

# A randomized trial at the Spine Centre of Southern Denmark

**Low Back Pain and Post Traumatic Stress.  
Psychotherapeutic interventions in the multidisciplinary  
treatment.**

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## Disclosure

**We have no financial relationships to disclose.**

## Excellence in Spine

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## Introduction

- Patients with back pain often demonstrate symptoms of Post Traumatic Stress Disorder (PTSD) following unpleasant incidents such as traffic accidents or violence [1,2], then every 10. non-surgical patients with LBP have PTSD symptoms. Moreover, it has been found that PTSD and pain may maintain each other [3].



## The psychotherapy took place in parallel with other interdisciplinary treatment. All non-surgical [4].

- In a pilot study at the Spine Center patients with back pain and PTSD symptoms showed that patients in the lower part of symptoms = missing 1-2 symptoms, after 5-6 psychotherapeutic sessions, achieved better function and more returned to work compared to patients with a full PTSD score.



## The aim of the present study:

- The aim was to test whether a short psychotherapeutic intervention targeting PTSD symptoms would have an additional positive effect on the outcomes of the Standard Multidisciplinary Program (SMP).



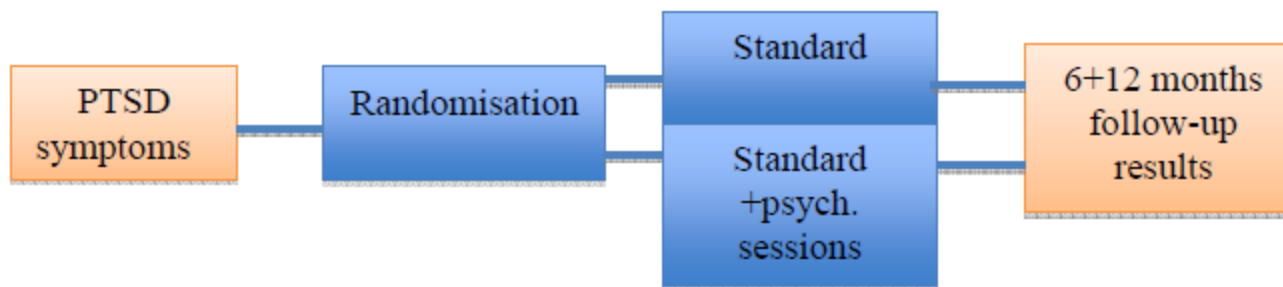
## *The Spine Center.*

- The Spine Center of Southern Denmark is the only non-profit spine center in the region of Southern DK [5], which has 1.3 million inhabitants. In the Center, spine surgeons and non-surgeons work together taking care of nearly 12,500 new outpatients every year. All patients who have had neck or back pain for more than two months can be referred to the Center.



## Materials and methods

- Two thousand consecutive patients with LBP referred to the Spine Center will be screened for PTSD[2,6]. It is expected that 100 patients will meet the inclusion criteria and at least 80 will be randomized 🧐 to SMP or to SMP plus 6-10 psychotherapeutic sessions [7]. The inclusion criteria will be 18-65 years, PTSD symptoms, pain >5 on a 0-10-box scale, and unpleasant incidents within the last three years.





## Results and conclusion

- The project started in december 2012, so there have not yet been any results. It is expected that most patients will suffer from chronic pain, and that physical, psychological and social factors will be involved, creating greater complexity.

Effect parameters are: Pain, daily function, EuroQOL, Harvard Trauma Questionnaire (HTQ), anxiety and depression (HADS), fear avoidance (Tampa Scale for Kinesiophobia (TSK)) on entry, and at 6 and 12 months.

The research methodology design of this study is expected to provide the basis for a number of similar clinical studies of various "subgroups", that aim to find the optimal treatment for particular subgroups of patients.



## References

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