

# Pain acceptance profiles' reticulated Behavioral Flexibility patterns predict needs and responsiveness to pain rehabilitation



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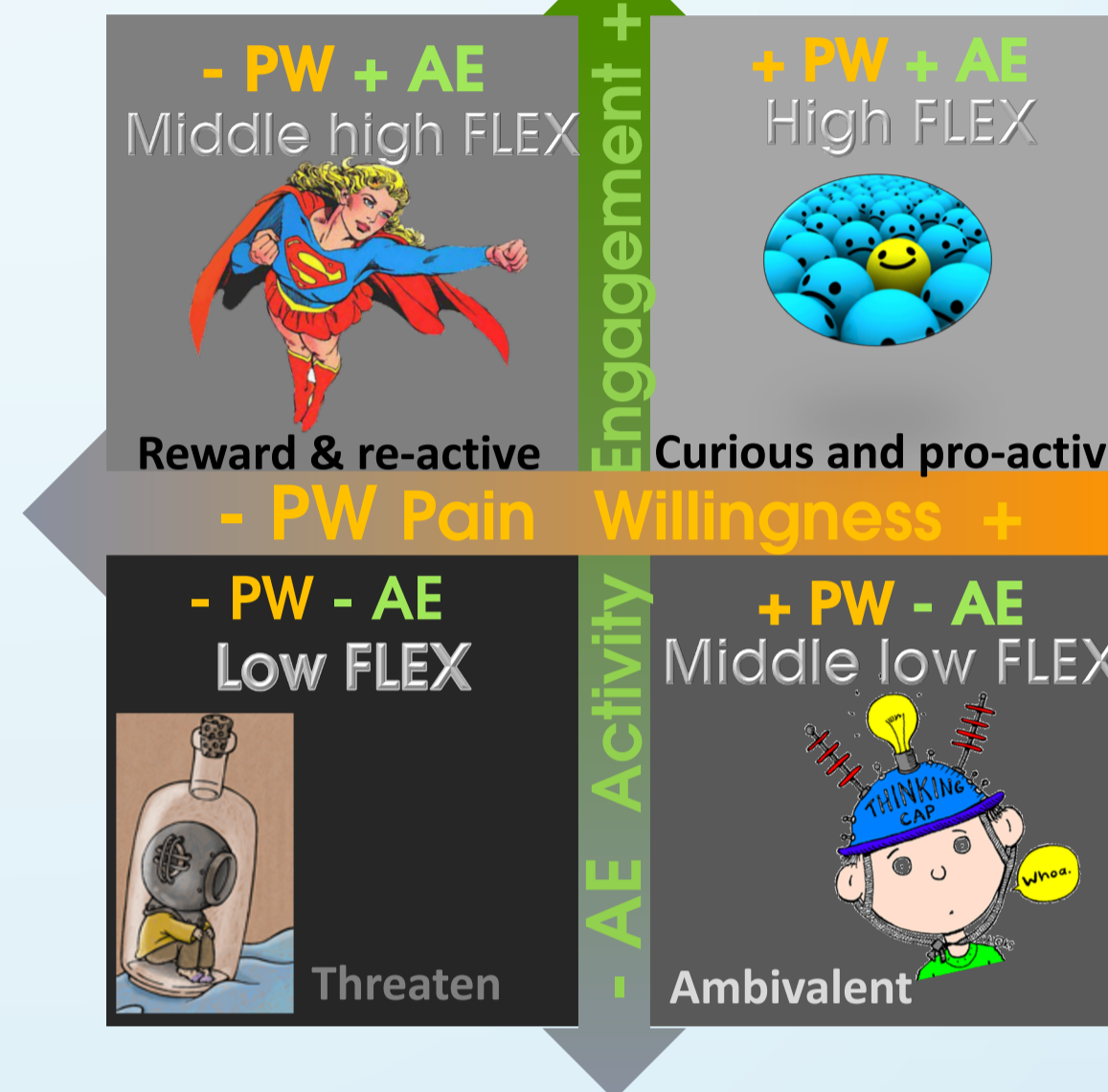


Chronic Pain is highly prevalent and still an unresolved condition to be treated in conservative manner. Behavioral medicine and rehabilitation are implementing **Acceptance and Commitment Therapy (ACT)**. ACT demonstrated strong evidence and effectiveness in increasing functional level and quality of life among patients with medically explained pain conditions.

**Hundred seventy six (N=176)** patients underwent the **ACTiveRehab** 5-sessions group program at a specialty pain rehabilitation clinic in Sweden. **ACTiveRehab** aims to increase the individual's **Behavioral Flexibility** in order to improve their physical, mental and social function so that they can regain the sense of living a meaningful and vital life, even in the presence of pain.

The Pain Acceptance profiles identify 4 distinct patterns of behaviors and functional levels

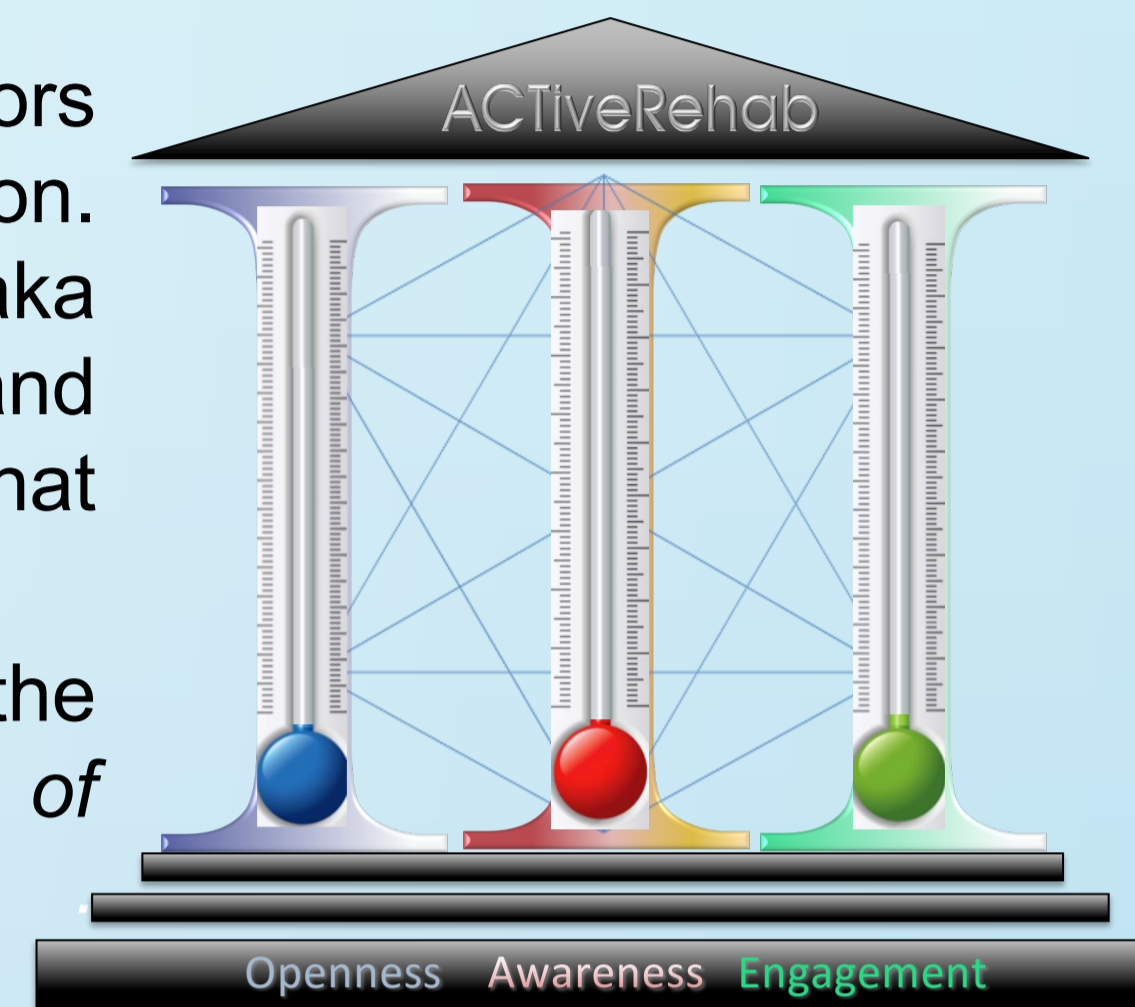
**PW Pain Willingness (PW)** the understanding (or not) that it is normal to have pain in life & **Activity Engagement (AE)**, the capacity to adaptively keep doing important things in life despite some discomfort. **MEASURED** by the Chronic Pain Acceptance questionnaire (CPAQ8)



BEHAVIORAL FLEXIBILITY (BF) = CHANGE-ABILITY

Is our capacity to change behaviors and respond to rehabilitation. Consists of three processes aka skills: awareness, engagement and openness to the discomfort that every change will bring.

**MEASURED** by the *Comprehensive assessment of Acceptance and Commitment Therapy processes (CompACT)*



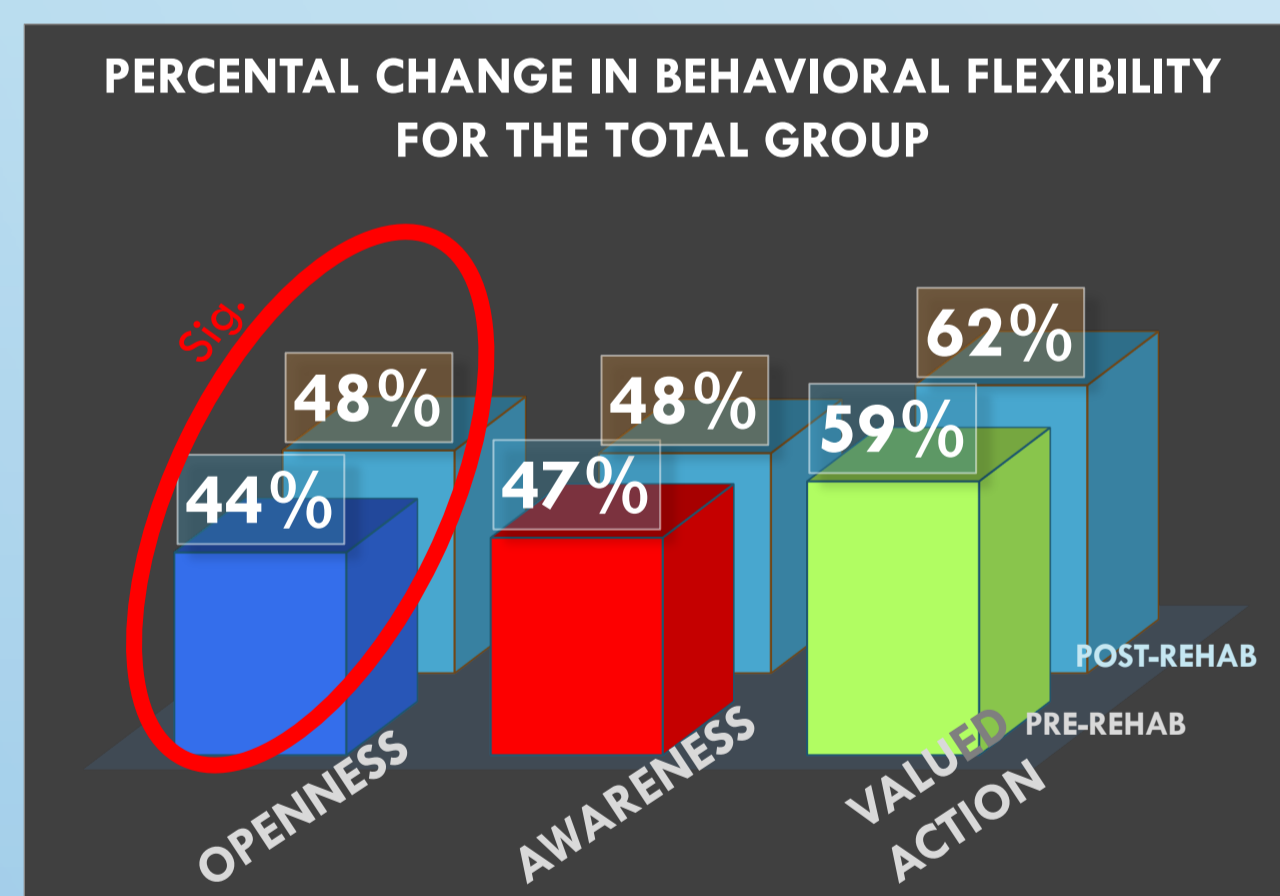
**AIM 1** ... the whole sample's Behavioral Flexibility pattern and their responsiveness to group rehab

**ANOVA and T-TESTS** were used to **EXPLORE and COMPARE...**

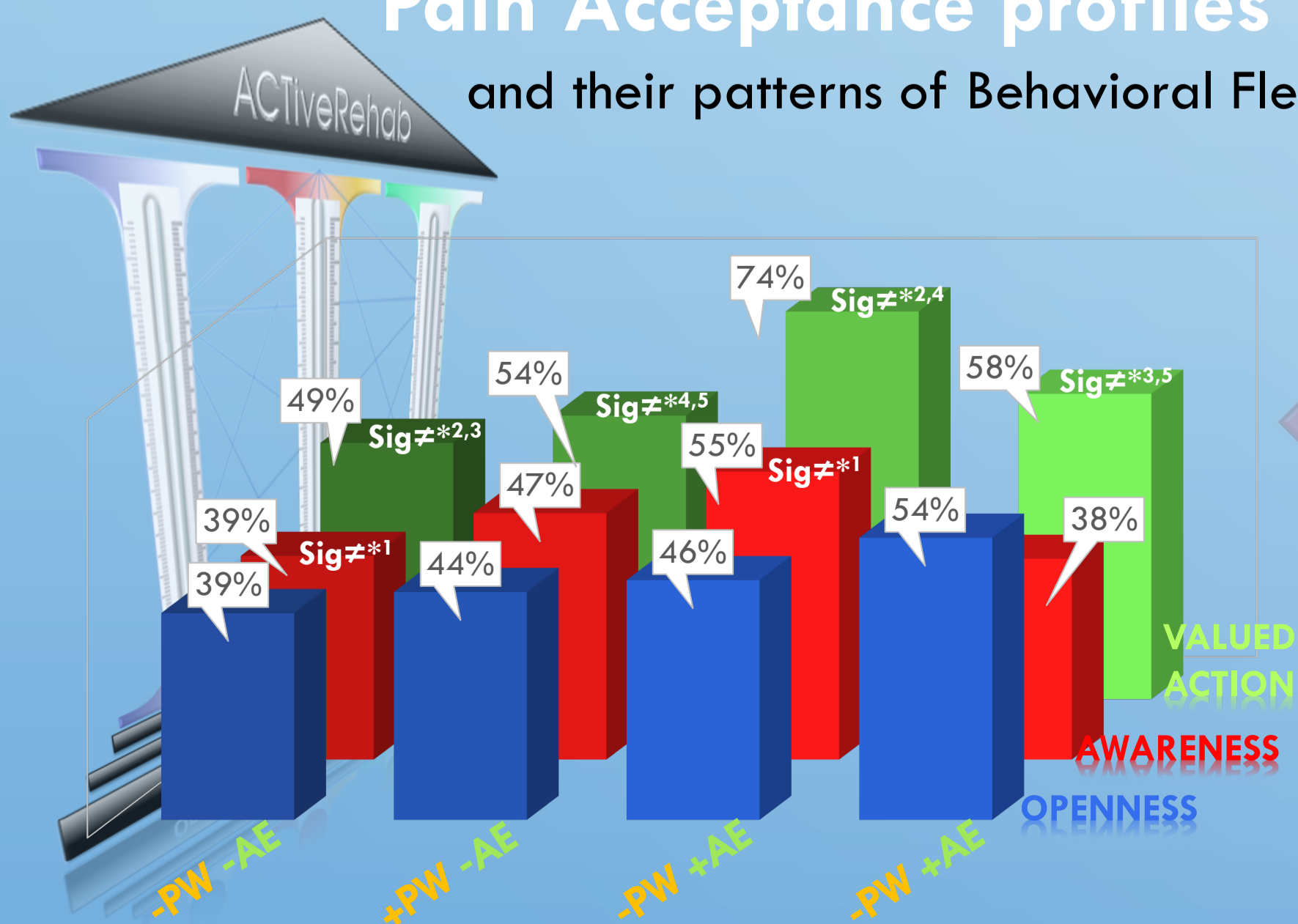
**AIM 3** ...which behavior, PW or AE best differentiate their Flexibility and how do they respond to rehab?

**AIM 2** ...the Pain Acceptance profiles' Behavioral Flexibility patterns and their differential responsiveness to rehab

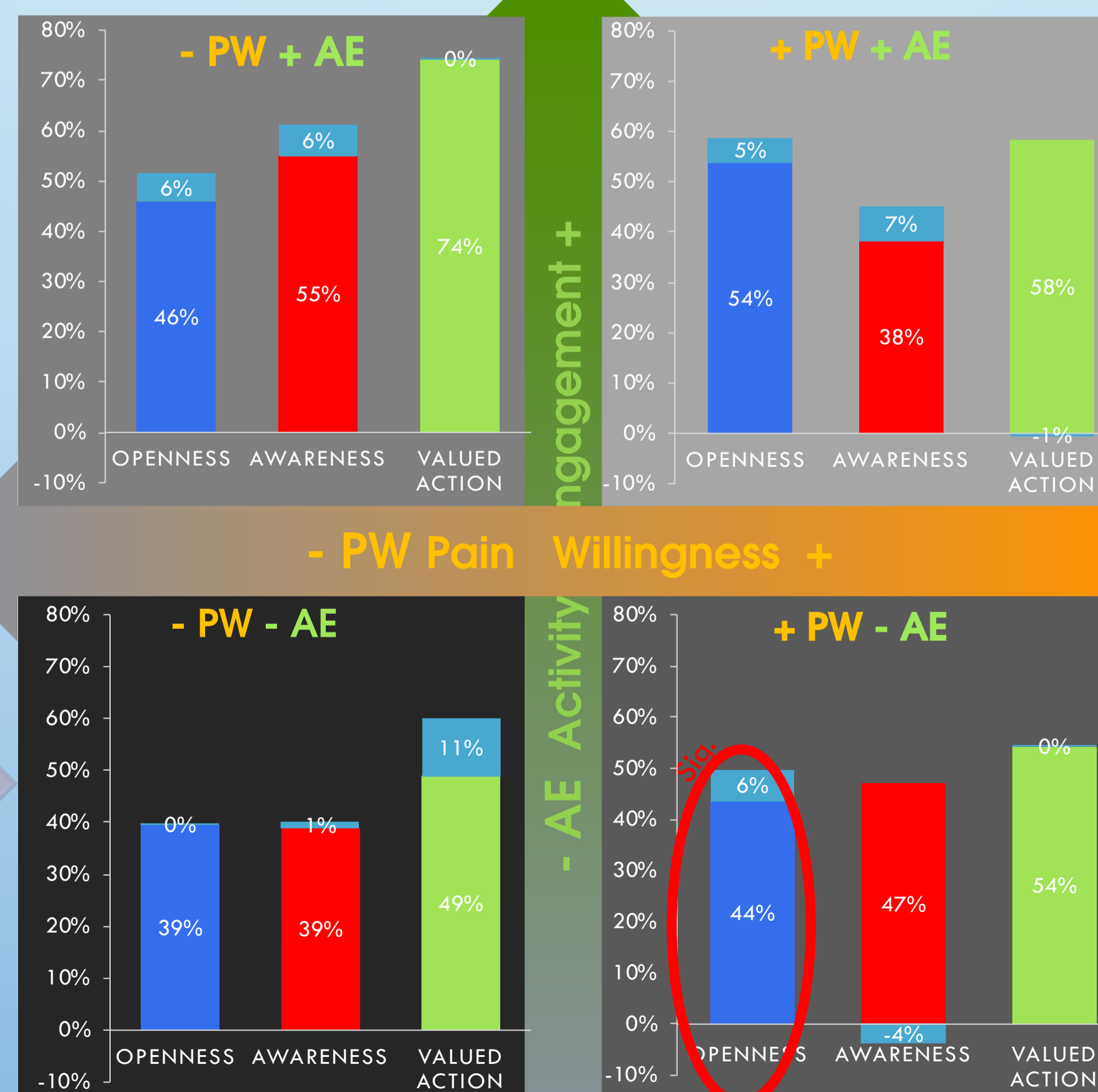
**RESULTS 1**



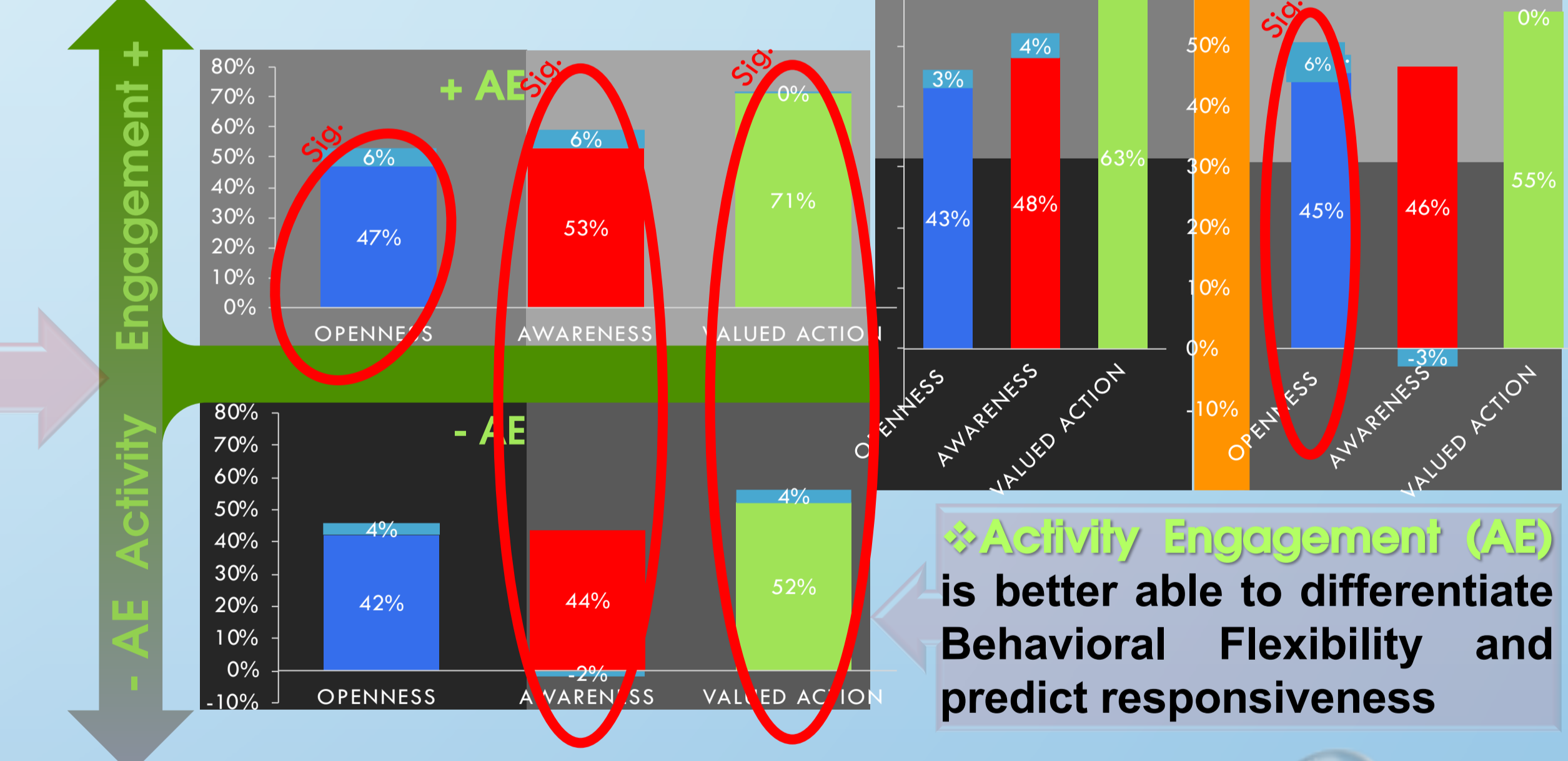
**Pain Acceptance profiles and their patterns of Behavioral Flexibility**



**RESULTS 2**



**RESULTS 3**



**Activity Engagement (AE)** is better able to differentiate Behavioral Flexibility and predict responsiveness

1. **BEHAVIORAL FLEXIBILITY PATTERNS** are reticulated and different in each Pain Acceptance profile.
2. Each PA profile's differential responsiveness to rehabilitation point to the need of tailored and modularized rehabilitation programs.
3. It is not enough to 'think' that we can accept pain, we need to ACT, be ACTIVE and be engaged in our life!

**TAKE HOME MESSAGE**