Understanding Pain and Conducting a Pain Assessment: Depression and Pain

Patient with chronic pain and depression

- Poor coping strategies
- Poor support system
- Higher prevalence of other psychiatric disorders (e.g., anxiety, panic)
- Treatment-related challenges (see right)
- Lower pain threshold
- Physically inactive
- Poorer quality of life
- Suicide

- Poor treatment adherence
- Worse satisfaction with pain treatment
- High likelihood of relapse
- Lower chance for functional improvement

- Somatic predisposition
  - ↑Symptom severity
  - ↑Negative thoughts about pain

- Lower chance for functional improvement
- Higher likelihood of relapse
- Worse satisfaction with pain treatment
- Poorer quality of life
- Suicide

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