

Kinesiophobia Contributes to Pain-Related Disability in Breast Cancer Survivors



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BACKGROUND

- ▶ Pain is frequent in breast cancer patients
- ▶ Pain results from
 - Biological factors (surgery, chemotherapy, radiotherapy...)
 - Psychosocial factors (anxiety, stress, social network...)
- ▶ Pain results in
 - Disabilities on different domains of daily living
- ▶ We aim to elucidate the contribution of different biopsychosocial risk factors on pain-related disability



METHODS

- ▶ DESIGN
 - Cross-sectional study
- ▶ PARTICIPANTS
 - 70 Breast cancer survivors
- ▶ STATISTICAL ANALYSIS
 - Multivariable regression analysis
 - Stepwise regression analysis
- ▶ OUTCOME
 - Pain-related disability (Pain Disability Index)
- ▶ INDEPENDENT VARIABLES
 - Pain intensity
 - Self-reported signs of central sensitization
 - Fatigue
 - Illness beliefs
 - Pain catastrophizing
 - Kinesiophobia

RESULTS

- ▶ Multivariable regression analysis
 - Kinesiophobia is the main contributor to pain-related disability
- ▶ Stepwise regression analysis
 - 40% of variance in pain-related disability could be explained by kinesiophobia, negative perceptions related to illness consequences and pain catastrophizing

CONCLUSION

- ▶ Kinesiophobia is the main contributor to pain-related disability in breast cancer survivors