

Age and Psychosocial Contributors to Well-Being Among Older Adults Living with Chronic Pain

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Introduction

- Happiness increases with age despite decreases in happiness contributors (Carstensen, 2019).
- Well-being is reduced in people living with chronic pain (Topcu, 2018).
- Prevalence of chronic pain increases with age (Macfarlane, 2016).
- Well-being is most effectively evaluated by subjective measures in people living with chronic pain (Wettstein et al., 2019).
- Eudaimonic well-being is described as the focus and judgments on the purpose of one's life (Steptoe, et al., 2015).

Method

- Participants (N=220)
 - 60 years +
 - Living in Canada
 - Living with Chronic Pain
- Questionnaires measured age, chronic pain, eudaimonic well-being, pain and health-related disability, pain catastrophizing, and psychological inflexibility.
- Results obtained from the self-report questionnaires were analyzed using a series of multiple linear regressions.

Objective

This study aimed to examine the influence of chronic pain, age, and pain-related constructs (e.g., health-related functioning, pain catastrophizing, psychological inflexibility) on levels of well-being among older adults living with chronic pain.

Linear Regressions

Figure 1

Age variables

- Current age
- Age at onset of pain

Psychosocial variables

- Pain catastrophizing
- Pain disability
- Physical functioning
- Psychological inflexibility

QEWB

R1

SELF-ACCEPTANCE

R2

AUTONOMY

R3

ENVIRONMENTAL MASTERY

R4

Results

- Physical functioning was the most relatively important determinant of lower levels of all three subscales of well-being.
- Pain catastrophizing was the second most relatively important determinant of lower levels of all three subscales of well-being.
- Psychological inflexibility was the third most relatively important determinant of lower levels of self-acceptance and environmental mastery.

Impact

- Adds novel information to literature.
- Influences training for mental health professionals.
- Adapts chronic pain treatments.
- Identifies the needs of aging populations.



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Figure 2 Relative Importance

