



## AB231. Hope and chronic pain: a cohort study

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**Background:** Chronic pain is a complex phenomenon that engenders both physical and psychological hardship. There are currently few treatment regimens or medical interventions that reliably eliminate chronic pain. Hope is considered as an important therapeutic factor in health and illness. To date no research has been conducted to examine the relationship between hope and other variables in the setting of chronic pain clinics. This study evaluates the associations between hope and other patient variables suffering with chronic pain.

**Methods:** Institutional ethical approval was granted for this

study. Patients attending a chronic pain clinic for the first time were invited to complete a questionnaire comprising a brief socio-demographic survey and questionnaires including a standardised hope scale, Hospital Anxiety and Depression scale, Pain and Anxiety Symptoms Scale and Perceived Injustice.

**Results:** One hundred adult patients were included. Mean age was 57 years. Back pain was the most common chronic pain presentation. Associations will be reported regarding hope and other patient variables of patients attending a chronic pain clinic.

**Conclusions:** This study reports associations between hope and other chronic pain variables. It will inform patient care and education regarding the important concept of hope and chronic pain.

**Keywords:** Associations; chronic pain; hope

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