

# Psychological Treatment For Patients With Chronic Pain: Clinical Health

Chronic pain is a major public health problem, affecting millions of people worldwide. It can significantly impact a person's quality of life, causing physical, emotional, and social problems.

Psychological treatments can be effective in reducing pain and improving function in patients with chronic pain. These treatments can help patients to understand and manage their pain, as well as develop coping mechanisms.

There are a number of different types of psychological treatments that can be used for chronic pain. Some of the most common include:



## Psychological Treatment for Patients With Chronic Pain (Clinical Health Psychology) by Alex Gazzola

★★★★☆ 4.6 out of 5

Language : English  
File size : 2265 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 189 pages



- **Cognitive behavioral therapy (CBT)** CBT is a type of talk therapy that helps patients identify and change negative thoughts and behaviors that can contribute to pain.

- **Acceptance and commitment therapy (ACT)** ACT is a type of talk therapy that helps patients accept their pain and learn to live a meaningful life despite it.
- **Mindfulness-based stress reduction (MBSR)** MBSR is a type of meditation practice that can help patients reduce stress and improve their ability to cope with pain.
- **Biofeedback** Biofeedback is a type of therapy that uses sensors to measure a patient's physical responses, such as heart rate and muscle tension. This information can then be used to help patients learn to control their responses and reduce pain.

Research has shown that psychological treatments can be effective in reducing pain and improving function in patients with chronic pain. For example, a study published in the journal JAMA Internal Medicine found that CBT was effective in reducing pain and improving function in patients with fibromyalgia.

Another study, published in the journal Pain, found that ACT was effective in reducing pain and improving quality of life in patients with chronic low back pain.

In addition to reducing pain and improving function, psychological treatments can also provide a number of other benefits for patients with chronic pain. These benefits include:

- Improved coping skills
- Reduced stress and anxiety
- Increased self-confidence

- Improved social functioning
- Increased quality of life

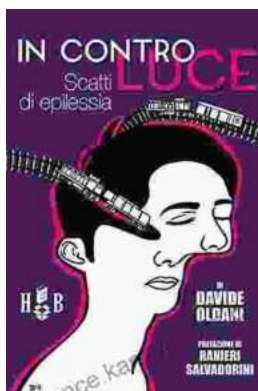
Psychological treatments can be effective in reducing pain and improving function in patients with chronic pain. These treatments can help patients to understand and manage their pain, as well as develop coping mechanisms. If you are struggling with chronic pain, talk to your doctor about whether psychological treatment might be right for you.



## Psychological Treatment for Patients With Chronic Pain (Clinical Health Psychology) by Alex Gazzola

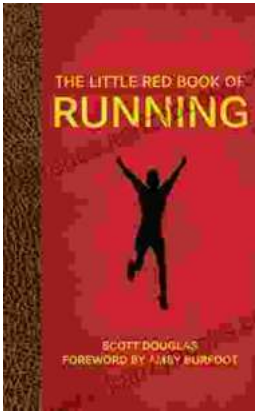
★★★★☆ 4.6 out of 5

Language : English  
 File size : 2265 KB  
 Text-to-Speech : Enabled  
 Screen Reader : Supported  
 Enhanced typesetting : Enabled  
 Print length : 189 pages



## Book Review: In Controluce Scatti Di Epilessia

In Controluce Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



## **The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport**

Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to...