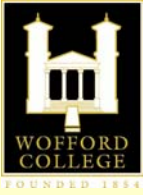


The Effect of Worry on the Experience of Acute Pain

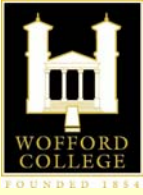
Emily Fort, Christie Wilkes,
and Leah Gaylord

Wofford College



Introduction

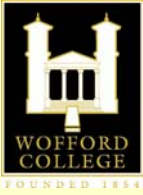
- Worry
- Catastrophizing
- Previous Research
- Hypotheses
 - There would be a differential effect on pain depending on the topic used in the worry interview.
 - There would be a significant correlation between general worry and general pain ratings.



Methods

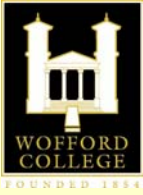
- 51 undergraduate students
 - ✦ 27 females and 24 males
 - ✦ 47 Caucasians, 2 African Americans, 1 Asian, and 1 other
 - ✦ Mean age= 20.51 (SD=1.14)

- Compensated with \$25 Terrier Bucks



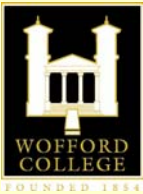
Measures

- Worry
 - Catastrophic Worry about Pain (CATS)
 - Penn State Worry Questionnaire (PSWQ)
- Pain
 - General pain questions
- Pain Catastrophizing
 - Pain Catastrophizing Scale (PCS)
- Affect
 - Positive Affect Negative Affect Scale (PANAS)



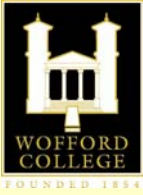
Procedures

- Questionnaires completed online
- Pre-interview pain assessment
 - ✦ Forgione-Barber device
- Random Assignment
- Worry Interview
- Post-interview pain assessment



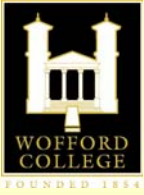
Forgione-Barber Device





Random Assignment

- Current source of worry
 - Example
 - Stop rule
- Acute pain experience
- Neutral topic
 - Statue of Liberty



What worries you about being a squirrel?



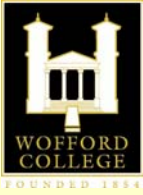
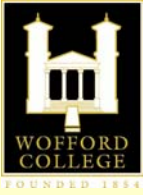


Table 1. Means and Standard Deviations of Baseline Measures.

	Mean	SD
PSWQ	47.59	11.90
CATS	77.43	39.11
PCS	15.49	8.05
Pain Now	5.35	12.59
Pain Worst	47.27	26.49
Pain Mean	14.18	13.37
PA	24.90	6.25
NA	12.45	5.51



Correlations

- PSWQ and current pain rating [$r = .32$, $p < 0.01$]
- PCS and current pain rating [$r = 0.30$, $p < 0.05$]
- PCS and ratings of their worst pain over the past month [$r = 0.48$, $p < 0.001$]
- Negative affect (NA) and ratings of their worst pain over the past month [$r = 0.29$, $p < 0.05$]
- CATS and their ratings of their worst pain over the past month [$r = 0.29$, $p < 0.05$]

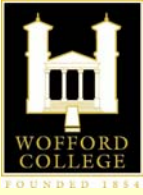
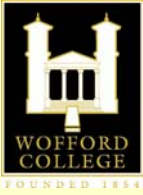
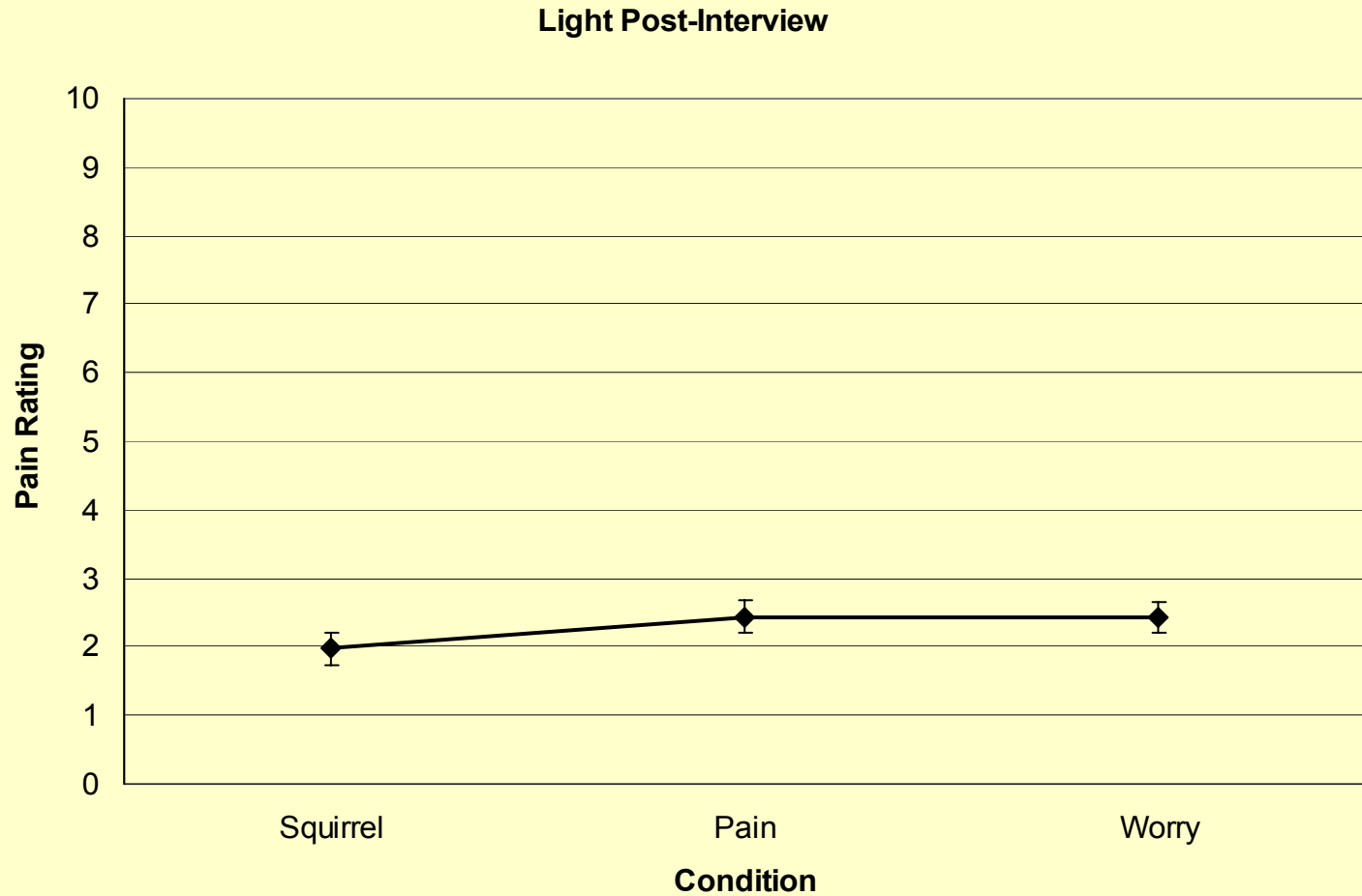


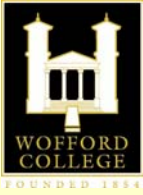
Table 2. Means and Standard Deviations of Pain Sensitivity at Pre and Post Interview

	Pre		Post	
	Mean	SD	Mean	SD
Light	1.80	1.55	2.29	1.75
Medium	2.97	1.90	3.18	2.13
Heavy	4.87	2.09	5.10	2.25
Extra Heavy	6.51	2.25	6.78	2.39

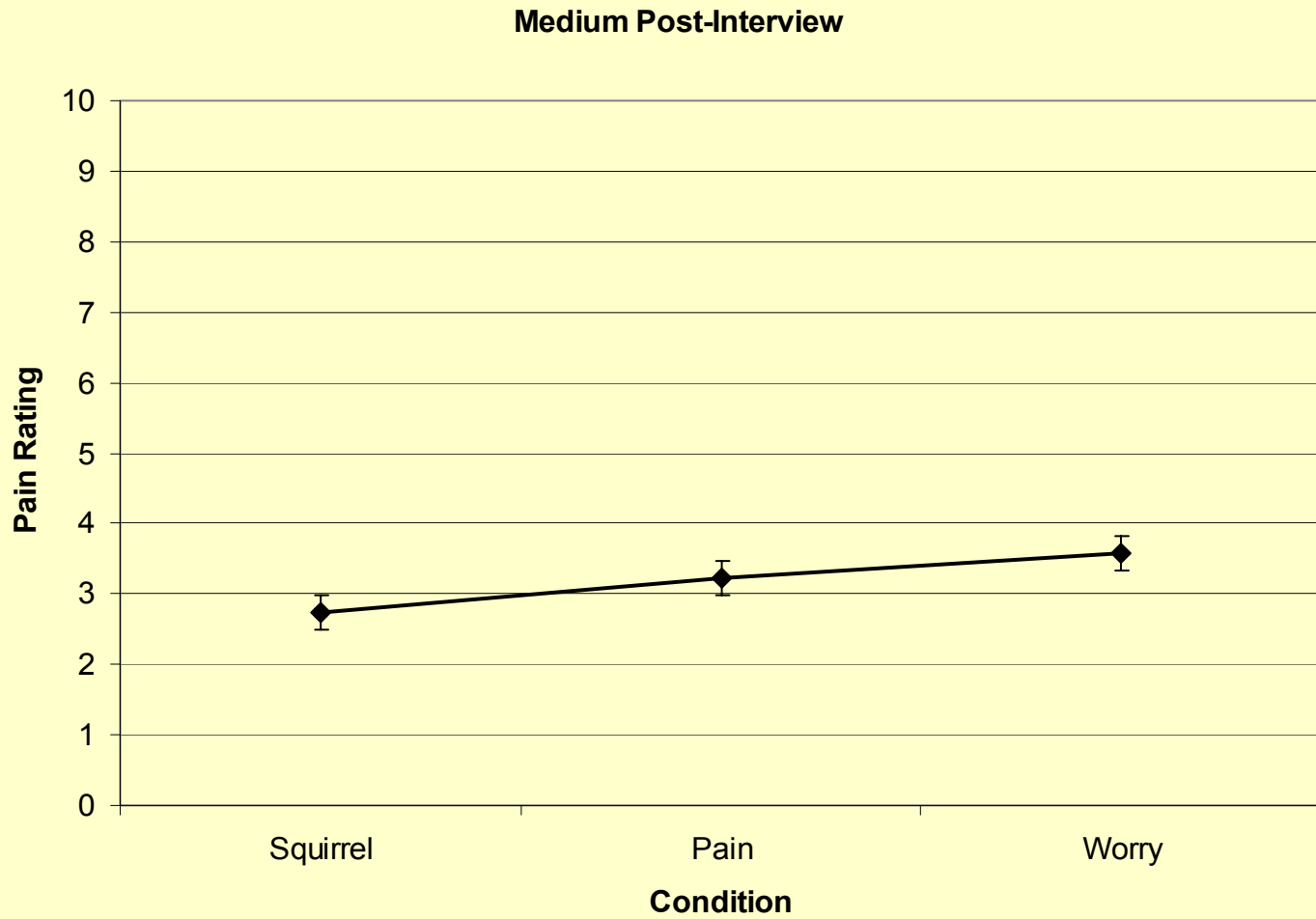


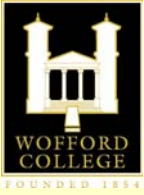
ANCOVA



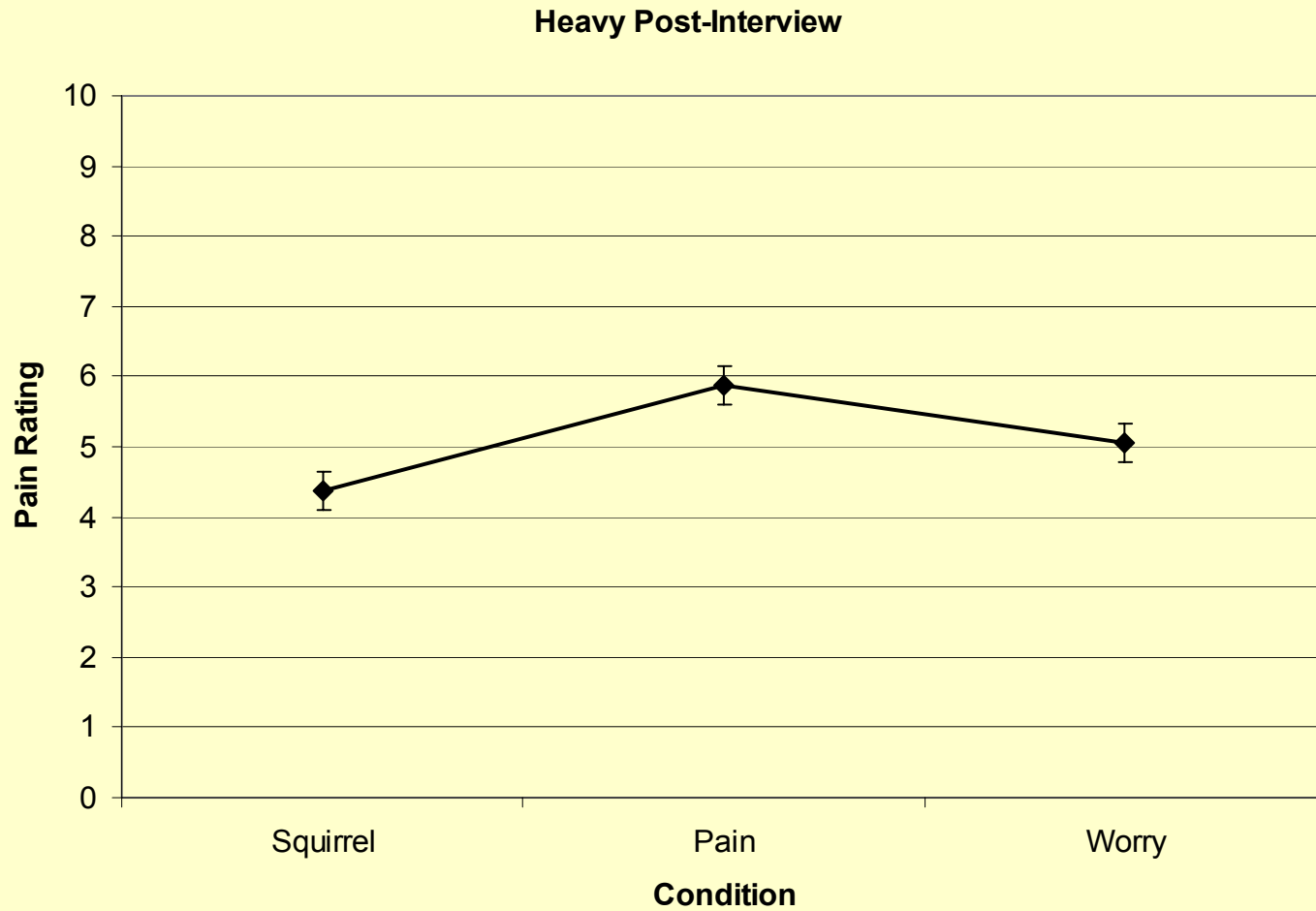


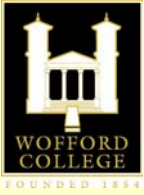
ANCOVA





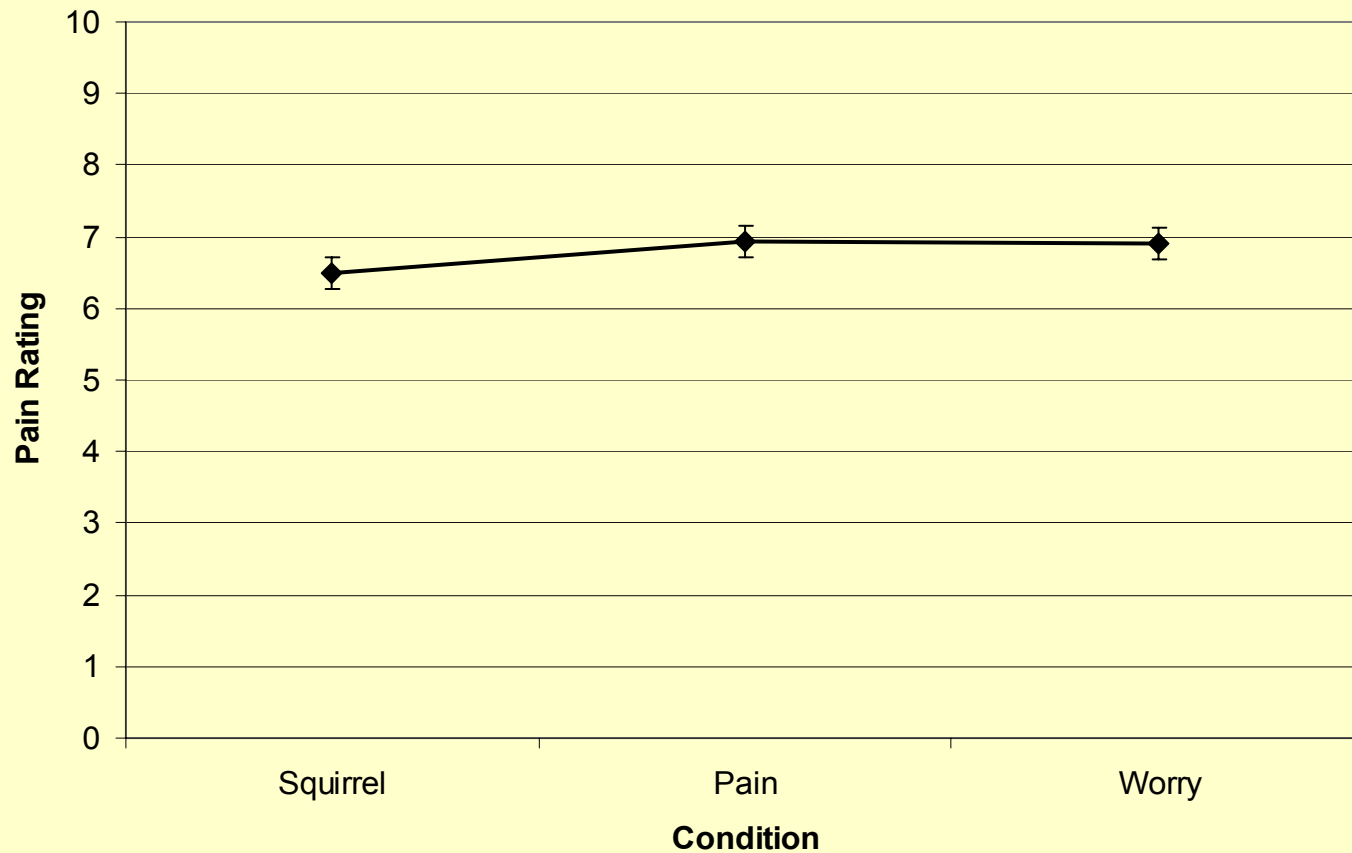
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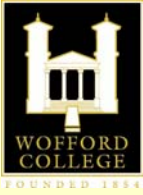




ANCOVA

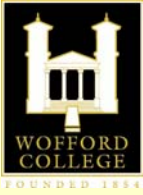
Extra Heavy Post-Interview





Discussion

- Worry topic increases pain rating
- More a person worries in general the more pain they report in general
- Worry about pain seems to become more prominent with heavier weights
- To our knowledge no other studies have found these results



Future Studies

- Sample size
- Sample was undergraduate students
- One type of pain