

Abstract

The present study has been conducted to study relationship and differences of pain catastrophizing, intolerance of uncertainty and mental health in patients with chronic pain. 150 patients of chronic pain including osteoarthritis, lower back pain and neuropathic pain were taken as a sample in the study. Urdu form of Pain Catastrophizing Scale (PCS) (Hussain & Zia, 2013), Intolerance of Uncertainty Scale-Short Form (IUS-12) (Arshad & Asad, 2021), Mental Health Inventory (MHI-38) (Bashir & Naz, 2013) were used. Pearson correlation analysis approved the hypothesis that pain catastrophizing and intolerance of uncertainty significantly correlates with mental health in patients with chronic pain. Multiple regression analysis showed that pain catastrophizing and intolerance of uncertainty positively predicted psychological distress. The results of ANOVA explained patients with lower back pain exhibit higher level of pain catastrophizing as compared to patients with osteoarthritis and neuropathic pain. The results explained no significant differences on intolerance of uncertainty, psychological distress and psychological wellbeing in patients with chronic pain. The results indicated that non-working patients have higher pain catastrophizing and poor mental health. The results of Independent t-test explained that female patients with chronic pain have higher pain catastrophizing, intolerance of uncertainty and psychological distress whereas have lower psychological wellbeing as compared to male chronic pain patients. Patients with higher duration of pain (2 years-3 years) exhibit higher level of psychological distress. Future researches should be done on intolerance of uncertainty and intervention studies should be designed to improve negative coping and to improve wellbeing of patients

Keywords: pain catastrophizing, intolerance of uncertainty, mental health