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# Chronic Pain and Depression

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# Statistics



- 65% of depressed people complain of some type of chronic pain
  - National Institutes of Health, 2009
- Chronic pain is estimated at over 116 million
  - Institute of Medicine, 2011
- 40% of back pain sufferers thought to have depression
  - North American Spine Society, 2011

# Link Between Pain and Depression



- Depression and chronic pain share similar brain pathway-neurotransmitters
- Those with pain and depression report more intense pain and less control over their lives, along with disturbed sleep
  - Journal of the American Medical Association, 2010

# Back Pain Statistics



- 80% lifetime prevalence
  - National Institutes of Health, 1998
- 50% chronic disability due to back pain
- Second most reason for visit to doctor's office after the common cold
- 10% of back pain thought to present as purely psychosomatic dysfunction, but 90% involves mind-body connection
  - North American Spine Society, 2008

# Signs of Depression in Back Pain



- Irritability and decreased concentration
- Inability to sleep
- Poor response to pain medications and physical therapy
- Social isolation
- Lack of interest in pleasure and sex

# Depression masking medical problems



- First time depression after age 55
- Sudden mood change
- Standard anti-depressant therapy is not effective

# Frequency of Chronic Painful Conditions by Specific Depressive Symptoms

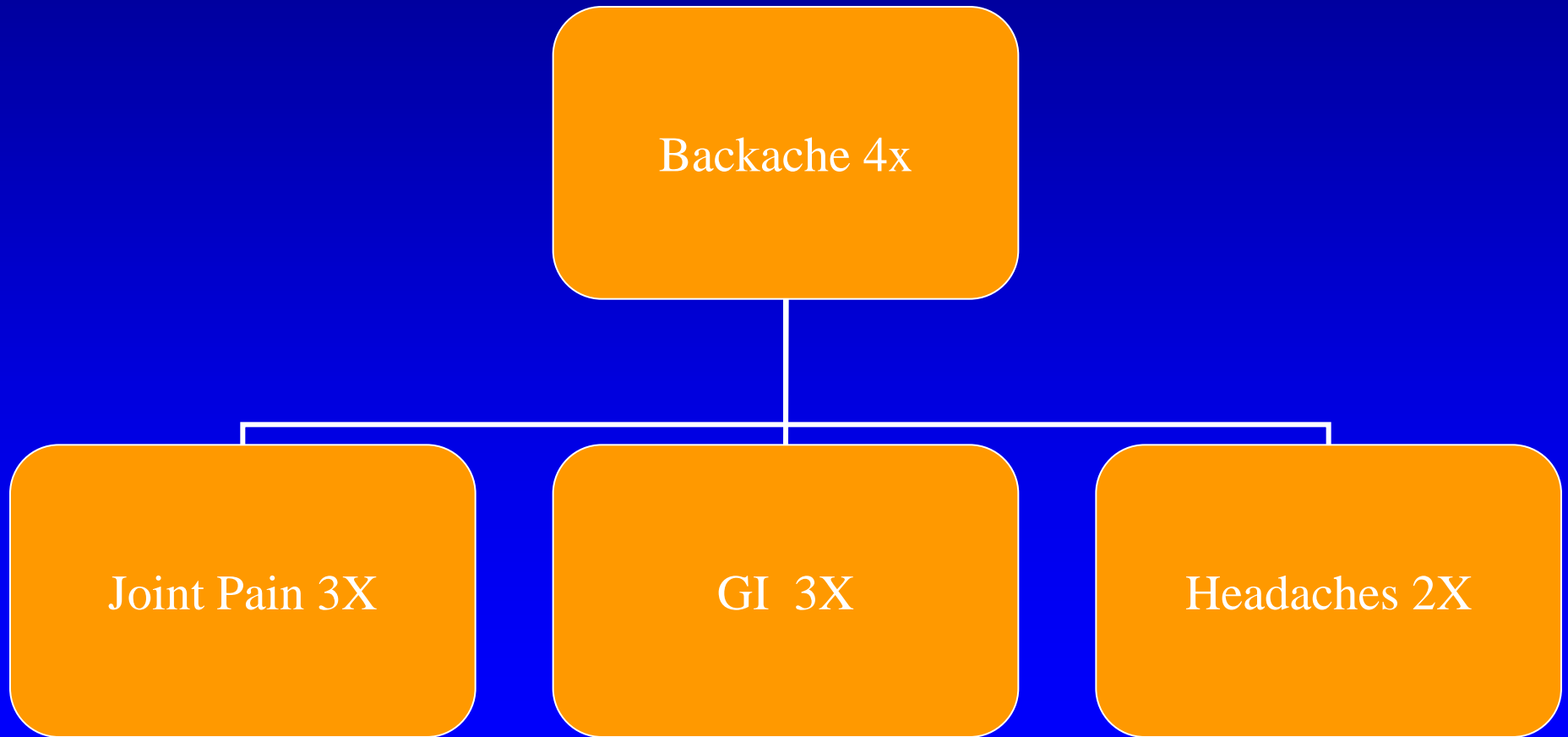


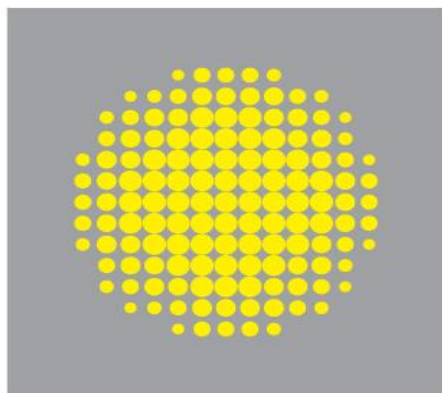
Pain % of Subjects

Depressive Symptoms	Number of subjects	Limb Pain	Backaches	Joint/Articular	Gastro-intestinal	Headaches	Any Pain
<b>Feeling sad or depressed</b>							
<b>Screening Symptoms</b>							
Yes	1353	15.6*	9.8*	5.9*	3.3*	19.3*	37.3*
No	17,627	5.1	2.5	3.0	1.4	6.7	15.5
<b>Hopelessness</b>							
Yes	456	12.8*	5.9**	4.0	1.9	11.9*	27.3*
No	18,524	5.7	3.0	3.2	1.5	7.5	16.8
<b>Loss of interest/lack of pleasure</b>							
Yes	2130	9.3*	5.3*	5.0*	2.1**	13.9*	26.5*
No	16,850	5.4	2.8	3.0	1.5	6.8	15.9



# Depression / Mind-Body Connection





**HOPE FOR DEPRESSION**  
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