



Patients with more pain sites experience more depressive symptoms and more frequently seek CAM for pain self-management over time.

THE PROBLEM

- Chronic back and multisite pain are common among U.S. adults and negatively impact mental health and wellbeing. While numerous treatment options exist, many patients struggle and turn to complementary alternative medicine (CAM), such as yoga, tai-chi, acupuncture, relaxation and mind-body medicine.
- The purpose of this analysis was to characterize mental well-being and quantify CAM practice temporal patterns among individuals with back pain and multisite pain over four years.

METHODS

- Dataset: Osteoarthritis Initiative (OAI) study, a multicenter, observational population-based cohort (February 2004-October 2015, n=4,771).
- Participants groups: No pain, Back Pain, Back+Neck pain, Back+Neck+Knee pain and Back+Neck+Knee+Hip pain.
- Outcomes at baseline, two years and four years: Medical Outcomes Short Form-12 (SF12)(higher scores= less limitation); Center for Epidemiologic Studies Depression Scale (CESD; higher score=greater depressive symptoms; self-reported CAM practice use in the preceding 12 months.
- Data analysis: t-test and Chi square test. General linear models were used determine presence of interactions of time point and pain grouping.

KEY RESULTS

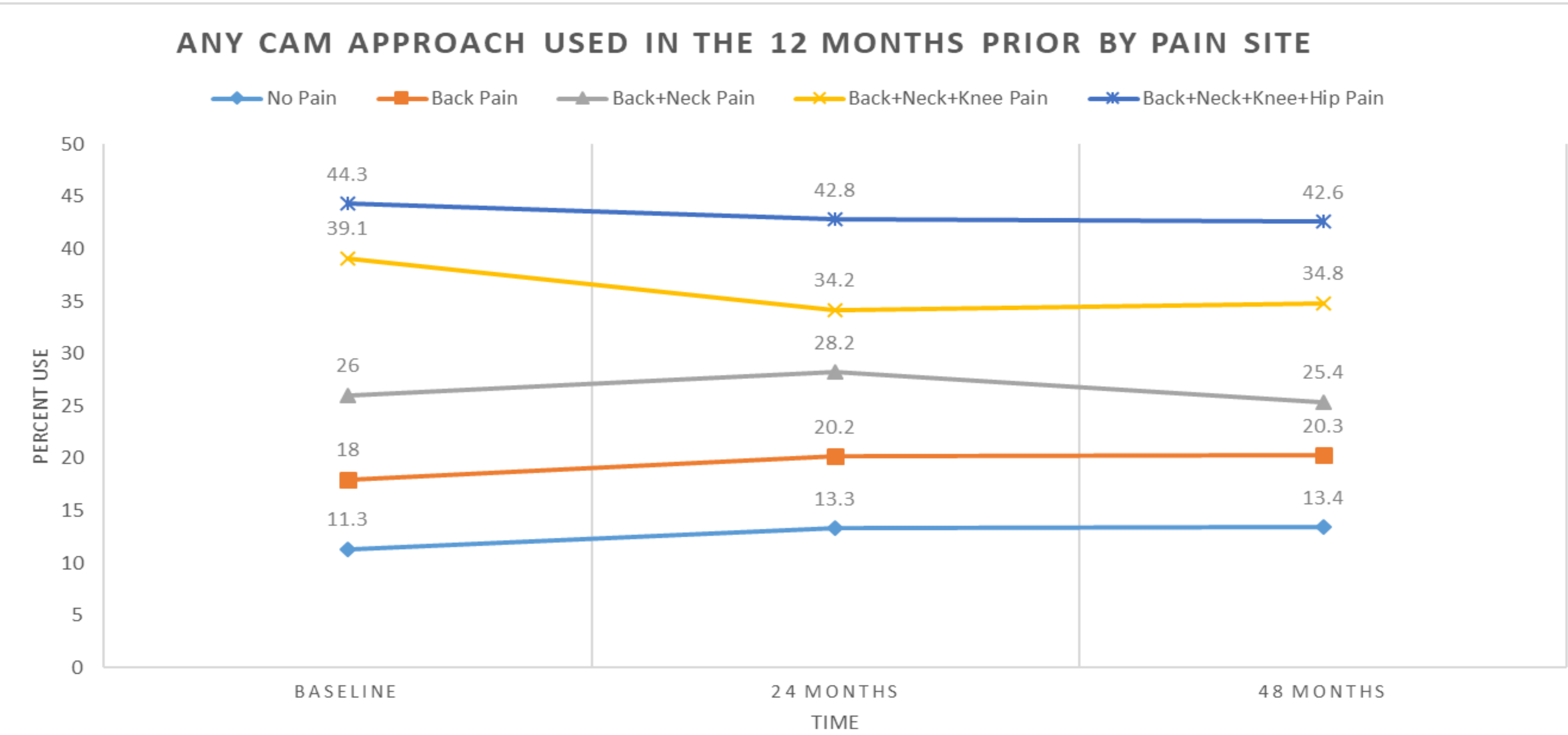
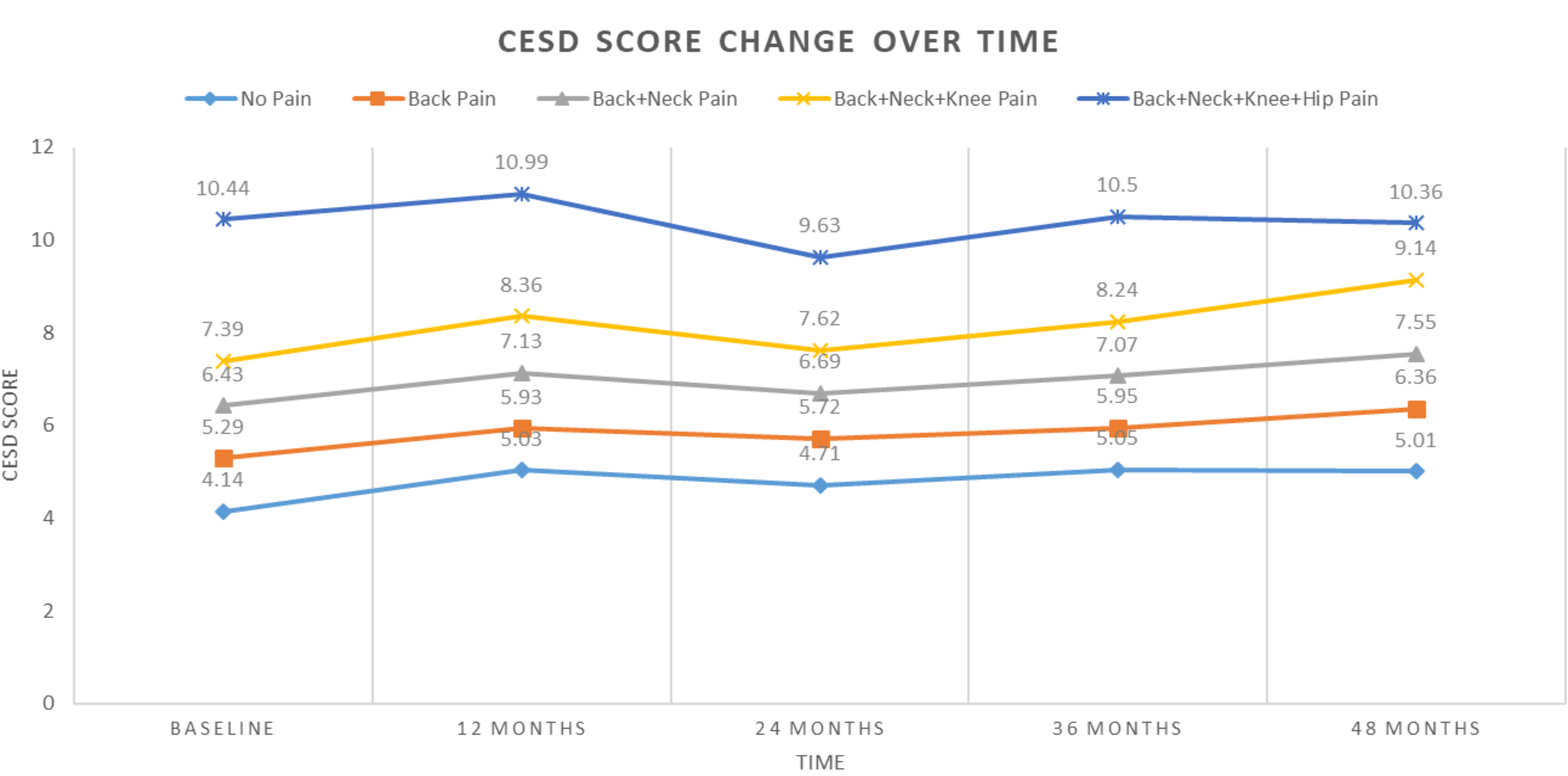


Table 1. CAM practice by pain grouping

	No Pain	Back Pain	Back and Neck Pain	Back, Neck and Knee Pain	Back, Neck, Knee and Hip Pain	p
n	974	1471	1411	721	194	
Age (mean (SD))	61.10 (9.47)	61.40 (9.23)	61.16 (9.10)	60.66 (9.09)	61.18 (8.46)	0.54
Female Sex (%)	480 (49.3)	802 (54.5)	857 (60.7)	503 (69.8)	142 (73.2)	<0.001
BMI (mean (SD))	27.89 (4.53)	28.47 (4.52)	28.65 (4.92)	29.54 (5.25)	30.00 (5.44)	<0.001
Chiropractor or Acupuncture in the past 12 months						
Baseline (%)	34 (3.5)	109 (7.4)	168 (11.9)	127 (17.6)	41 (21.2)	<0.001
24 months (%)	43 (5.0)	119 (9.3)	174 (14.6)	101 (16.9)	32 (21.1)	<0.001
48 months (%)	54 (6.7)	139 (11.4)	147 (12.8)	96 (17.3)	28 (20.6)	<0.001
Homeopathy in the past 12 months						
Baseline (%)	1 (0.1)	4 (0.3)	1 (0.1)	5 (0.7)	1 (0.5)	0.064
24 months (%)	2 (0.2)	3 (0.2)	6 (0.5)	6 (1.0)	0 (0.0)	0.111
48 months (%)	3 (0.4)	7 (0.6)	3 (0.3)	1 (0.2)	0 (0.0)	0.585
Copper Bracelets in the past 12 months						
Baseline (%)	25 (2.6)	68 (4.6)	82 (5.8)	65 (9.0)	16 (8.2)	<0.001
24 months (%)	19 (2.2)	42 (3.3)	54 (4.5)	35 (5.8)	9 (5.9)	0.002
48 months (%)	8 (1.0)	24 (2.0)	37 (3.2)	29 (5.2)	8 (6.0)	<0.001
Massage in the past 12 months						
Baseline (%)	2 (0.2)	16 (1.1)	32 (2.3)	27 (3.7)	7 (3.6)	<0.001
24 months (%)	11 (1.3)	30 (2.3)	54 (4.5)	48 (8.0)	10 (6.6)	<0.001
48 months (%)	7 (0.9)	33 (2.7)	40 (3.5)	31 (5.6)	11 (8.1)	<0.001
Yoga or TaiChi in the past 12 months						
Baseline (%)	38 (3.9)	87 (5.9)	115 (8.2)	101 (14.0)	25 (12.9)	<0.001
24 months (%)	35 (4.1)	92 (7.2)	113 (9.5)	69 (11.5)	22 (14.5)	<0.001
48 months (%)	46 (5.7)	80 (6.5)	96 (8.4)	67 (12.1)	17 (12.6)	<0.001
Relaxing Mind/Body Activities in the past 12 months						
Baseline (%)	14 (1.4)	46 (3.1)	65 (4.6)	70 (9.7)	20 (10.3)	<0.001
24 months (%)	21 (2.4)	41 (3.2)	68 (5.7)	48 (8.0)	16 (10.5)	<0.001
48 months (%)	13 (1.6)	40 (3.3)	52 (4.5)	39 (7.0)	11 (8.1)	<0.001
Spiritual Activities in the past 12 months						
Baseline (%)	22 (2.3)	36 (2.4)	84 (6.0)	69 (9.6)	25 (12.9)	<0.001
24 months (%)	26 (3.0)	32 (2.5)	62 (5.2)	46 (7.7)	14 (9.2)	<0.001
48 months (%)	13 (1.6)	40 (3.3)	61 (5.3)	46 (8.3)	19 (14.1)	<0.001

Mental Well-Being and Complementary Alternative Medicine Use Among Individuals with Spine and Multijoint Pain

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Finding: Chiropractor/Acupuncture was the most common CAM sought across all groups No interactions in SF-12 scores by group were found.

References

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