

Catastrophizing, pain self-efficacy and acceptance in patients with Burning Mouth Syndrome

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Abstract

Burning mouth syndrome (BMS) can negatively impact health-related quality of life (HRQoL) and is linked to anxiety and depressive disorders. Less is known about pain-related cognitions in BMS and how they affect mood and health.

Objectives: To describe pain catastrophising, pain self-efficacy and chronic pain acceptance in BMS patients and explore associations with affective function and HRQoL.

Methods: A cross-sectional study of 36 BMS patients (31 female) referred to an Orofacial Pain Clinic completed the Pain Catastrophizing Scale, the Pain Self-Efficacy Questionnaire and the Chronic Pain Acceptance Questionnaire-8 in addition to standardised self-reported questionnaires measuring mood and oral and generic HRQoL.

Results: Pain catastrophising levels were markedly higher than (nonclinical) population norms, with 32.0% of patients reporting clinically relevant levels. Pain self-efficacy and chronic pain acceptance varied widely; 24.0% evidenced low confidence to cope with pain and 53.8% reported low activity engagement and/or low pain willingness. Catastrophising showed moderate-to-strong associations with measures of anxiety ($r=0.63$), depression ($r=0.80$), and oral ($r=0.61$) and generic HRQoL ($\rho=-0.84$). Self-efficacy and acceptance were also closely related to levels of depression ($r/\rho=-0.83$ to -0.73) and generic HRQoL ($r/\rho=0.74$ to 0.75). These associations were stronger than those between pain severity and affective function/HRQoL and persisted after controlling for pain severity.

Conclusions: A significant number of BMS patients evidence maladaptive pain-related cognitive responses, which is closely related to affective disorders and impaired HRQoL. As such, treatment approaches targeting catastrophising, pain self-efficacy and acceptance may prove beneficial in improving mood and quality of life in BMS patients.



Biography: Pavneet is currently completing her dental core training at King's College Hospital in Oral Surgery. She has a keen interest in facial pain and has published multiple times in peer reviewed journals on the topic.

Speaker Publications:

1. "Complex Dentistry in General Practice – What would you Do"; Primary Dental Journal, VL – 3, Issue 8, 2019
2. "Restorative intervention thresholds and treatment decisions of general dental practitioners in London"; British Dental Journal, VL – 227, Issue 8, pages- 727-737
3. "Experience of and barriers to reporting child safeguarding concerns among general dental practitioners across Greater Manchester", British dental journal official journal of the British Dental Association, Volume 227, issue -5, pages-387-391

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