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MEASURING GLOBAL MENTAL HEALTH IN COMMUNITY-DWELLING ADULTS WITH CHRONIC NON-CANCER PAIN

A. Miciano

Nevada Rehabilitation Institute, Las Vegas, NV, USA

Systematic evaluation of anxiety and depression (AD) in community-dwelling adults with chronic non-cancer pain is an important issue but research on the effect of AD and CNCP on health care utilization, which can be measured by health-related quality of life measures (HRQOL), is scarce. The use of global health items permits an efficient way of gathering general perceptions of health, provide useful summary information about health, and is predictive of health care utilization and subsequent mortality. The purpose of this study was to measure AD of community-dwelling adults (CDA) with chronic non-cancer pain (CNCP) using the PROMIS-57v1.0, a health related quality of life (HRQOL) measure. A retrospective cross-sectional study (outpatient rehabilitation facility) was done on 77 individuals (mean age 40.5 years, range age 28-62, 45 men, 32 women), identified as those afflicted with CNCP via the Self-Administered Co-Morbidity Questionnaire. The PROMIS-57v1.0 Anxiety & Depression subscales measured Global Mental Health (GMH). Physical performance status (PPS) via Berg Balance Scale (BBS) was also tested. 55% of CDA identified CNCP. Anxiety T-scores had a range 43.2 - 83.1 and average 62.23, while Depression T-scores ranged 38.2 - 81.3 with average 60.15. BBS scores averaged 43.6/56 and sub-categorized as: 9% poor balance, 24% fair, 67% good balance. Two dimensions AD both comprise a common co-occurring clinical entity in CDA with CNCP and underlie as separate GMH items in PROMIS, which tend to influence PPS. These global health scales can efficiently summarize mental health in patient-reported outcome studies and even in a busy clinical practice.