



Protocoles en émergence

AXE CARREFOUR DE L'INNOVATION

RISK-PAIN: Identifying dynamic risk factors for unresolved low back pain trajectories: a new look at psychological predisposition, contextual pain variables and neuroimaging

Goal: To identify dynamic risk factors for unresolved low back pain (LBP) trajectories that could become targets of tailored, cost-effective prevention and intervention strategies for LBP chronicity.

Most Canadians (83.8%) have experienced LBP and 1/3 of LBP episodes become chronic. Preventing CLBP remains a challenge. One possible explanation for this is that risk factors are typically examined in isolation, with little attention given to their interactions with contextual factors such as evolving pain characteristics. In fact, contemporary theories suggest that psychological factors (e.g., anxiety) are only consistently expressed within specific contexts (e.g., unpredictable, fluctuating pain intensity); these interactions would also be reinforced by learning mechanisms to influence the course of LBP.

We posit that pain characteristics (variability, predictability and controllability of the pain intensity) will interact with psychological predisposition (e.g., pain catastrophizing) to predict the course of CLBP. These interactions will at least be partially mediated by the brain's aversive learning circuitry that would maintain a state of anxious anticipation.

This prospective, longitudinal study will recruit 360 LBP patients suffering from a new episode of LBP \leq 3 months. Data will be collected using self-report questionnaires and pain diaries over a one year period. Key neurophysiological mechanisms will be examined on a subset of patients (n=100). These patients will complete a short battery of behavioural tests and undergo MRI at baseline to assess reactions to experimentally manipulated behavioral pain characteristics (unpredictable and uncontrollable pain) and to identify the brain circuits responsible for the central maintenance of LBP when confronted with these pain characteristics.

CONFÉRENCIÈRE

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CENTRE DE RECHERCHE DU CHUM

Pavillon R

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