

Personality and pain

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It is recognized that psychological factors play an important role in reception, reaction and coping with chronic pain. With the advent of the gate control theory of pain and the bio-psycho-social model came increased interest in understanding the complex interaction of psychological factors, including personality, individual differences, and chronic pain. Personality traits interact with biological factors to determine how one responds to pain, the onset, persistence, and treatment of pain. Factors such as tendency to catastrophizing, anxiety, sensitivity, fear of pain, past pain history, and age were found to be correlated in the prediction of pain perception.

There is a clinically significant prevalence of personality disorders in the chronic pain population, especially those with anxiety related features such as avoidant, dependent, obsessive compulsive, and histrionic personality disorders.

The most treatment and cost-effective pain management programs embrace an interdisciplinary approach to assist therapists and clinicians with providing more affective care by understanding some of the characteristics of patients with personality disorders, their tendency, and how to effectively work with the pain.

The purpose of this paper is to present the most recent researches on personality factors and disorders in chronic pain