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Quick Review of Model System Research

Perceived stress and pain interference in acute rehabilitation following spinal cord injury: Resilience as a moderator

What is the study about?

The study looked at the role resilience (a person's ability to adjust in a positive way) has on the relationship between perceived stress and the impact of pain intensity on general activities, mood, mobility, social relationships, sleep, and other areas for people with spinal cord injury (SCI) during inpatient rehabilitation.

What is the goal of the study?

The goal was to find out if there is a need for rehabilitation professionals to target methods to boost inpatient resilience to reduce the negative outcomes that pain can have on people with SCI during rehabilitation.

What did the study find?

The study found that higher stress during rehabilitation is connected to worse interference from pain in important areas of living. But patients with higher resilience did not experience this stress and pain relationship, among other negative outcomes that pain can have on people after SCI.

Who participated in the study?

57 participants completed surveys on perceived stress, resilience, pain intensity, and pain interference.

How was the study conducted?

Participants completed the surveys during in-person interviews during their inpatient rehabilitation stay at the UAB SCI Model System.

How can people use the results?

The study suggests targeting ways to boost patient resilience is a way rehabilitation professionals can help reduce the negative outcomes that pain can have on people with SCI during inpatient rehabilitation.

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Reference

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Disclaimer

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