

RISK FACTORS FOR PERSISTENT PAIN



**PSYCHOLOGICAL
FACTORS**



**PHYSIOLOGICAL
FACTORS**



**SOCIAL
FACTORS**

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PSYCHOLOGICAL FACTORS

- **Anxiety:** Chronic pain & anxiety often interact bidirectionally, influencing and exacerbating each other.
- **Anger or Hostility:** Emotional distress, like anger and hostility, can contribute to the perception and coping with pain.
- **Impaired Self-Esteem:** Low self-esteem can affect how individuals respond to pain as well as their willingness to seek help.
- **Depressed Mood:** Persistent depressed mood or early signs of depression can increase the risk of pain becoming chronic. Psychological distress and emotional factors can influence pain perception which can contribute to pain that's beyond the acute phase.
- **Negative Pain Beliefs:** Negative pain beliefs, such as catastrophizing or fear of movement, may lead to greater disability and impaired functioning in those with persistent pain.

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SOCIAL FACTORS

- **Life Stressors:** Instability in housing or employment can lead to chronic stress and uncertainty, which may contribute to the development and persistence of chronic pain.
- **Socioeconomic disadvantages:** Low educational levels and family income can limit access to healthcare and resources, impacting pain management and overall well-being.
- **Social isolation:** Lack of social support and isolation can negatively affect mental health and influence how individuals perceive and cope with pain. Negative social experiences can contribute to metaflammation (a chronic low-grade inflammatory state induced by changes in metabolism).
- **Traumatic Life Events:** Individuals who have experienced a higher number of traumatic life events, including a history of physical or sexual abuse, may be more susceptible to developing persistent pain.

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PHYSIOLOGICAL FACTORS

- **Advancing Age:** Age-related changes in the body may make people more susceptible to certain chronic pain conditions.
- **Low Activity Levels:** Lack of physical activity or a sedentary lifestyle can contribute to developing and exacerbating persistent pain.
- **Poor Sleep:** Sleep disturbances can amplify pain perception and reduce pain tolerance, potentially leading to the persistence of chronic pain. Poor sleep quantity and quality are also triggers of metaflammation.
- **Poor Diet:** Nutrition plays a role in overall health, and an unhealthy diet may contribute to inflammation and pain.