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Association among disability risk, pain catastrophising, fear-avoidance beliefs and kinesiophobia among patients with chronic low back pain

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Background: Chronic low-back pain (CLBP) is the most common cause of long-term disability in middle age individuals. This study investigated the association between disability risk, pain catastrophising, fear-avoidance beliefs and kinesiophobia in patients with CLBP.

Methods: This cross-sectional study involved patients with CLBP. Disability risk was assessed using the STarT back screening tool. Pain catastrophizing, fear-avoidance beliefs and kinesiophobia levels were assessed by Pain Catastophizing Scale, Fear-Avoidance Beliefs Questionnaire and Tampa Scale of Kinesiophobia, respectively. Data was analysed using descriptive statistics of mean, standard deviation, percentage and inferential statistics of Pearson Chi-square test of association.

Result: Thirty patients with CLBP with mean (SD) age 54.7(13.6) years participated in the study. The results of the study revealed that low, medium and high disability risk for CLBP were 43.3%, 33.3% and 23.3%, respectively. A significant association was found between disability risk and pain catastrophising ($\chi^2 = 6.909$ $p = 0.014$), fear-avoidance beliefs ($\chi^2 = 9.108$ $p = 0.04$) and kinesiophobia ($\chi^2 = 8.877$ $p = 0.006$). Compared to those in low risk group, patients with medium and high disability risk had significantly higher levels of fear-avoidance beliefs ($\chi^2 = 9.108$ $p = 0.04$) and kinesiophobia ($\chi^2 = 8.877$ $p = 0.006$).

Conclusion: There were significant associations between disability risk and pain, catastrophising, fear-avoidance beliefs, and kinesiophobia levels. This study provides additional information assessing the association among disability risk, pain catastrophising, fear-avoidance beliefs and kinesiophobia for the management of patients with LBP

Ethics: Ethical approval was sought from the Health Research Ethics Committee of the Institute of Public Health, Obafemi Awolowo University, Ile-Ife, Nigeria (Registration number: ERC/2019/12/13).

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