



**Prevalence of Psychosomatic distress and its association with Quality of life among Patients of non-specific low back pain -in South Gujarat**

Dr. Neeti Mishra (PT) Associate Professor, Spb Physiotherapy College, Surat, Gujarat, India

9879697384,dr.neetimishra@gmail.com

**ABSTRACT**

**Introduction**-Psychological factors as depression and somatization are considered along with a high level of disability as risk factors for developing persistent low back pain (LBP). Furthermore, LBP and psychosocial distress are two of the most frequent reasons for seeking health care and sickness absence. However, it is not clear how these factors are inter-correlated. However, over the last two decades, there has been increasing evidence for psychosocial and psychological facets being crucial in the understanding of pain perception and subsequent disability (Chou & Shekelle, 2010<sup>1</sup>). It is furthermore suggested that psychological factors, that is, emotions, beliefs and avoidant behaviors, are linked to poor outcome of the rehabilitation process in LBP patients (Pincus & McCracken, 2013). These LBP-related consequences may compromise their quality of life and increase their long-term health care expenses.<sup>2</sup>**Aim of the study**- To find the Prevalence of psychosomatic distress and its association with Quality of life among patients of nonspecific low back pain -in South Gujarat. **Methodology**- Patient with 25-55 yrs of age with non-specific low back pain were included in the study. (Observational study) The following socio-demographic variables were collected at intake: age, sex, marital status, highest level of educational attainment and annual household income .BMI .The quality of life was measured using Sf-12<sup>4</sup>. The Distress and Risk Assessment Method (DRAM)<sup>3</sup> was used in this study to assess psychological distress related to depression and somatization. **Statistical**

**analysis-** statistical software version 20 was used for statistical analysis. Descriptive statistics was used for demographic and clinical variables .Pearson correlation was used to evaluate the association between psychosomatic distress and Quality of life. The level of significance was  $p \leq 0.05$ .**Result and conclusion-**50.43 % were found to be at risk, 6.95% were found to be distressed (somatic) and 10.43% were found to be distressed (depressive).Significant correlation was found between psychosomatic distress and quality of life among patients of non- specific low back pain in South Gujarat.

**KEY WORDS-**Prevalence, Psychosocial distress, Quality of life, Non-specific low-back pain

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