

# State anxiety predicts pain and disability after 12 weeks in patients with acute low back pain: an observational study

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## Background

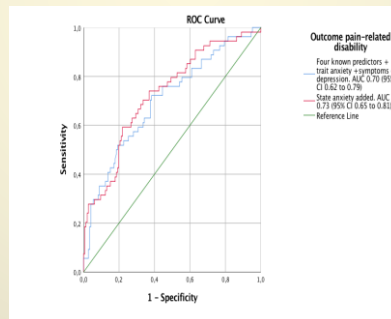
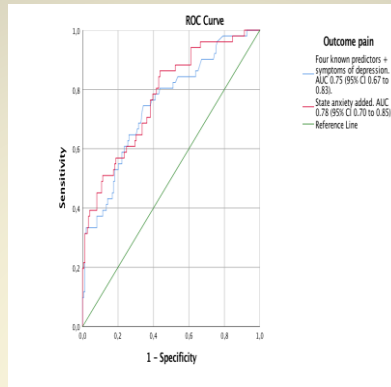
State anxiety may, next to depression, distress, widespread pain, physical workload, higher pain and longer pain duration also be an important predictor of the course and outcomes in low back pain

## Question

Are patients with acute low back pain (ALBP) and high state anxiety at risk to develop chronic low back pain (CLBP) and pain-related disability after 12 weeks?

## Methods

Observational multicenter, prospective cohort study in primary care physiotherapy with measurements at baseline and at 12 weeks including known prognostic factors and psychological candidate predictors for CLBP



## Results

State anxiety contributed independently to the prediction of CLBP with Odds Ratio (OR) 1.1 (95% CI 1.0 to 1.2) both for pain and pain-related disability. Final models including known prognostic factors, state anxiety, and depression explained 30% and 19% of variance in pain and pain-related disability, respectively

## Conclusion

State anxiety in patients with ALBP is an independent predictor of CLBP and should be identified in order to guide patient management

SBPR 2018

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