Psychosocial Interventions for Chronic Pain: A Rapid Review

What issues were addressed?
- Psychosocial factors contributing to vulnerability to chronic pain.
- Relationship between mental health and chronic pain.
- Current best practice psychosocial interventions for chronic pain.
- Preventing the development of chronic pain.

What are the research findings?
- The bio-psychosocial model is a comprehensive way to understand the interaction between the various biological, psychological and social factors that contribute to chronic pain.
- People with chronic pain are more likely than others to suffer from an increased risk of other problems; in particular, psychiatric illnesses, substance disorders and insomnia.
- Effective intervention depends on the accurate identification and assessment of the bio-psychosocial risk factors relevant to those suffering chronic pain.
- Successful psychosocial interventions include: Education; Cognitive Behavioural Therapies (CBT); Third Wave Cognitive Behavioural Approaches; and Environmental Interventions.

What do the findings mean?
- There is emerging evidence for the effectiveness of early interventions especially those targeting relevant psychosocial risk factors.
- Clinical guidelines recommend multidisciplinary approaches to treatment but further research is needed to determine their effectiveness.

What methods were used?
- Review of literature sourced from standard scientific and academic databases.

Who were the authors?
- Dr Damon Mitchell, Australian Centre for Posttraumatic Mental Health
- Associate Professor Meaghan O'Donnell, Australian Centre for Posttraumatic Mental Health

Where can I get further information?
For copies of the full report please contact:
Institute for Safety, Compensation and Recovery Research
Phone: +613 9097 0610, Email: info@iscrr.com.au

Accompanying documents to this report
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