

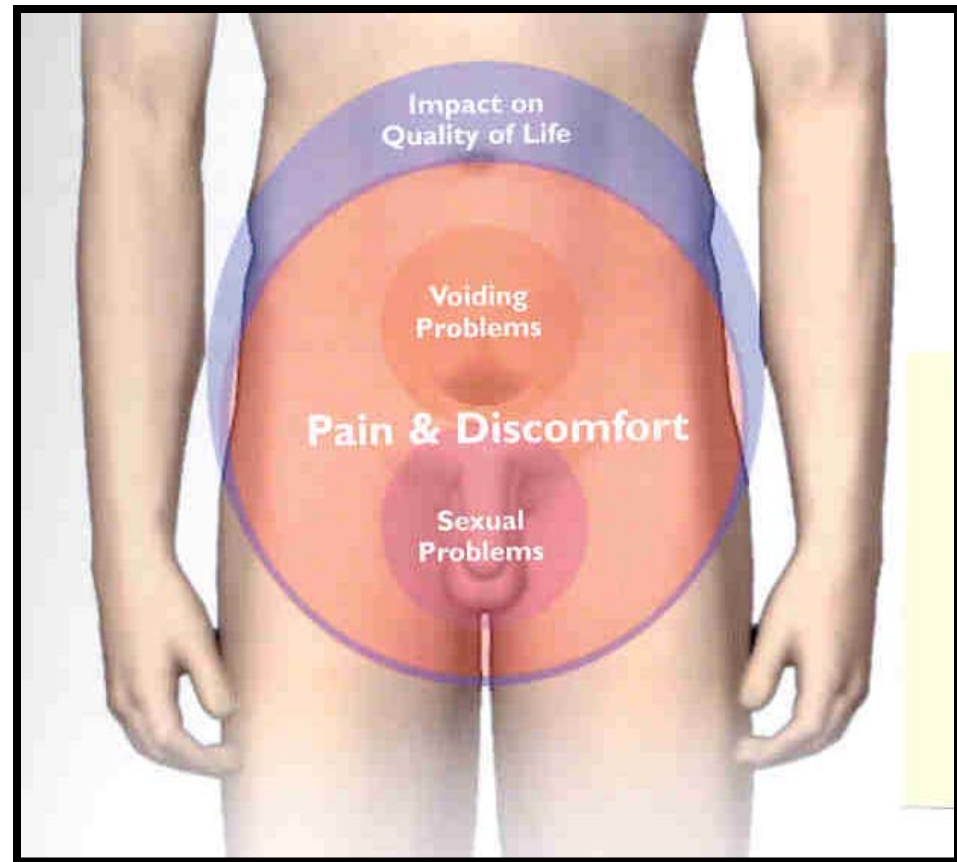


**DOES SUPPORT MAKE A
DIFFERENCE IN COUPLES
SUFFERING UROGENITAL CHRONIC
PELVIC PAIN SYNDROME?**

**Jessica Ginting, M.A., PhD Candidate
Clinical Psychology
Queen's University, Kingston, ON**

UROGENITAL CHRONIC PELVIC PAIN SYNDROMES

- Interstitial Cystitis/Painful Bladder Syndrome (IC/PBS)
- Chronic Prostatitis/Chronic Pelvic Pain Syndrome (CP/CPPS)



SOCIAL SUPPORT

- Large research area
- Associated with health benefits (for review see Uchino et al., 1996)
- Men and women use and provide social support in different ways (e.g., Edwards, Nazroo, & Brown, 1998)
- Transactional Model of Health: the manner in which couples react to stressors (e.g., chronic pain) can exacerbate or improve a stressor (Turk & Kerns, 1985)



PATIENT VIDEOS

- 1st:
 - 22 y.o., female, recently diagnosed with IC/PBS
 - First started experiencing symptoms at age 14



day, April 21st, 2006

Holiday Inn Waterfront
Princess St. Kingston

*Thanks
Freda King*



Psychology and Anesthesiology: James-Offit



PATIENT VIDEOS

- 2nd.
 - Male with CP/CPPS
 - Discusses how CBT intervention has helped him to seek support





SPOUSE RESPONSES TO PAIN BEHAVIOUR

- 3 types:
 - Solicitous
 - Distracting
 - Negative or Punishing
- Spouse responses associated with:
 - increased disability (e.g., Cano et al., 2005)
 - increased pain severity (e.g., Cano et al., 2000)
 - more depressive symptoms (e.g., Cano et al., 2004)



RESEARCH QUESTION

- Does social support differentially impact men and women suffering from UCPPS?



OBJECTIVE

- To examine the influence of spouse responses on the relationship between pain and patient adjustment (e.g., physical QoL, mental QoL, disability, depressive symptoms)



PARTICIPANTS

- 96 women with IC/PBS
 - $M_{\text{age}} (SD) = 50.6 (13.8)$ years
 - Avg. time since diagnosis = 6.2 years
- 188 men with CP/CPPS
 - $M_{\text{age}} (SD) = 48.4 (10.8)$ years



MEASURES

- Multidimensional Pain Inventory (MPI; Kerns, Turk, & Rudy, 1985)
- Short-Form McGill Pain Questionnaire (SF-MPQ; Melzack, 1987)
- Center for Epidemiological Studies Depression Scale (CES-D; Radloff, 1977)
- Pain Disability Index (PDI; Pollard, 1984)
- MOS Short Form Quality of Life Questionnaire (SF-12; Ware, Kosinski, & Keller, 1996)



PRELIMINARY ANALYSES: GROUP DIFFERENCES

- Solicitous spouse responses:
 - IC > CP, $t=-6.48$, $p=.000$
- Distracting spouse responses:
 - IC > CP, $t=-2.80$, $p=.005$
- Negative spouse responses:
 - IC = CP



PRELIMINARY ANALYSES: BIVARIATE CORRELATIONS

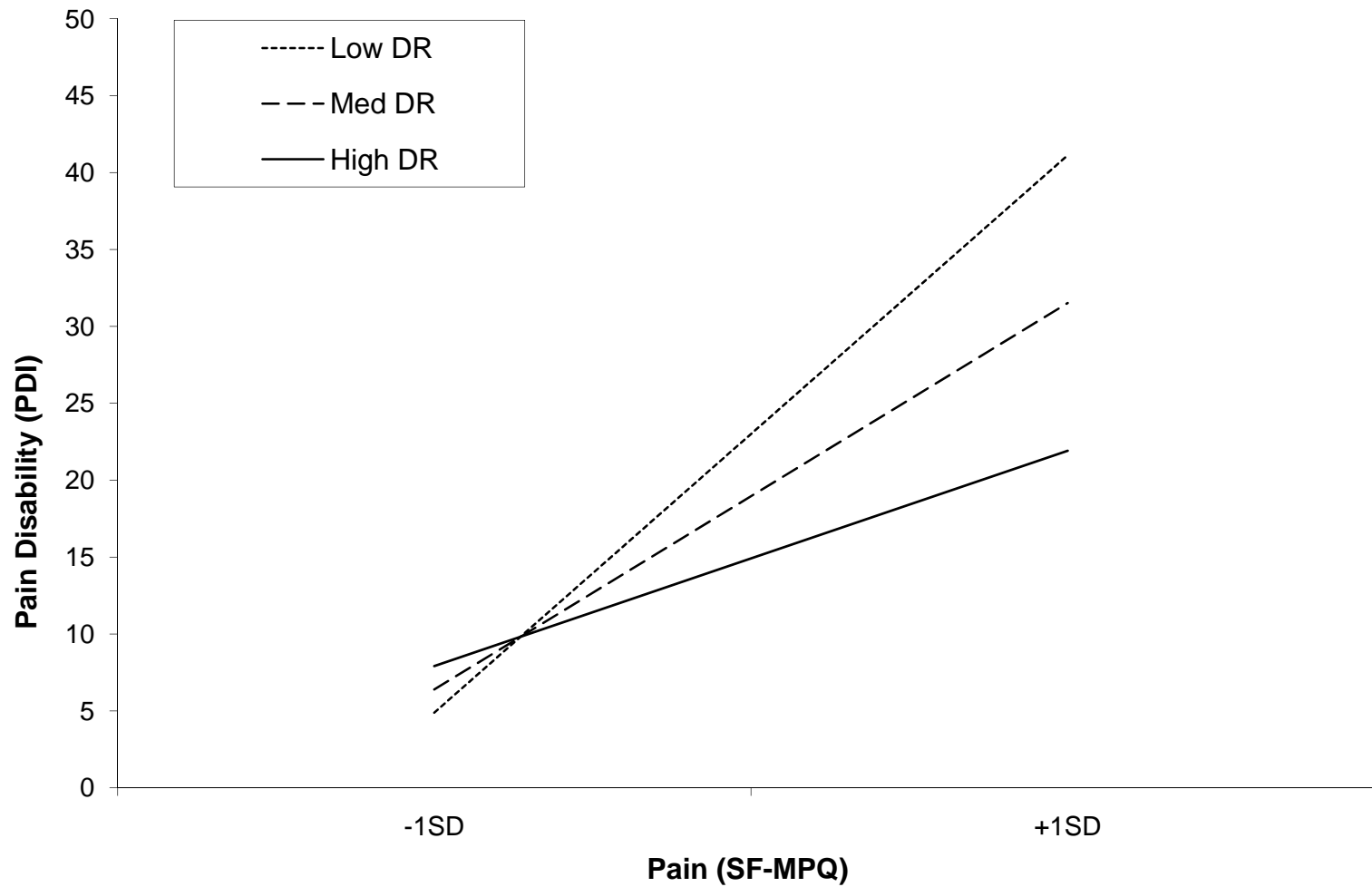
	SR	DR	NR	Physical QoL	Mental QoL	PDI	CES-D	SF-MPQ
SR	-	.60**	-.36**	-.02	.00	.16	-.07	.27**
DR	.67**	-	-.15	-.01	-.10	.15	.04	.19
NR	-.12	.10	-	-.10	-.30**	.25*	.32**	.16
Physical QoL	-.24**	-.17*	-.26**	-	-.03	-.45**	-.13	-.37**
Mental QoL	-.11	-.11	-.26**	.23**	-	-.42**	-.78**	-.28**
PDI	.25**	.16*	.28**	-.61**	-.41**	-	.53**	.53**
CES-D	.08	.10	.28**	-.23**	-.65**	.37**	-	.41**
SF-MPQ	.19*	.12	.13	-.41**	-.38**	.56**	.34**	-

IC/PBS

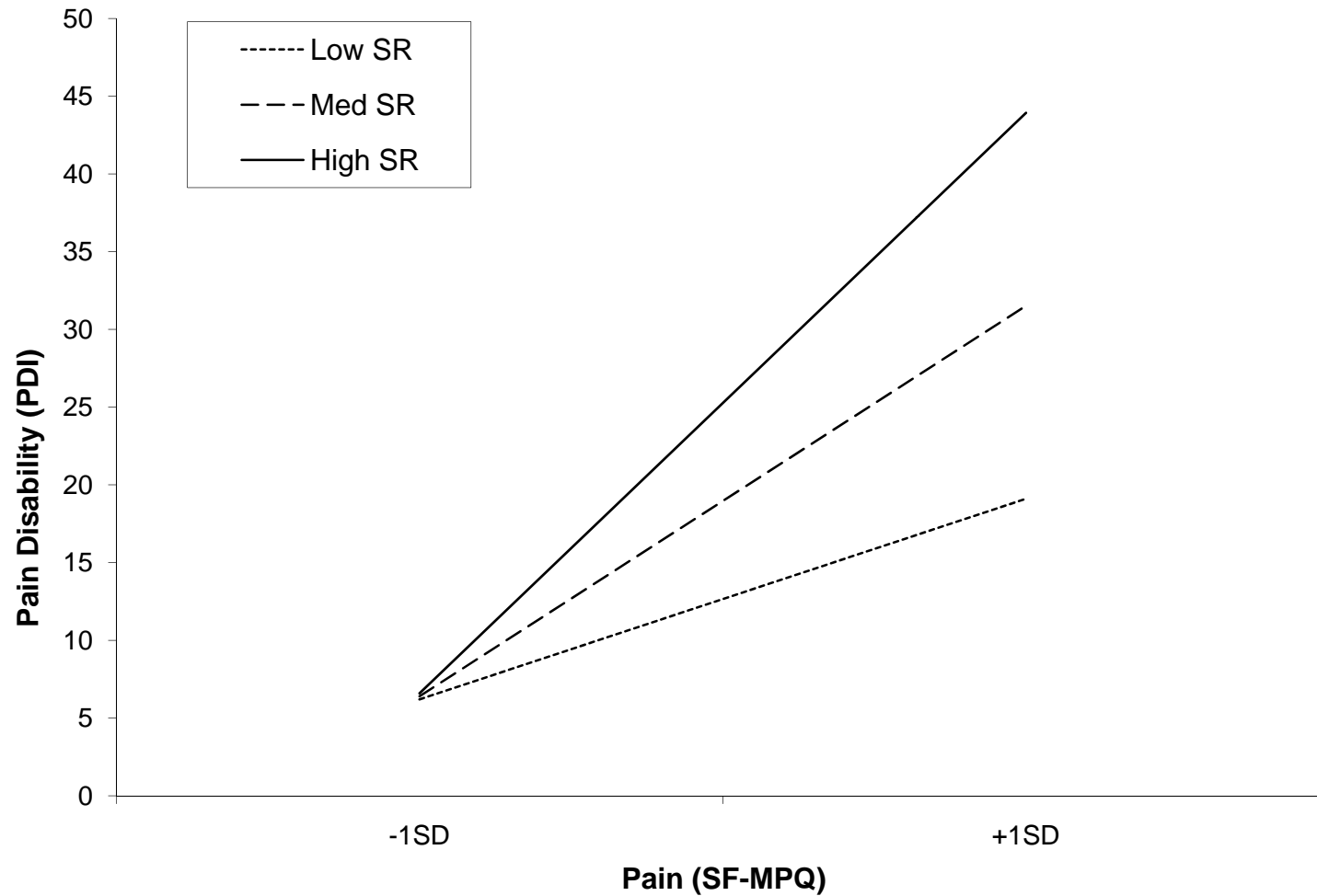
CP/CPPS



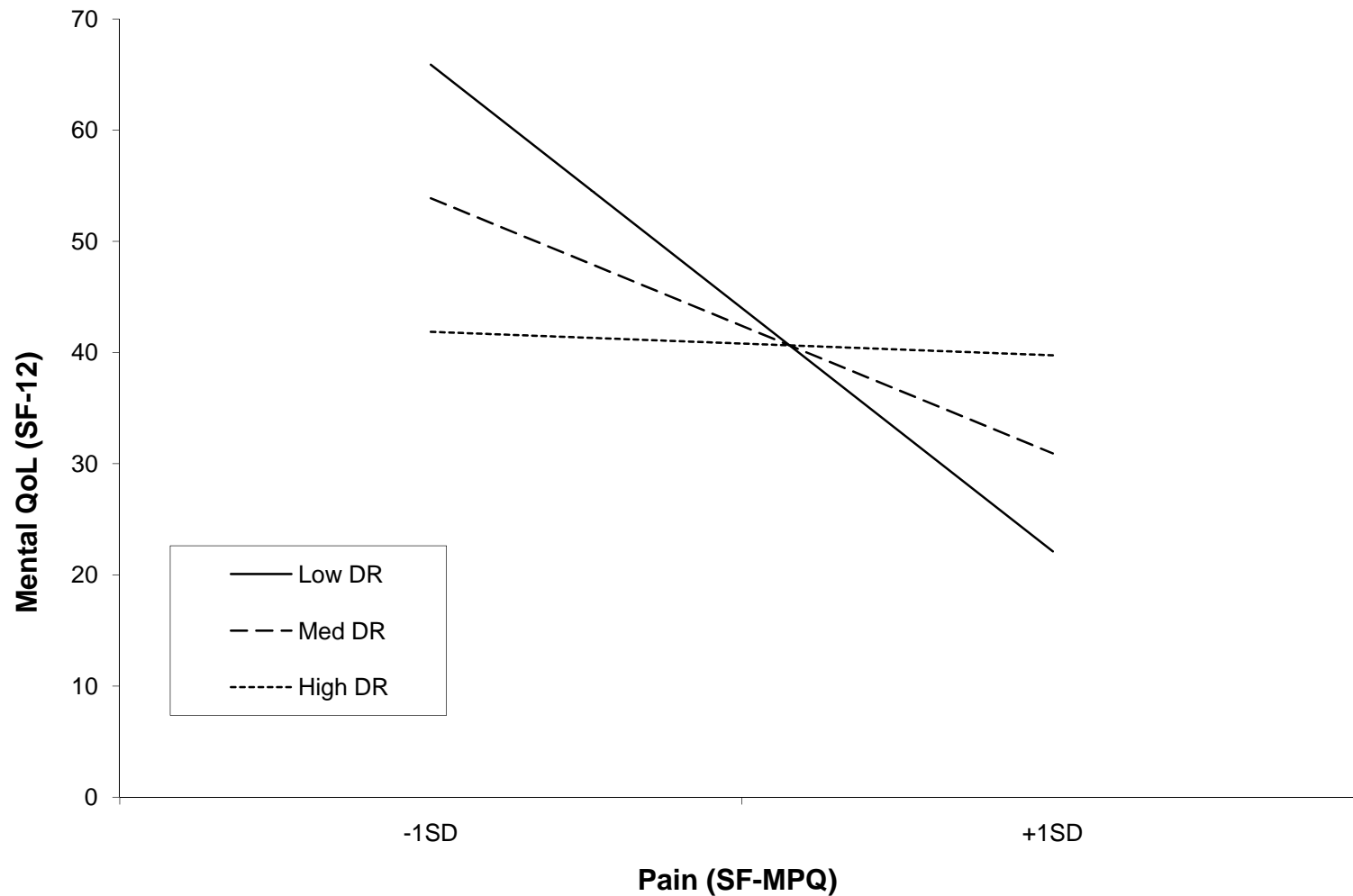
RELATIONSHIP BETWEEN PAIN AND DISABILITY AT DIFFERENT LEVELS OF DISTRACTING SPOUSE RESPONSES TO PAIN BEHAVIOUR IN CP/CPPS GROUP.



RELATIONSHIP BETWEEN PAIN AND DISABILITY AT DIFFERENT LEVELS OF SOLICITOUS SPOUSE RESPONSES TO PAIN BEHAVIOUR IN CP/CPPS GROUP.



RELATIONSHIP BETWEEN PAIN AND MENTAL QoL AT DIFFERENT LEVELS OF DISTRACTING SPOUSE RESPONSES TO PAIN BEHAVIOUR IN IC/PBS GROUP



SUMMARY

- Women with IC report higher levels of solicitous and distracting spouse responses than men with CP
- Distracting spouse responses **weakens** the associations between pain and disability (in men with CP/CPPS), and mental QoL (in women with IC/PBS)
- Solicitous spouse responses **strengthens** the association between pain and disability in men with CP/CPPS



FOOD FOR THOUGHT

- What is distraction? How does it function?
- Why does solicitousness influence the relationship between pain and disability in men, but not women with UCPPS?



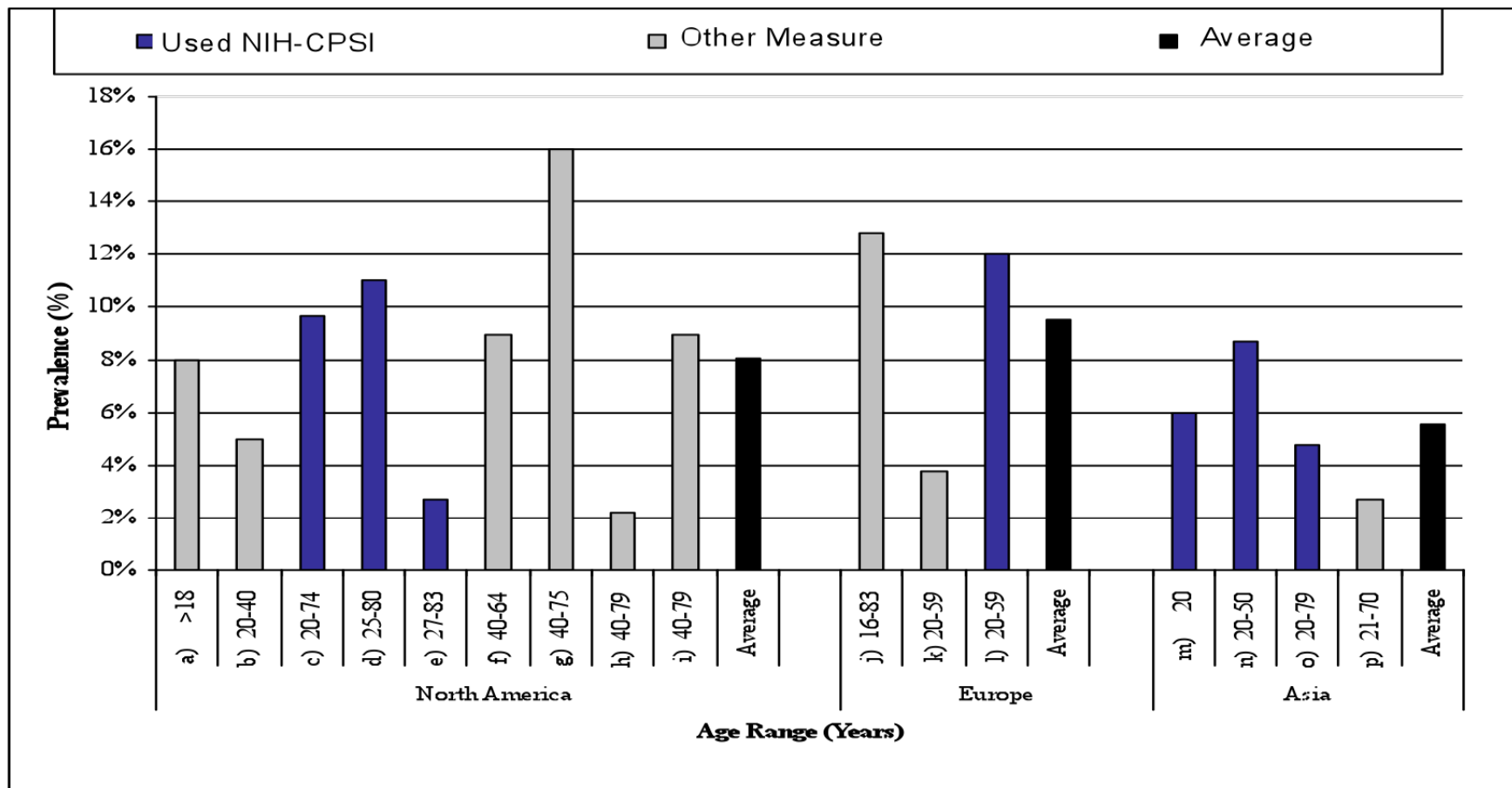
Thank You



Table 20.1 Location of pain in 163 patients

Location	Number of responses ^a	% of patients ^b	% of responses ^c
Perineum	86	52.76	13.89
Around anal area but deeper inside	64	39.26	10.34
Tip of penis	57	34.97	9.21
Lower back	55	33.74	8.89
Base of penis	49	30.06	7.92
Left testicle	48	29.45	7.75
Scrotum	46	28.22	7.43
Right testicle	43	26.38	6.95
Higher up in middle of penis	39	23.93	6.30
Deep in abdomen	37	22.70	5.98
Left groin	29	17.79	4.68
Right groin	27	16.56	4.36
Anus	19	11.66	3.07
Pain location not on this list	13	7.98	2.10
No pain	7	4.29	1.13
Total	619	n/a	100.00

CP/CPPS PREVALENCE



CP/CPPS NIDDK CRITERIA (FOR RESEARCH)

○ **Inclusion Criteria**

- male, at least age 18
- pain or discomfort in the pelvic area (penis, scrotum, perineum, or thereabouts) for at least 3 months

○ **Exclusion Criteria**

- the presence of cancer of the genitourinary tract
- active urinary stone disease
- herpes of the genitourinary system
- bacteriuria (100,000 colonies in a midstream urine) within the past 3 months
- antibiotic therapy within the past 3 months
- peri-rectal inflammatory disorders
- inflammatory bowel disease
- history of pelvic radiation or systemic chemotherapy
- history of intravesical chemotherapy
- documented gonorrhea, chlamydia, mycoplasma, or trichomonas infection of the urinary tract within the past 3 months
- clinical epididymitis within the past 3 months
- urethral stricture of 12 French or smaller
- neurological disease or disorder affecting the bladder
- prostate surgery (not including cystoscopy) within the past 3 months



NEGATIVE RESPONSES

- Ignores me
- Expresses irritation at me
- Expresses frustration at me
- Expresses anger at me



SOLICITOUS RESPONSES

- Asks me what he/she can do to help
- Takes over my jobs or duties
- Tries to get me to rest
- Gets me some pain medications
- Gets me something to eat or drink
- Turns on the T.V. to take my mind off the pain



DISTRACTING RESPONSES

- Reads to me
- Talks to me about something else to take my mind off the pain
- Tries to involve me in some activity
- Encourages me to work on a hobby

