

Schmerzpsychotherapie – psychologische und psychotherapeutische Aufgaben im Kontext eines biopsychosozialen und interdisziplinären Forschungs- und Versorgungsfeldes

Ulrike Kaiser, Anne Gärtner & Paul Nilges

Literatur

- Arnold, B., Brinkschmidt, T., Casser, H. R., Gralow, I., Irnich D., Klimczyk, K. et al. (2009) Multimodale Schmerztherapie. *Der Schmerz*, 23 (2), 112–120.
- Arnold, B., Brinkschmidt, T., Casser, H. R., Diezemann, A., Gralow I., Irnich D et al. (2014) Multimodale Schmerztherapie für die Behandlung chronischer Schmerzsyndrome. *Der Schmerz*, 28 (5), 459–472.
- Asghari, A. & Nicholas, M. K. (2001). Pain self-efficacy beliefs and pain behaviour. A prospective study. *Pain*, 94, 85–100.
- Asmundson, G. J. G., Norton, P. J. & Norton, G. R. (1999). Beyond pain: the role of fear and avoidance in chronicity. *Clin Psychol Rev*, 19, 97–119.
- Bishop A., Foster, N. E., Thomas, E. & Hay, E. M. (2008). How does the self-reported clinical management of patients with low back pain relate to the attitudes and beliefs of health care practitioners? A survey of UK general practitioners and physiotherapists. *Pain*, 135 (1), 187–195.
- Boersma, K., Linton, S. J., Overmeer, T., Jansson, M., Vlaeyen, J. W. S. & de Jong, J. (2004). Lowering fear-avoidance and enhancing function through exposure in vivo; a multiple baseline study across six patients with back pain. *Pain*, 108, 8–16.
- Blyth, F. M., March, L. M., Nicholas, M. K. & Cousins, M. J. (2005). Self-management of chronic pain: a population-based study. *Pain*, 113, 285–292.
- Boothby, J. L., Thorn, B. E., Overduin, L. Y., Charles Ward, L. (2004). Catastrophizing and perceived partner responses to pain. *Pain*, 109 (3), 500–506.
- Bortz, W. M. (1984). The disuse syndrome. *West J Medic*, 141, 691–694.
- Brandtstdtter, J. (1992). Personal control over development: some developmental implications of self-efficacy. In R. Schwarzer (Hrsg.), *Self-efficacy: thought control of action* (S. 127–145). New York: Cambridge University Press.
- Cano, A., Weisberg, J. N. & Gallagher, R. M. (2000) Marital satisfaction and pain severity mediate the association between negative spouse responses to pain and depressive symptoms in a chronic pain patient sample. *Pain Med*, 1, 35–43.
- Coudeyre, E., Rannou, F., Tubach, F., Baron, G., Coriat, F., Brin, S. et al. (2006). General practitioner's fear avoidance beliefs influence their management of patients with low back pain. *Pain*, 124, 330–337.
- Crombez, G., Eccleston, C., Van Damme, S., Vlaeyen, J. W., Karoly, P. (2012). Fear-avoidance model of chronic pain: the next generation. *Clin J Pain*, 28 (6), 475–483.

- Dersh, J., Polatin, P. B., Leeman, G., Gatchel, R. J. (2004). The management of secondary gain and loss in medicolegal settings: strengths and weaknesses. *J Occup Rehabil*, 14, 267–279.
- Dietl, M. & Korczak, D. (2011) Versorgungssituation in der Schmerztherapie in Deutschland im internationalen Vergleich hinsichtlich Über-, Unter- oder Fehlversorgung. *Health Technology Assessment*, Bd, 111.
- Diezemann, A. (2013). Achtsamkeitsbasierte Therapie. In G Fritzsche & C. Gaul (Hrsg.), *Multimodale Schmerztherapie bei chronischen Kopfschmerzen* (88–92). Stuttgart: Thieme.
- Eccleston, C., Morley, S. J., Williams, A. D. C. (2013). Psychological approaches to chronic pain management: evidence and challenges. *British journal of anaesthesia*, 111 (1), 59–63.
- Faucett, J. A. & Levine, J. D. (1991) The contributions of interpersonal conflict to chronic pain in the presence or absence of organic pathology. *Pain*, 44, 35–43.
- Flor, H. & Hermann, C. (1999). Schmerz. In N. Birbaumer, H. Flor & K. Hahlweg (Hrsg.), *Enzyklopädie der Psychologie*, Bd 3: Verhaltensmedizin (S. 249–330). Hogrefe: Göttingen.
- Flor, H., Knost, B. & Birbaumer, N. (2002). The role of operant conditioning in chronic pain – an experimental investigation. *Pain*, 95, 111–118.
- Flor, H. & Turk, D. C. (2011). Chronic pain. An integrated biobehavioral approach. Seattle: IASP Press.
- Fordyce, W. E. (1976). Behavioral methods for chronic pain and illness. St. Louis: Mosby.
- Frede, U. (2004). Praxis psychologischer Schmerztherapie – kritische Reflexion aus der Patientenperspektive. In H. D. Basler, C. Franz, B. Kröner-Herwig & H. P. Rehfisch (Hrsg.), *Psychologische Schmerztherapie* (S. 623–639). Heidelberg: Springer.
- Frede, U. (2011). Praxis psychologischer Schmerztherapie – kritische Reflexion aus der Patientenperspektive. In B. Kröner-Herwig, J. Frettlöh, R. Klinger & P. Nilges (Hrsg.), *Schmerzpsychotherapie* (S. 637–653). Heidelberg: Springer.
- Gheldof, E. L., Crombez, G., Bussche, E., Vinck, J., Nieuwenhuyse, A., Moens G. et al. (2010). Pain-related fear predicts disability, but not pain severity: A path analytic approach of the fear-avoidance model. *Europ J Pain*, 14 (8), 870–877.
- Goubert, L., Crombez G. & Van, D. S. (2004). The role of neuroticism, pain catastrophizing and pain-related fear in vigilance to pain: a structural equation approach. *Pain*, 107, 234–241.
- Hadjistavropoulos, T. & Craig, K. D. (2002). A theoretical framework for understanding self-report and observational measures of pain: a communications model. *Behav Res Ther*, 40, 551–570.
- Hasenbring, M. (1993). Durchhaltestrategien – ein in Schmerzforschung und Therapie vernachlässigtes Phänomen. *Der Schmerz*, 7, 304–313.
- Hasenbring, M., Hallner, D. & Klasen, B. (2001). Psychologische Mechanismen im Prozess der Schmerzchronifizierung. *Der Schmerz*, 15, 442–447.
- Hasenbring, M., Marienfeld, G., Kuhlendahl, D., Soyka, D. (1994). Risk factors for chronicity in lumbar disc patients: a prospective investigation of biologic, psychological and social predictors of therapy outcome. *Spine*, 19, 2759–2765.
- Jensen, M. P., Turner, J. A. & Romano, J. M. (2001). Changes in beliefs, catastrophizing, and coping are associated with improvement in multidisciplinary pain treatment. *J Consult Clin Psychol*, 69 (4), 655–662.

- Joliffe, C. D. & Nicholas, M. K. (2004). Verbally reinforcing pain reports – an experimental test of the operant model of chronic pain. *Pain*, 107, 167–175.
- Kabat-Zinn, J., Leslie, L. & Robert, B. (1985). The clinical use of mindfulness meditation for the self-regulation of chronic pain. *J Behav Med*, 8, 163–190.
- Kaiser, U., de C. Williams, A. C. & Kappesser, J. (2020). The biopsychosocial understanding of pain and chronicity: History and implications. In B. Fritzsch B (Hrsg.) und E. Pogatzki-Zahn & H. G. Schaible (Volume Editors), *The Senses: A Comprehensive Reference*, Bd. 5 (S. 58–67). Amsterdam: Elsevier, Academic Press.
- Kaiser, U., Petzke, F., Nagel, B., Marschall, U., Casser, H. R., Isenberg, T. & Lindena, G. (2021). Evaluation eines frühen interdisziplinären multimodalen Assessments für Patienten mit Schmerzen: Protokoll einer randomisierten kontrollierten Studie (PAIN2020). *Der Schmerz*, 35 (4), 251.
- Keefe, F. J. (2005). Foreword: empowering the lives of chronic pain patients. In L. M. McCracken (Hrsg.), *Contextual cognitive-behavioral therapy for chronic pain*. Seattle: IASP-Press, S. IX–XII.
- Keefe, F. J., Blumenthal, J., Baucom, D., Affleck, G., Waugh, R. & Caldwell, D. S. (2004). Effects of spouse-assisted coping skills training and exercise training in patients with osteoarthritic knee pain: a randomized controlled study. *Pain*, 111, 539–549.
- Kori, S. H., Miller, R. P. & Todd, D. D. (1990). Kinesiophobia: a new view of chronic pain behaviour. *Pain Manag*, 3, 35–43.
- Leeuw, M., Goossens, M. E. J. B., van Breukelen, G. J. P., de Jong, J. R., Heuts, P. H. T. G., Smeets R. J. E. M. et al. (2008). Exposure in vivo versus operant graded activity in chronic low back pain patients: Results of a randomized controlled trial. *Pain*, 138, 192–207.
- Linton, S. J., Althoff, B. & Melin, L. (1994). Psychological factors related to health, back pain, and dysfunction. *J Occup Rehabil*, 5, 1–10.
- Linton S. J., Boersma, K., Jansson, M., Overmeer, T., Lindblom, K. & Vlaeyen, J. W. (2008) A randomized controlled trial of exposure in vivo for patients with spinal pain reporting fear of work-related activities. *Europ J Pain*, 12 (6), 722–730.
- Malec, J., Glasgow, R. E., Ely, R. et al. (1977) Coping with pain: a self-management approach. *JSAS Catalog of Selected Documents in Psychology*, 7, 113.
- McCracken, L. M. (2005). *Contextual cognitive-behavioral therapy for chronic pain*. IASP-Press, Seattle.
- McCracken, L. M. & Eccleston, C. (2003). Coping or acceptance: what to do about chronic pain? *Pain*, 105, 197–204.
- McCracken, L. M., Eccleston, C. & Keefe, F. J. (2005). A prospective study of acceptance of pain and patient functioning with chronic pain. *Pain*, 109, 164–169.
- Morley, S., Eccleston, C., & Williams, A. (1999). Systematic review and meta-analysis of randomized controlled trials of cognitive behaviour therapy and behaviour therapy for chronic pain in adults, excluding headache. *Pain*, 80 (1), 1–13.
- Nilges, P. & Brinkmann, G. (2003). Verhaltenstherapeutische und kognitive Verfahren. In U. T. Egle, S. O. Hoffmann, K. A. Lehmann & W. A. Nix (Hrsg.), *Handbuch chronischer Schmerz. Grundlagen, Pathogenese, Klinik und Therapie aus bio-psycho-sozialer Sicht* (S. 421–429). Stuttgart: Schattauer.
- Pfingsten, M., Korb, J. & Hasenbring, M. (2013). Psychologische Mechanismen der Chronifizierung-Konsequenzen für die Prävention. In B. Kröner-Herwig, J. Frettlöh, R. Klinger & P. Nilges (Hrsg.),

- Schmerzpsychotherapie (S. 115–134). Heidelberg: Springer.
- Philips, H. C. (1987). Avoidance behaviour and its role in sustaining chronic pain. *Behav Res Ther*, 25, 273–279.
- Pincus, T., Smeets, R. J. E. M., Simmonds, M. J. & Sullivan, M. J. L. (2010). The Fear Avoidance Model Disentangled: Improving the Clinical Utility of the Fear Avoidance Model. *Clin J Pain*, 26 (9), 739–746.
- Preißler, A., Gärtner, A., Schouten, L., Geber, C., Lindena, G., Marschall, U. et al. (2022). PAIN2020 geht in die Gruppenphase. *Orthopädie & Rheuma*, 25 (4), 30–32.
- Quartana, P. J., Campbell, C. M. & Edwards, R. R. (2009). Pain catastrophizing: a critical review. *Expert Rev Neurother*, 9 (5), 745–758.
- Romano, J. M., Jensen, M. P., Turner, J. A., Good, A. B. & Hops, H. (2000). Chronic pain patient-partner interactions: further support for a behavioral model of chronic pain. *Behav Ther*, 31, 415–440.
- Rothermund, K., Brandtstadter, J., Meiniger, C. & Anton, F. (2002). Nociceptive sensitivity and control: hypoand hyperalgesia under two different modes of coping. *Exp Psychol*, 49, 57–66.
- Roy, R. (1984). Chronic pain: a family perspective. *Intern J Family Ther*, 6, 31–43.
- Schmitz, U., Saile, H. & Nilges, P. (1996). Coping with chronic pain: flexible goal adjustment as an interactive buffer against pain-related distress. *Pain*, 67, 41–51.
- Schwartz, L., Slater, M. A. & Birchler, G. R. (1994). Interpersonal stress and pain behaviors in patients with chronic pain. *J Cons Clin Psychol*, 62, 861–864.
- Seminowicz, D. A. & Davis, K. D. (2006). Cortical responses to pain in healthy individuals depends on pain catastrophizing. *Pain*, 120 (3), 297–306.
- Sharp, T. J. (2001). Chronic pain: a reformulation of the cognitive-behavioral model. *Behav Res Ther*, 39, 787–800.
- Stroud, M. W., Turner J. A., Jensen M. P. & Cardenas, D. D. (2006). Partner responses to pain behaviors are associated with depression and activity interference among persons with chronic pain and spinal cord injury. *J Pain*, 7, 91–99.
- Sullivan, M. J. (2008). Toward a biomotor conceptualization of pain: implications for research and interventions. *Clin J Pain*, 24, 281–290.
- Sullivan, M. J., Adams, H. & Sullivan, M. E. (2004). Communicative dimensions of pain catastrophizing: social cueing effects on pain behavior and coping, *Pain*, 107 (3), 220–226.
- Sullivan, M. J. & d'Eon, J. L. (1990). Relation between catastrophizing and depression in chronic pain patients. *J Abnorm Psychol*, 99 (3), 260–263.
- Sullivan, M. J., Thibault, P., Savard, A., Catchlove, R., Kozey, J. & Stanish, W. D. (2006). The influence of communication goals and physical demands on different dimensions of pain behavior. *Pain*, 125, 270–277.
- Sullivan, M. J., Thorn, B., Haythornthwaite, J. A., Keefe, F., Martin, M., Bradley, L. A. & Lefebvre, J. C. (2001). Theoretical perspectives on the relation between catastrophizing and pain. *Clinical J Pain*, 17 (1), 52–64.
- Taylor, S. (1995). Anxiety sensitivity: Theoretical perspectives and recent findings. *Behav Res Ther*, 33 (3), 243–258.

- Thibault, P., Loisel, P., Durand, M. J., Catchlove, R. & Sullivan, M. J. (2008). Psychological predictors of pain expression and activity intolerance in chronic pain patients. *Pain*, 139, 47–54.
- Turk, D. C., Meichenbaum, D., Genest, M. (1983). Pain and Behavioral Medicine: A Cognitive-Behavioral Perspective. New York: Guilford Press.
- Veerhof, M. M., Oskam, M. J., Schreurs, K. M. G. & Bohlmeijer, E. T. (2011). Acceptance-based interventions for the treatment of chronic pain: A systematic review and meta-analysis. *Pain*, 152, 533–542.
- Viane, I., Crombez, G., Eccleston, C. et al. (2003). Acceptance of pain is an independent predictor of mental well-being in patients with chronic pain: empirical evidence and reappraisal. *Pain*, 106, 65–72.
- Vlaeyen, J. W. & Linton, S. J. (2012). Fear-avoidance model of chronic musculoskeletal pain: 12 years on. *Pain*, 153 (6), 1144–1147.
- Vlaeyen, J. W. S., Kole Snijders, A. M. J., Boeren, R. G. B. & van Eek H. (1995) Fear of movement/(re)injury in chronic low back pain and its relation to behavioral performance. *Pain*, 62, 363–372.
- Vlaeyen, J. W. S., Linton, S. J. (2000). Fear-avoidance and its consequences in chronic musculoskeletal pain: a state of the art. *Pain*, 85, 317–332.
- Woby, S. R., Watson, P. J., Roach, N. K., Urmston, M. (2004). Are changes in fear-avoidance beliefs, catastrophizing, and appraisals of control, predictive of changes in chronic low back pain and disability? *Europ J Pain*, 8 (3), 201–210.