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Long-Term Physical and Emotional Functioning in Children following Intensive Interdisciplinary Pain Treatment for Amplified Pain Syndrome

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INTRODUCTION

- Pediatric intensive interdisciplinary pain treatment (IIPT) improves physical and emotional functioning.
- Research shows these changes are maintained 12 months after treatment.
- However, few studies have examined longer-term outcomes of IIPT.
- The current study examined the duration of IIPT effects several years after treatment.

METHOD

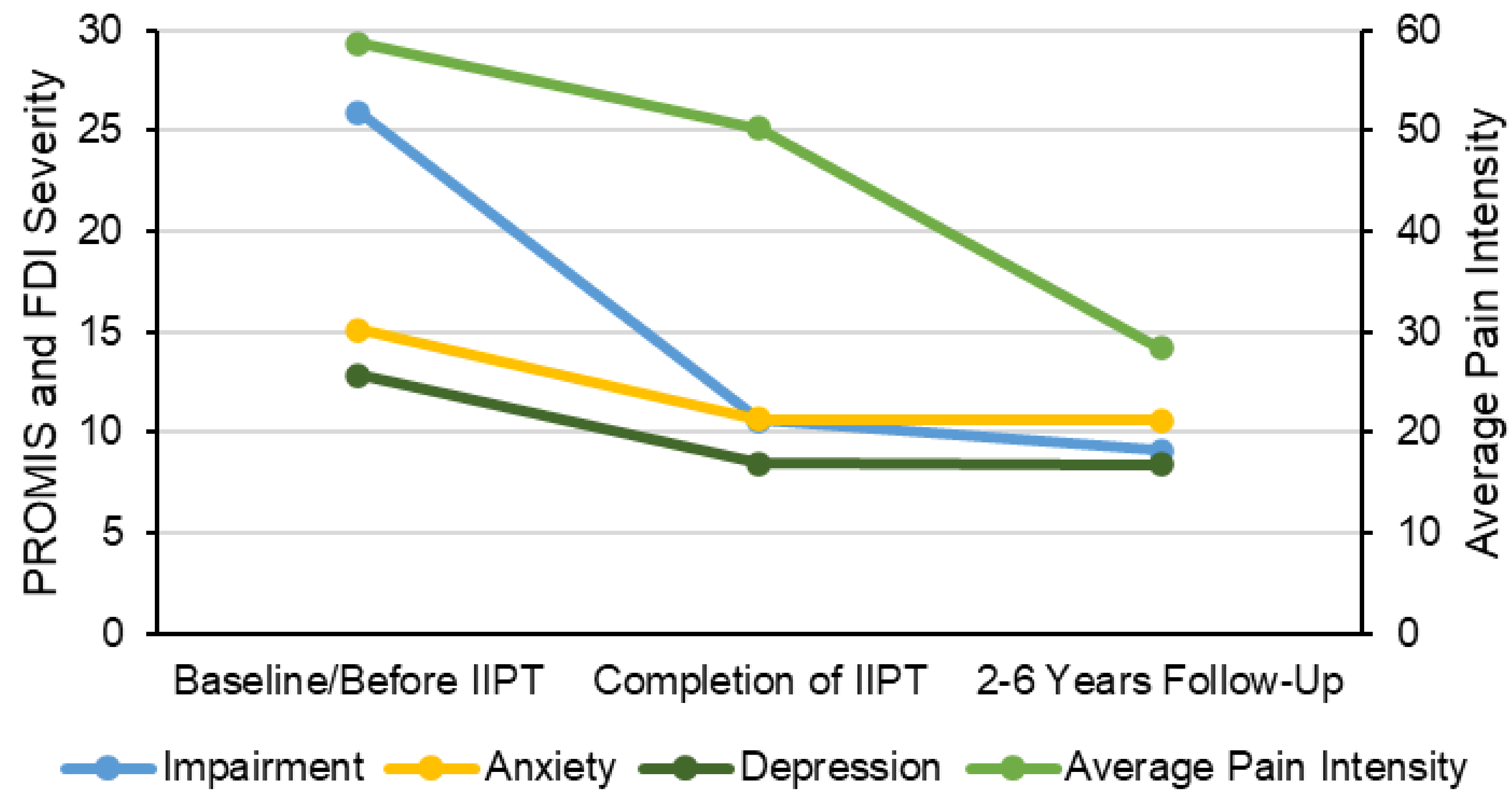
Youth and young adults (n=81) with amplified pain syndrome who had completed IIPT at least 2 years prior (60.44% participation rate) completed questionnaires, which were also completed at baseline, completion of the IIPT, and follow-up appointments.

Table 2. Measures

Visual Analogue Scale (VAS)	100mm VAS slider for average pain intensity over the past week
Functional Disability Inventory (FDI)	15-item measure of impairment in physical functioning due to pain or other health conditions
PROMIS Depression	8-item measure of cognitive and affective depressive symptoms
PROMIS Anxiety	8-item measure of fear, worry, and hyperarousal

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Physical & Emotional Functioning Before, After, and Follow-Up IIPT



Participants in IIPT maintained improvements in impairment, anxiety, and depression; they saw further improvement in pain intensity.

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RESULTS

Table 3. Demographic Characteristics of Sample (n = 81)

Age at Baseline	15.90 ± 1.91
Age at Follow-up	19.59 ± 3.62
Sex	69 (86.3%) Female
Race/Ethnicity	72 (90%) non-Hispanic White 5 (6.3%) Black/biracial 2 (2.5%) Hispanic 1 (1.3%) Asian, Indian, Native American

- Decreased impairment in physical functioning ($t=13.35, p<.001$) from baseline to completion of IIPT
- Decreased anxiety ($t=4.84, p<.001$) and depression ($t=4.48, p<.001$) symptoms from baseline to completion of IIPT
- Improvements in functioning, anxiety, and depression maintained from completion of IIPT to follow-up
- Decreased pain intensity from baseline to completion of IIPT ($t=2.82, p<.001$) and completion of IIPT to follow-up ($t=5.59, p<.001$)

DISCUSSION

- Findings support immediate and long-term efficacy of IIPT.
- Limitations include potential sampling bias (participants doing well or poorly did not complete follow-up questionnaires).

