEAR OF PAIN AND CHRONIC LOW BACK PAIN: DIFFERENCES BETWEEN GREEK MEN AND WOMEN PATIENTS

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**Introduction:** Chronic pain can lead the subjective emotional pain response of an individual and has the potential to play a very decisive role in determination of pain intensity and pain duration.

**Objective:** This study examined the effect of fear of pain on chronic pain.

**Aim:** The present study aimed the relationship of fear of pain with chronic low back pain (CLBP) and the differences between genders of patients with CLBP.

**Materials and methods:** Two hundred and one patients with CLBP participated in the present study (53 men - 148 women, mean age $\pm$ SD 37,4 $\pm$ 13,7). The measures used were: Fear of Pain Questionnaire - FPQ-III (McNeil & Rainwater, 1998) and another questionnaire with socio-demographics, attitudes and self-reported questions data on the impact of the chronic pain in their life.

**Results:** The mean scores ( $\pm$ SD) for men and women with CLBP and the p values from the T-tests were respectively: for total FPQ-III, 67,92 $\pm$ 17,46 and 78,48 $\pm$ 18,88, (P=0,000), for minor pain 16,06 $\pm$ 5,02 and 19,56 $\pm$ 6,19, (P=0,000), for severe pain 30,74 $\pm$ 8,42 and 34,82 $\pm$  7,57, (P=0,001), and for medical pain 21,13 $\pm$ 7,66 and 23,91 $\pm$ 8,54, (P=0,038),

**Conclusion:** The results of the present study revealed the high levels of fear of pain in patients with CLBP. Furthermore, the gender was established as another potential variable that is related to isolated differences in emotional responses to pain.