

Attitudes Toward Mindfulness & Adherence in Chronic Pain Management

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What is *Mindfulness* & How Does it Relate to *Chronic Pain*? Do *Attitudes Toward Mindfulness* Affect *Adherence*?

Chronic Pain

- Lasts > 3+ months
- Affects 10-25% of population; 15-20% of doctor visits.
- A global health problem
(Goldberg & McGee 2011)

Mindfulness

- Metacognitive process of continuously returning attention to the present.
(Lacaille et al., 2018)
- An effective pain treatment
(Goleman & Davidson, 2018; Davis et al., 2015).

Adherence

How closely a patient follows prescribed treatment

- Affected By

Culture, perceptions of doctor's authority

Chia et al. (2006)

Complexity or duration of treatment, ability, support

(Brannon et al., 2018)

Need for patient education, even among those familiar with mindfulness

(Russell et al., 2018; Wahbeh & Oken, 2012)

Hypothesis

Negative and ambivalent perceptions of, and attitudes toward, mindfulness will be related to lower patient adherence to mindfulness interventions.

An Online Correlational Study Using a Self-Report Survey

707 participants recruited from chronic pain groups on social media.

M age = 34.0, *SD* = 9.4, range 16 - 62; 328 Females, 379 Males, 1 Trans F, 1 Trans M; 75.5% White, 5.2% Black, 6.0% Hispanic, 1.5% Asian, 4.5% AI or AK Native, .9% HI or Pac Islander, 1.7% multiracial

MEASURED

- Mindfulness
- Pain levels
- Adherence to mindfulness practices
- Attitudes towards mindfulness
- Potential confounds
(big five personality traits, need for cognitive closure)

Participants Needed



FOR A STUDY ON THE USE OF **MINDFULNESS** FOR **CHRONIC PAIN** TREATMENT

To participate, you must be at least **18 years of age**, experience **chronic pain** and have been **advised to practice mindfulness** or meditation by your healthcare provider(s) for your condition.
All responses will be anonymous.

Participants will be given the opportunity to be included in a raffle to receive a **\$5 Amazon gift card**. Specifically, up to 400 participants (out of a target number of 500) will be picked at random to receive a gift card distributed when all data have been collected (by May 2021).

Research designs often require that the full intent of the study and elements of procedures not be explained prior to participation. Although we have described the general nature of the research, the full intent of the study will not be explained to you until after the completion of the study.

https://uwt.az1.qualtrics.com/jfe/form/SV_bltbSxV5PenTZVc

SURVEY TAKES ABOUT **10 MINUTES**

PARTICIPANTS WILL BE GIVEN A CHANCE TO RECEIVE A **\$5 AMAZON GIFT CARD** AS A THANK YOU



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Please contact principle investigator Dr. Amanda Sesko if you have any questions about this study. aksesko@uw.edu IRB #STUDY00013072

Positive attitudes towards mindfulness predicted attempting *less than* the prescribed amount, but *also* predict *more* attempts

Attitude:	Prescribed	Attempted	Attempted Less Than Prescribed	Δ Prescribed - Attempted
Mindfulness Efficacy e.g., "Mindfulness is a legitimate medical practice." (1- strongly disagree to 7-strongly agree)	-.051	-.008	.102**	.052
Mindfulness Social Acceptability e.g., "Others are accepting of my mindfulness practice."	-.062	-.055	.130**	.009
Overall Attitudes Towards Mindfulness	-.064	-.035	.132**	.034
Self-Rated Feeling Toward Mindfulness (0 negative to 100 positive)	.027	.106**	.654**	.097**

* Indicates $p < .05$; ** $p < .01$; numbers represent correlations (Pearson's r)

More positive attitude among upper and middle class, but *lower* adherence; More positive attitudes, but less positive “feelings” among racial minorities, *more* adherence

Attitude:	Lower Class	Middle Class	Upper Class	White	Racial Minority
Mindfulness Efficacy	4.27	4.35	4.51	4.32 _a	4.48 _b
Mindfulness Social Acceptability	4.11 _a	4.28 _b	4.35 _b	4.23	4.37
Overall Attitude Toward Mindfulness	4.20 _a	4.32	4.45 _b	4.29 _a	4.44 _b
Self-Rated Feeling Toward Mindfulness	58.12 _a	61.08 _a	67.04 _b	62.51 _a	57.76 _b
Attempted Less Than Prescribed	51.56 _a	57.59 _b	67.22 _c	59.26 _a	52.65 _b

Numbers represent means;

Subscripts that differ among rows indicate a significant difference at $p < .05$

Discussion & Recommendations

Global Connection

World Systems Theory; Core-Periphery

As ideas move to the western core, they become commodified and decontextualized from spiritual/cultural/social foundations

(Kirmayer, 2015; Wallerstein, n.d.)

Globalized Culture; Transnational Capitalist Class

TCC luxury/consumption lifestyle
(Sklair, 2014)

Has mindfulness gone the way of yoga via pop-culture / self-care?

Does this make it seem less accessible to those with less association to the TCC?

Contextualized Interventions

- Hyper-localized pain treatment programs that focus on peers in the same community could create social acceptance; decouple from pop-culture; and increase adherence.
- Development within unique communities will foster innovation in methodology.
- Methodological innovations can be verified through research and spread to similar communities.

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