

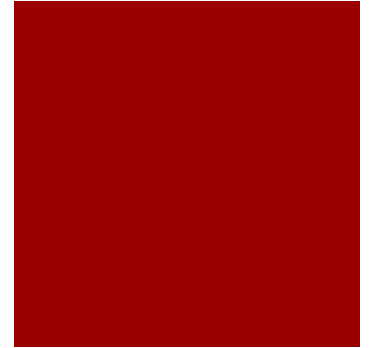
# Catastrophizing and Urogenital Chronic Pelvic Pain Syndrome?

## What do we now know?

Dean A Tripp, PhD

Associate Professor  
Psychology, Anesthesiology &  
Urology, Queen's University

# Objectives:



- Highlight and discuss our recent research examining Pain Catastrophizing in UCPPS.
- New data assessing the association of sexual dysfunction with QOL in IC/PBS (i.e., pain, catastrophizing, depression)
- Mediation analyses with Cat and Social Support
- Treatment
- Catastrophizing & Emotional Regulation

# Looking for Answers...

## Predictors of quality of life and pain in chronic prostatitis/chronic pelvic pain syndrome: findings from the National Institutes of Health Chronic Prostatitis Cohort Study

DEAN A. TRIPP, J. CURTIS NICKEL\*, J. RICHARD LANDIS†, YAN LIN WANG‡, JILL S. KNAUSS‡ and THE CPCRN STUDY GROUP†

Departments of Psychology and Anaesthesiology, and †Department of Urology, Queen's University, Kingston, Ontario, Canada, Epidemiology and Biostatistics, University of Pennsylvania School of Medicine, Philadelphia, PA, USA and ‡ The CPCRN partici  
Accepted for publication 21 July 2004



ELSEVIER

The Journal of Pain, Vol 7, No 10 (October), 2006: pp 697-708  
Available online at [www.sciencedirect.com](http://www.sciencedirect.com)

## Catastrophizing and Pain-Contingent Rest Predict Patient Adjustment in Men With Chronic Prostatitis/Chronic Pelvic Pain Syndrome

Dean A. Tripp,\* J. Curtis Nickel,† Yanlin Wang,‡ Mark S. Litwin,<sup>5</sup> Mary McNaughton-Collins,<sup>1</sup> J. Richard Landis,<sup>‡</sup> Richard B. Alexander,<sup>1</sup> Anthony J. Schaeffer,<sup>#</sup> Michael P. O'Leary,<sup>\*\*</sup> Michel A. Pontari,<sup>††</sup> Markson E. Fowler, Jr,<sup>\*\*</sup> Leroy M. Nyberg,<sup>1</sup> John W. Kusek,<sup>1</sup> and the National Institutes of Health-Chronic Prostatitis Collaborative Research Network (NIH-CPCRN) Study Group<sup>55</sup>

## Psychosocial variables affect the quality of life of men diagnosed with chronic prostatitis/chronic pelvic pain syndrome

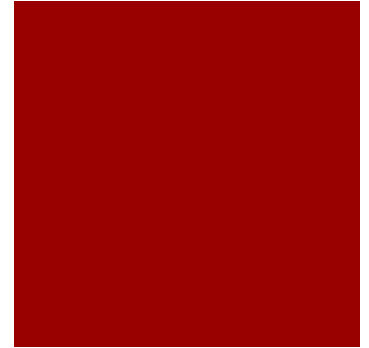
J. Curtis Nickel, Dean A. Tripp<sup>1</sup>, Shannon Chuai<sup>2</sup>, Mark S. Litwin<sup>3</sup>, Mary McNaughton-Collins<sup>4</sup>, J. Richard Landis<sup>2</sup>, Richard B. Alexander<sup>5</sup>, Anthony J. Schaeffer<sup>6</sup>, Michael P. O'Leary<sup>7</sup>, Michel A. Pontari<sup>8</sup>, Paige Whi Christopher Mullins<sup>10</sup>, Leroy Nyberg<sup>10</sup>, John Kusek<sup>10</sup> and the NIH-CPCRN S

BJUI  
BJUI INTERNATIONAL

## Prevalence, symptom impact and predictors of chronic prostatitis-like symptoms in Canadian males aged 16–19 years

Dean A. Tripp<sup>\*\*\*</sup>, J. Curtis Nickel<sup>\*</sup>, Stephanie Ross<sup>\*</sup>, Chris Mullins<sup>5</sup> and Natalie Stechyson<sup>\*</sup>

Departments of <sup>\*</sup>Psychology, <sup>†</sup>Anaesthesiology and <sup>‡</sup>Urology, Queen's University, Kingston, Ontario, Canada, and <sup>5</sup>National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, Bethesda, MD, USA  
Accepted for publication 8 August 2008



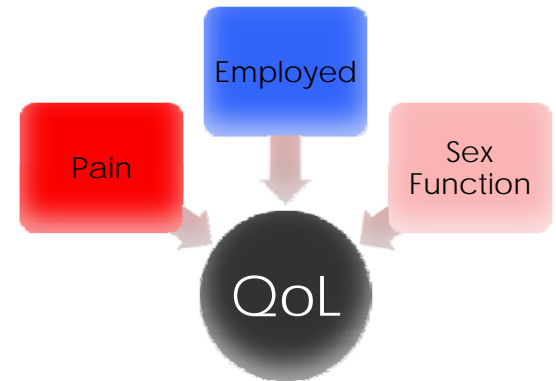
## Female Urology

---

# **Sexual Functioning, Catastrophizing, Depression, and Pain, as Predictors of Quality of Life in Women With Interstitial Cystitis/Painful Bladder Syndrome**

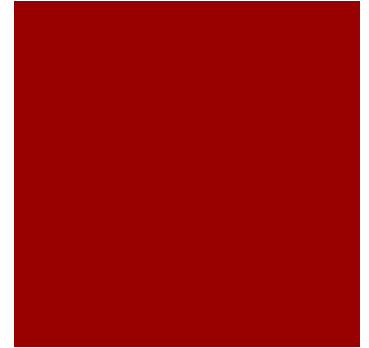
Dean A. Tripp, J. Curtis Nickel, Mary P. FitzGerald, Robert Mayer, Natalie Stechyson,  
and Annie Hsieh

# QoL & Sex Functioning



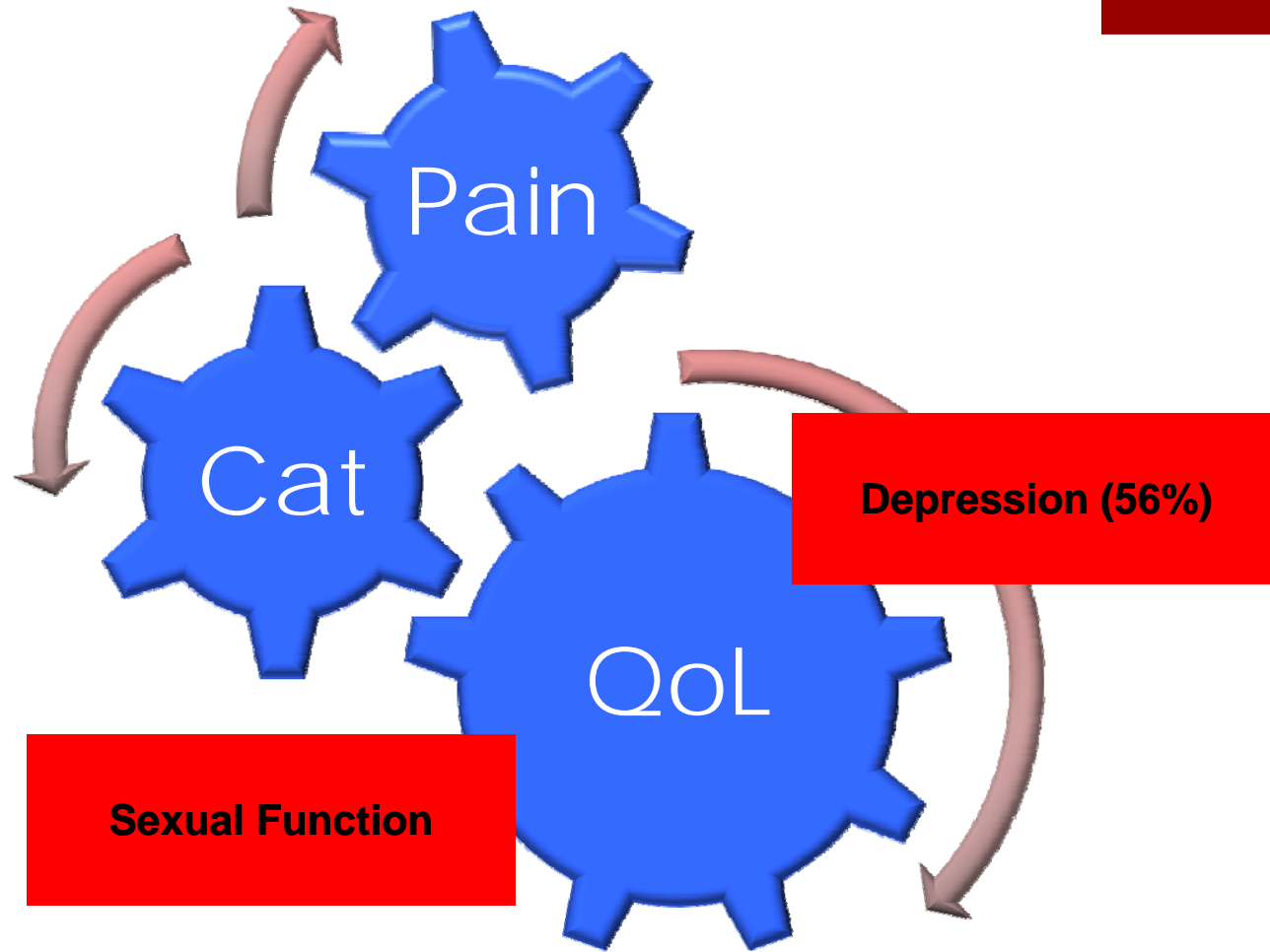
- Nickel, Tripp et al (2008):
  - **Poorer physical QOL**
    - Unemployed
    - greater pain
    - lower sexual functioning
  - **Poorer mental QOL**
    - Sexual functioning was lone predictor.

# IC/PBS QoL?

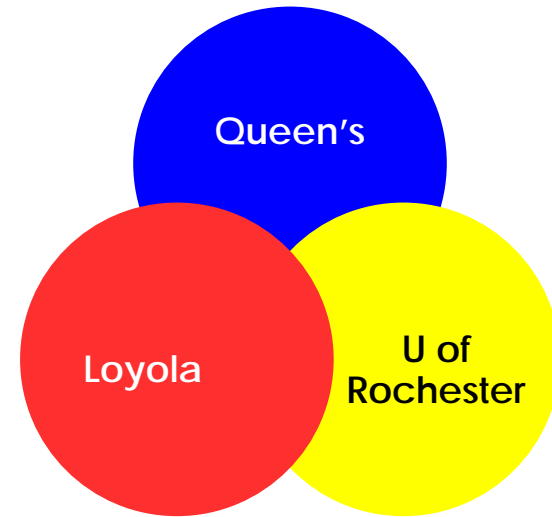


- Several somatic, psychological, and functional predictors are associated with poorer IC/PBS QOL.

# New IC/PBS QoL?



# The sample...



- 115 Women recruited
- Measures of QOL, pain severity, IC Symptom & Problem Index, PCS, DEP, Sex dysfunction (FSFI).
- Hierarchical regression models.



*Final multivariate regression model for physical composites QoL (SF-12 PCS).*

|                      | <b>Estimate</b> | <b>Std. Error</b> | <b>Beta</b> | <b>T</b> | <b>Sig.</b> |
|----------------------|-----------------|-------------------|-------------|----------|-------------|
| <b>Age</b>           | -.035           | .062              | -.06        | -.557    | .579        |
| <b>Education</b>     | .658            | .627              | .09         | 1.049    | .297        |
| <b>Symp Duration</b> | -.250           | .119              | -.19        | -2.100   | .038*       |
| <b>Employed</b>      | -2.717          | 1.523             | -.17        | -1.784   | .077        |
| <b>ICSI</b>          | -.267           | .278              | -.15        | -.962    | .338        |
| <b>ICPI</b>          | .212            | .324              | .11         | .656     | .513        |
| <b>CESD</b>          | .019            | .074              | .03         | .257     | .797        |
| <b>SF-MPQ</b>        | -.281           | .092              | -.35        | -3.047   | .003*       |
| <b>PCS-13</b>        | -.046           | .074              | -.07        | -.625    | .533        |
| <b>FSFI</b>          | -.044           | .077              | -.05        | -.571    | .569        |

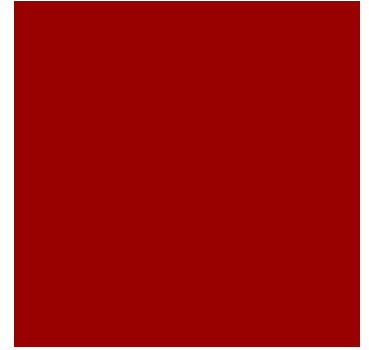
*Note.* ICSI = Interstitial Cystitis Symptom Index; ICPI = Interstitial Cystitis Problem Index; CESD = Center for Epidemiological Studies in Depression Scale; SF-MPQ = Short Form McGill Pain Questionnaire; PCS-13 = Pain Catastrophizing Scale; FSFI = Female Sexual Functioning Inventory.

*Final multivariate regression model for mental composites QoL (SF-12 MCS).*

|                              | <b>Estimate</b> | <b>Std. Error</b> | <b>Beta</b> | <b>T</b> | <b>Sig.</b> |
|------------------------------|-----------------|-------------------|-------------|----------|-------------|
| <b>Age</b>                   | .205            | .093              | .213        | 2.217    | .029*       |
| <b>ICSI</b>                  | .722            | .470              | .244        | 1.537    | .127        |
| <b>ICPI</b>                  | -.577           | .547              | -.168       | -1.055   | .294        |
| <b>SF-MPQ</b>                | -.174           | .152              | -.128       | -1.144   | .255        |
| <b>PCS-13</b>                | -.352           | .110              | -.313       | -3.203   | .002*       |
| <b>FSFI</b>                  | .236            | .129              | .180        | 1.828    | .070        |
| <i>PCS Subscale Analysis</i> |                 |                   |             |          |             |
| <b>PCS – Rum</b>             | -.253           | .499              | -.078       | -.507    | .613        |
| <b>PCS – Mag</b>             | -.463           | .644              | -.093       | -.719    | .474        |
| <b>PCS – Help</b>            | -.694           | .358              | -.313       | -1.950   | .054*       |

*Note.* ICSI = Interstitial Cystitis Symptom Index; ICPI = Interstitial Cystitis Problem Index; SF-MPQ = Short Form McGill Pain Questionnaire; PCS-13 = Pain Catastrophizing Scale; FSFI = Female Sexual Functioning Inventory; PCS-Rum = Pain Catastrophizing Scale – Rumination Subscale; PCS-Mag = Pain Catastrophizing Scale – Magnification Subscale; PCS-Help = Pain Catastrophizing Scale – Helplessness Subscale.

# Conclusions



- Physical QoL predicted by greater Pain and longer Symptom Duration
- Mental QoL was predicted by Helplessness Catastrophizing and Older age



# Longitudinal Changes in Symptoms in Men with CP/CPSP

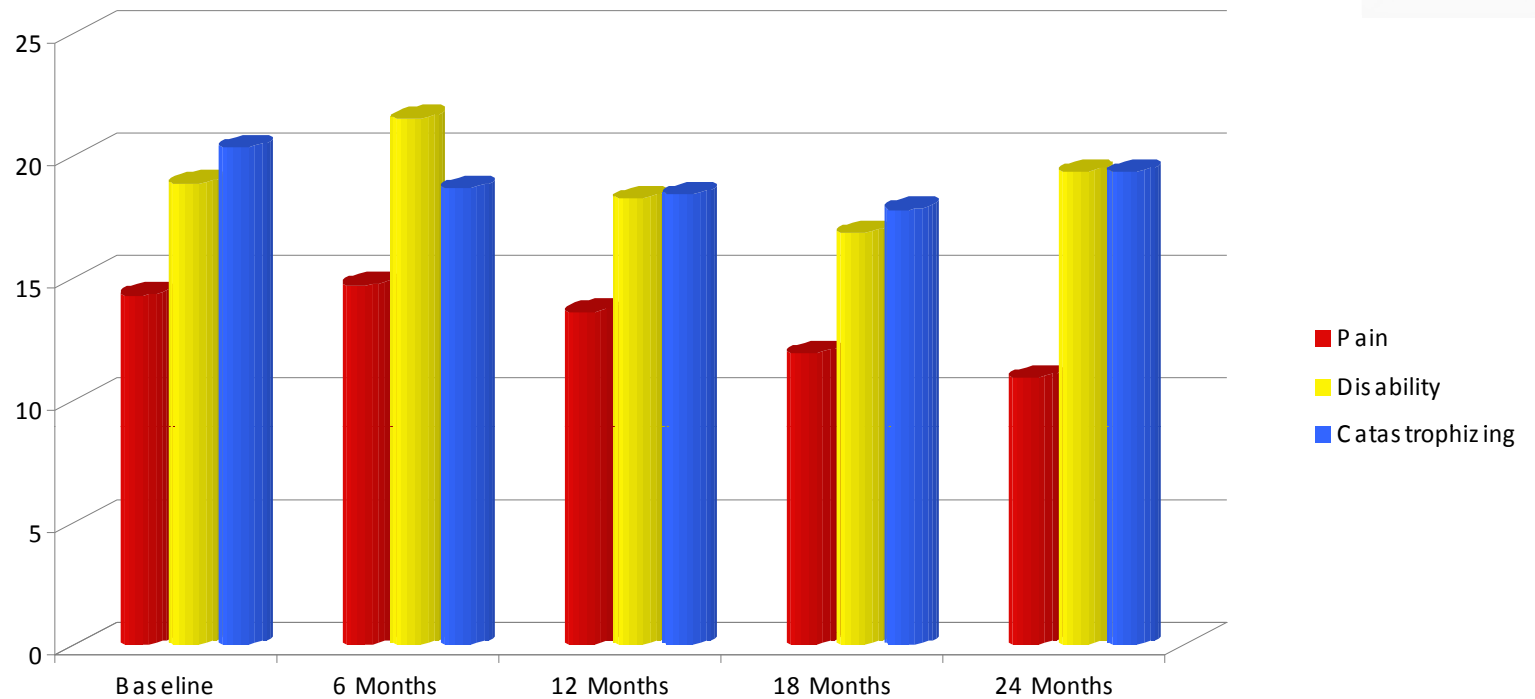
---

Dean A Tripp\*, J Curtis Nickel+, et al.

\*Departments of Psychology, Anesthesiology & Urology, Queen's University, Canada

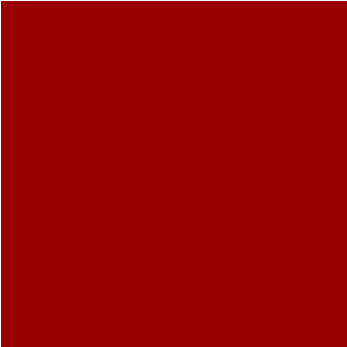
+ Department of Urology, Queen's University, Canada

Manuscript in Progress 2010



**Values did not differ overtime.**

Without intervention pain, disability, and catastrophizing did not decline in these men.



# Catastrophizing and Social Support as Mediators with Pain and Depression in CP/CPPS

---

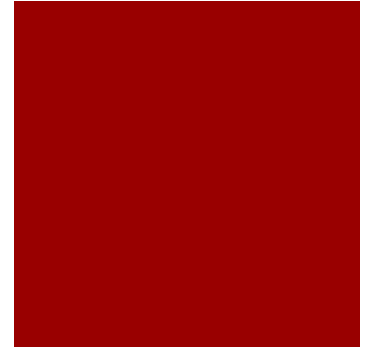
Dean A Tripp\*, J Curtis Nickel+, et al.

\*Departments of Psychology, Anesthesiology & Urology, Queen's University, Canada

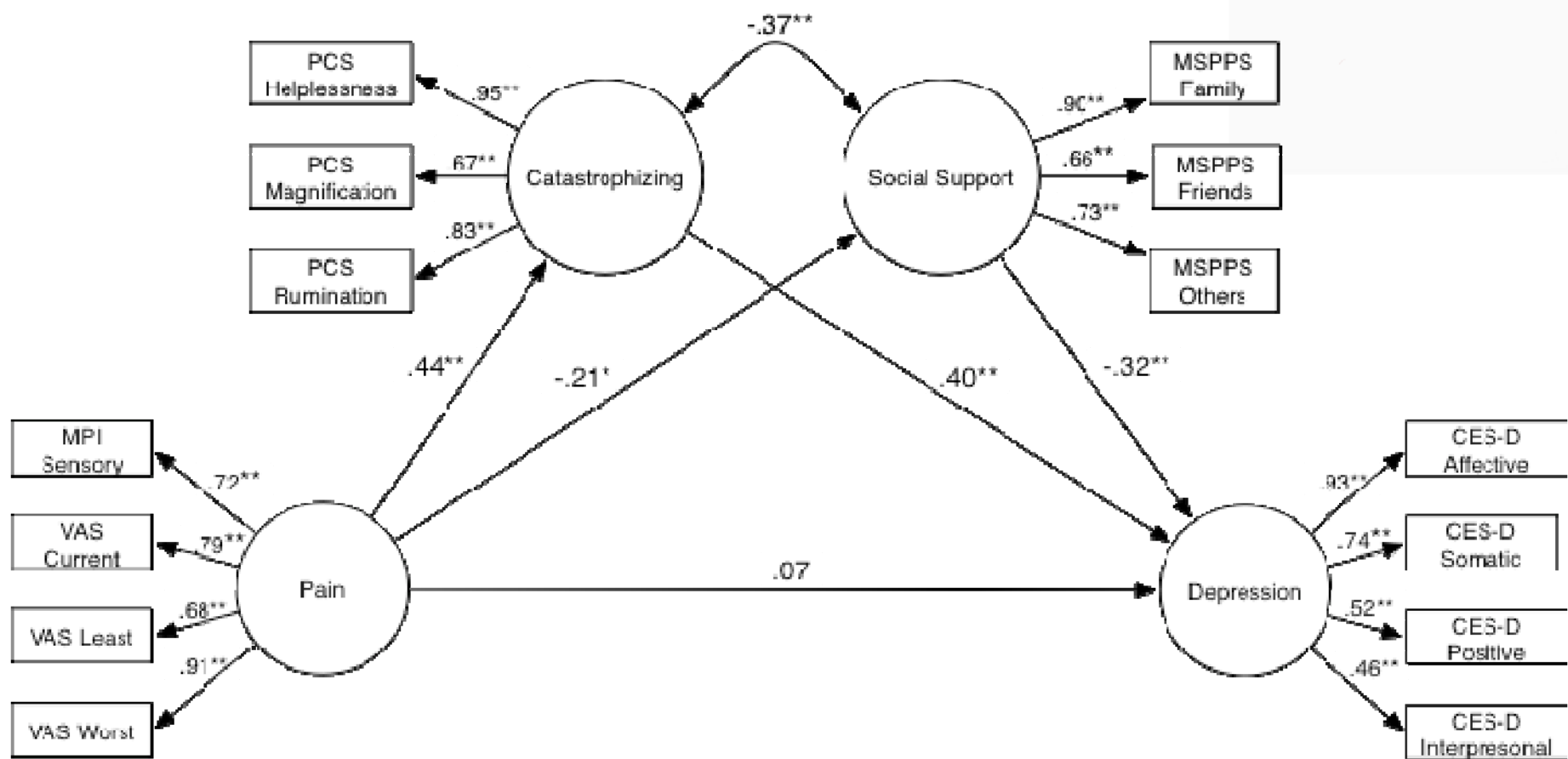
+ Department of Urology, Queen's University, Canada

Manuscript in Progress 2010

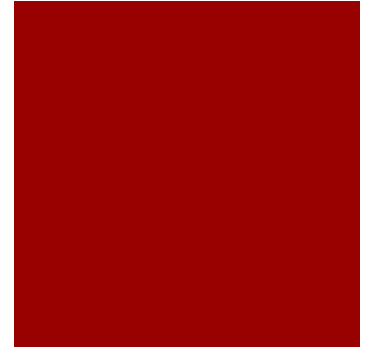
# Structural Models...



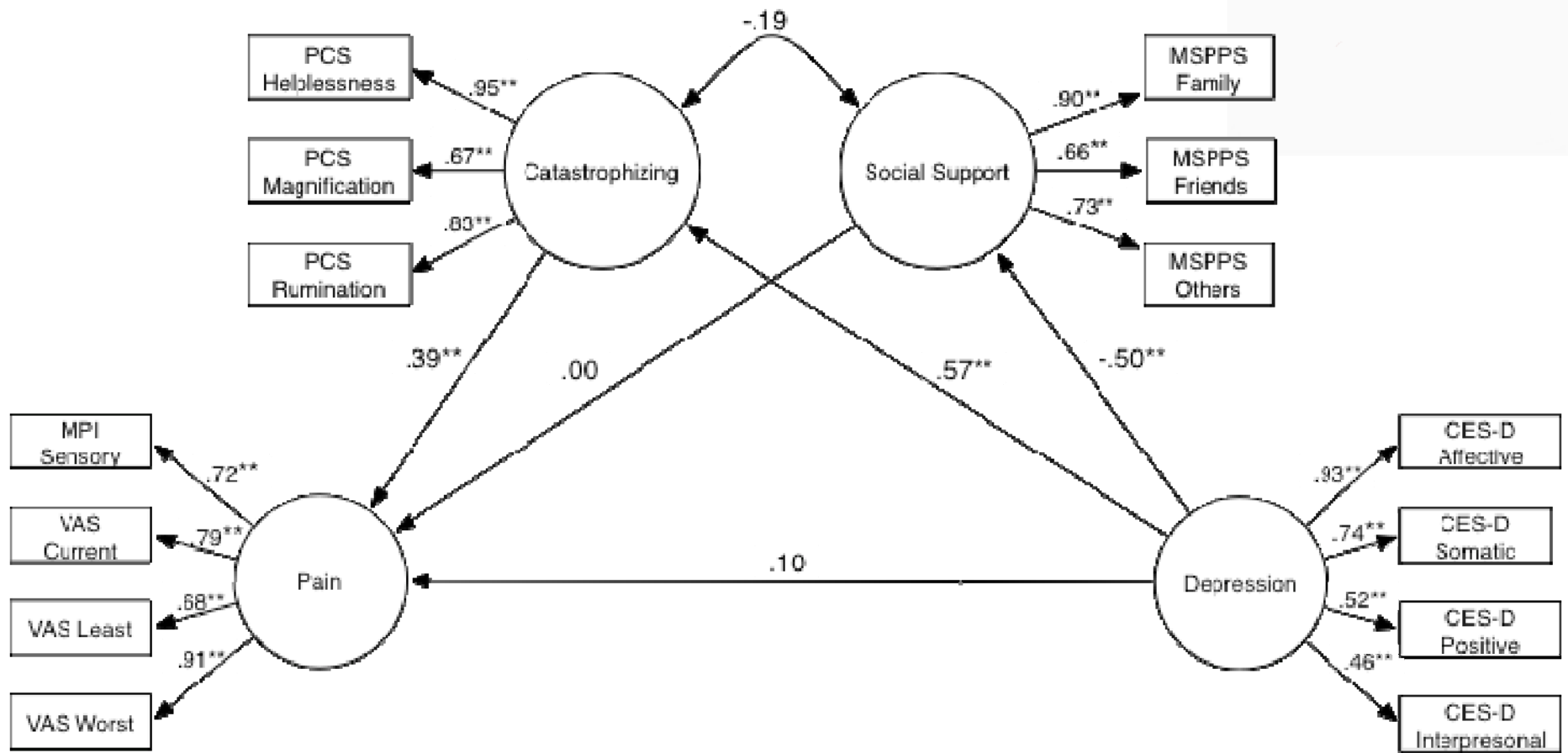
- The potential mediating effects of catastrophizing and social support on the relationship between pain and depression explored in three plausible models.
- N=168
- Regress Pain → Depression



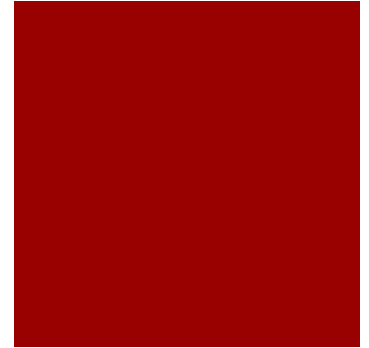
# Equivalent Model Test #1



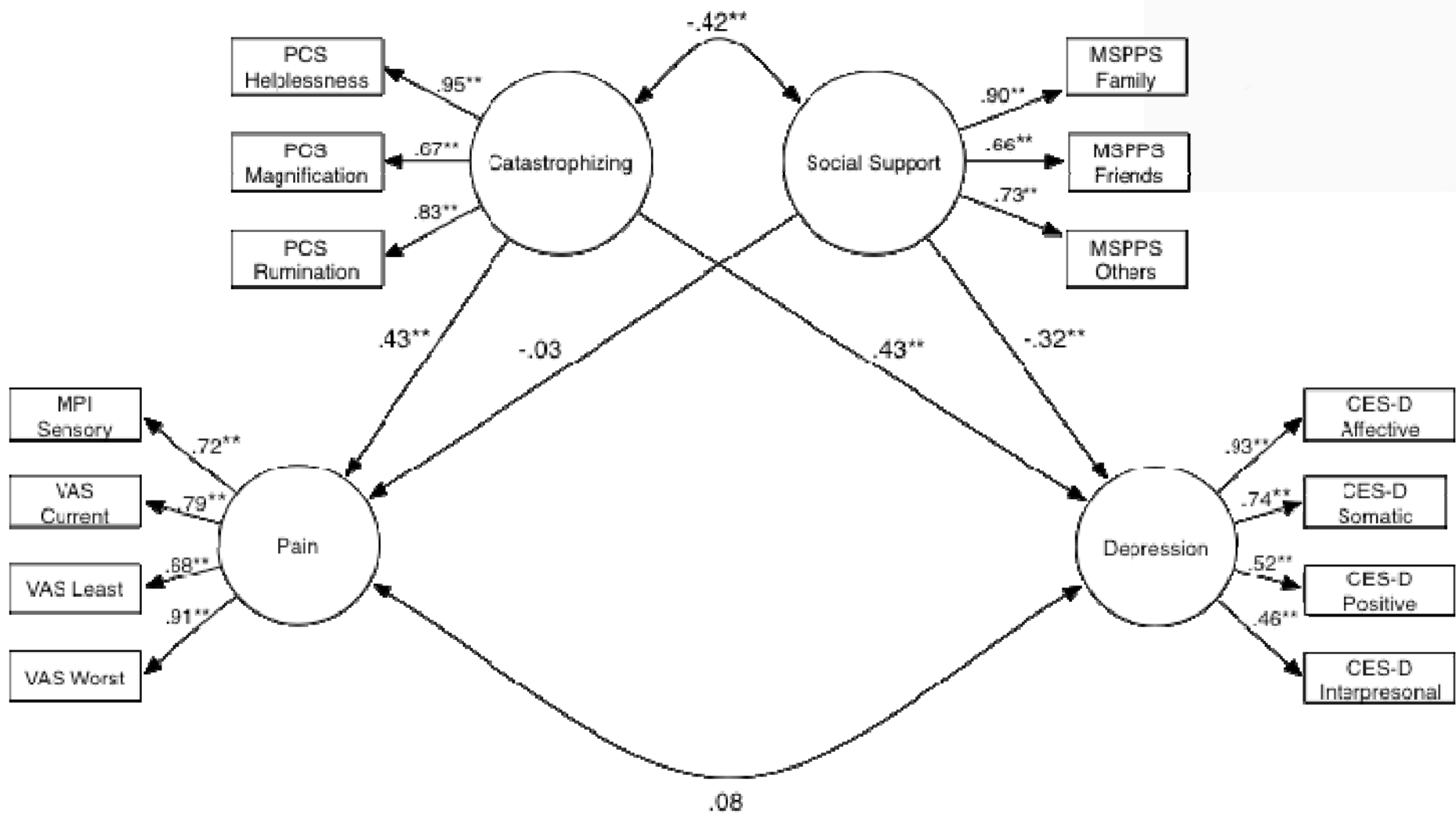
- The relationship between pain, depression, catastrophizing, and social support in two such models that were also theoretically plausible.
- Regress Depression → Pain...



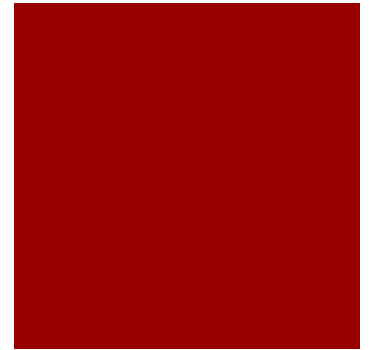
# Equivalent Model Test #2



- Catastrophizing and social support were examined as underlying causes of pain and depression, rather than mediators of this relationship...



# Conclusions...



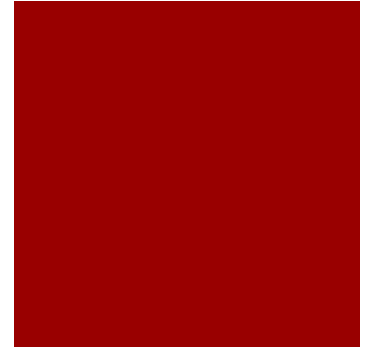
- Depression in pain is caused by catastrophizing and lowered social support.
- Long and/or exp studies are needed but what is Catastrophizing?

CAT is... a consequence of pain, subsequently leading to depression.

CAT is... a pre-existing cognitive style that independently causes both pain and depression.

CAT is... consequence of depression, which in turn increases individuals' pain experience.

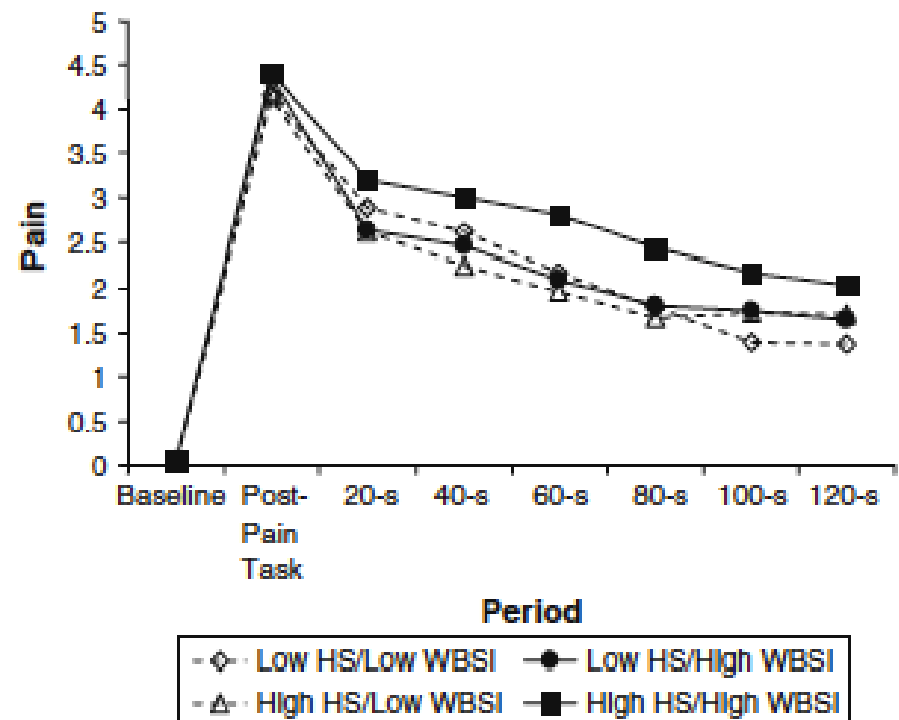
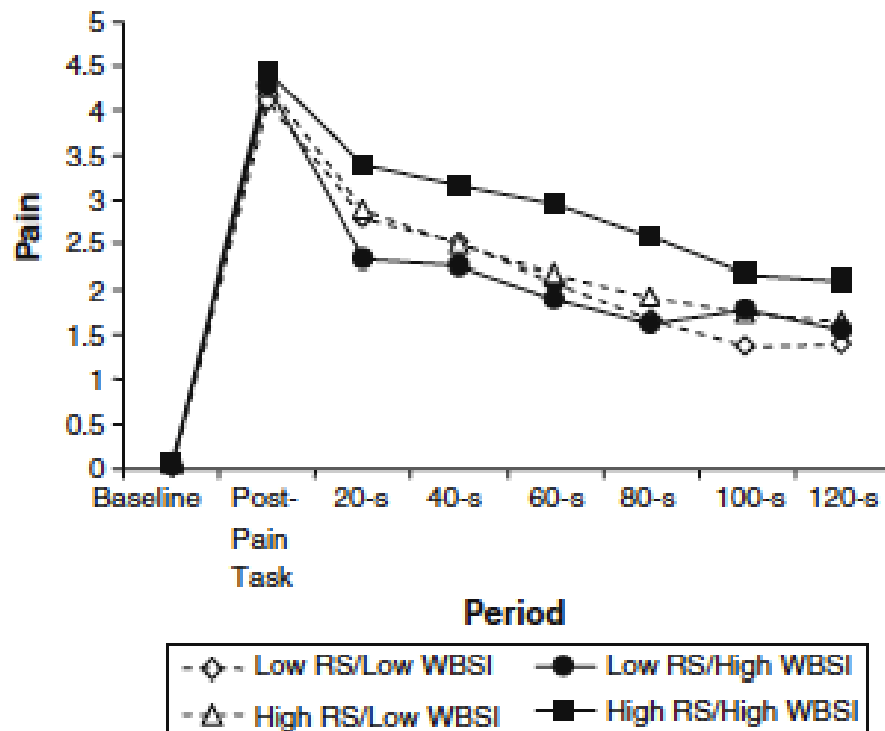
# Emotional Regulation & CAT

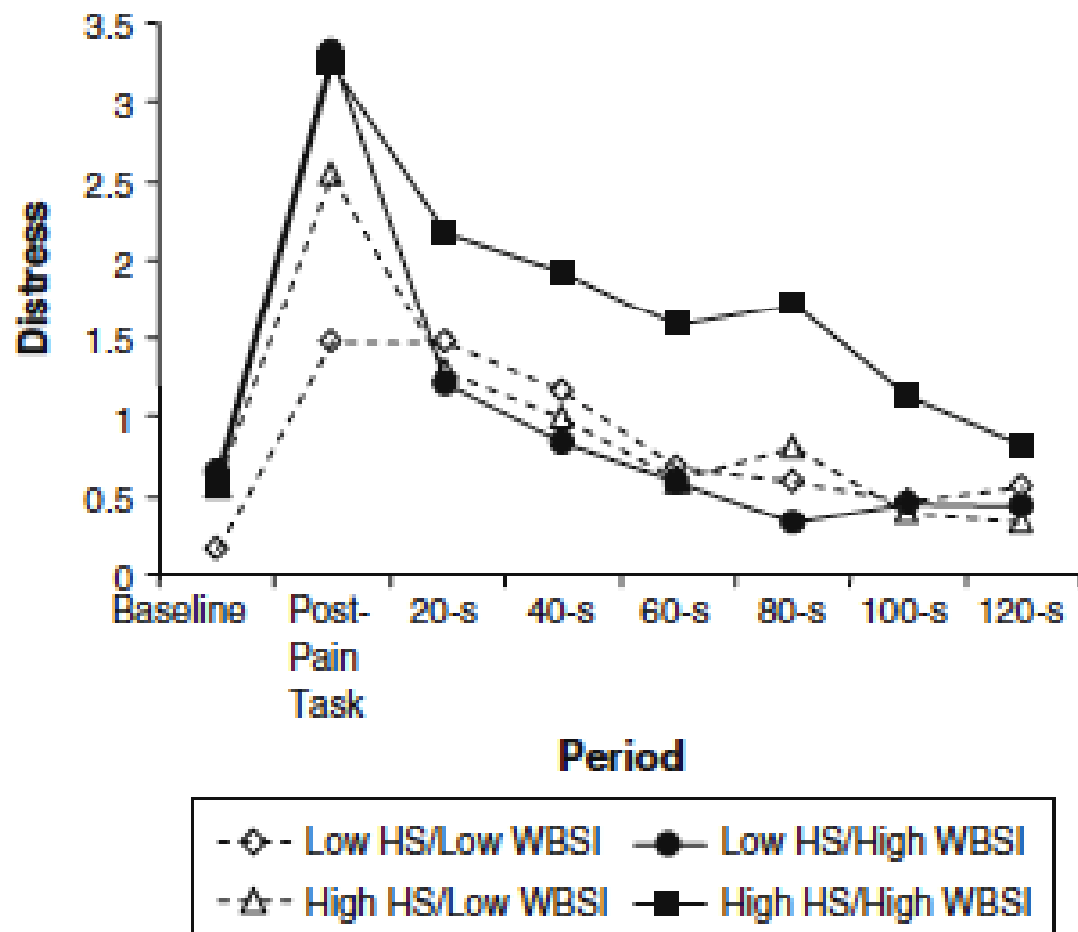


- Cioffi and Holloway (1993); Sullivan et al. (1997) suppressing pain-related thoughts either during or prior to pain increased pain severity vs non-suppressors.
- Burns (2006) showed attempts to suppress during pain may also affect physiological arousal during a subsequent but non-painful stressor.
- A cognitive conceptualization of pain catastrophizing can be integrated with models of emotion regulation.

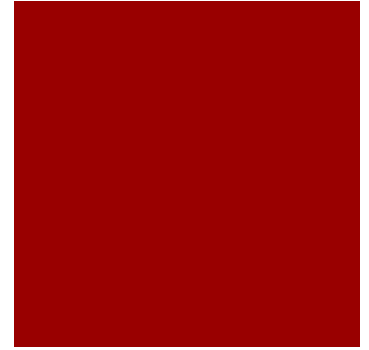
# Interactive effects of catastrophizing and suppression on responses to acute pain: a test of an appraisal $\times$ emotion regulation model

Wesley Gilliam · John W. Burns · Phillip Quartana ·  
Justin Matsuura · Carla Nappi · Brandy Wolff





# How to beat Pain Catastrophizing?





# CBSMP Pilot Data: Catastrophizing & CP/CPPS

---

Dean A Tripp\*, J Curtis Nickel+, et al.

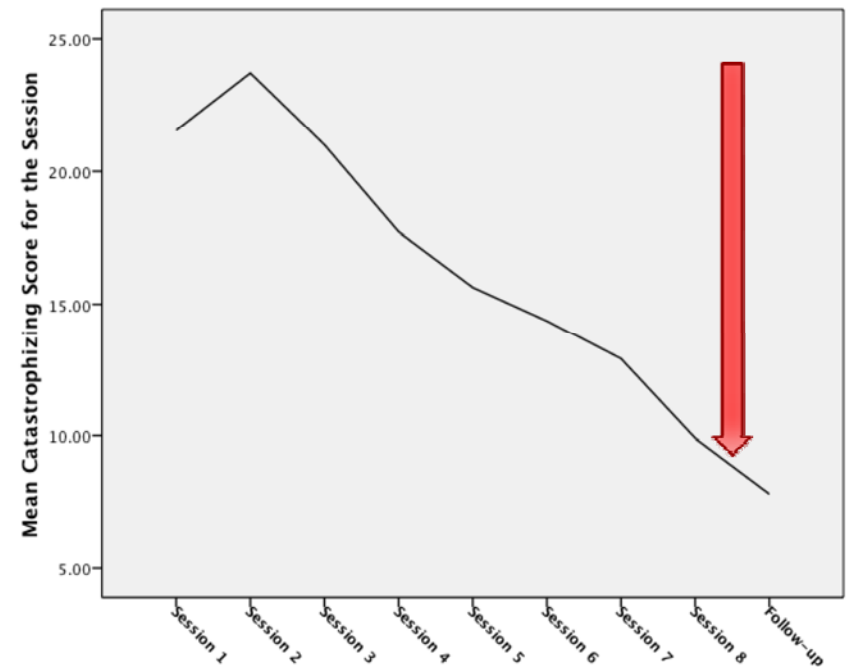
\*Departments of Psychology, Anesthesiology & Urology, Queen's University, Canada

+ Department of Urology, Queen's University, Canada

Manuscript in Progress 2010

# CBSMP Pilot Data

- Tripp, Nickel, et al. have developed and pilot tested a psycho-educational treatment protocol [*Cognitive-Behavioral Symptom Management Program (CBSMP) for men with CP/CPPS*].
- 8-session individual intervention targeted catastrophizing, showing a Sig drop in catastrophizing.



# Final Questions

