

An Examination of the Well-Being Paradox Among Older Adults with Chronic Pain



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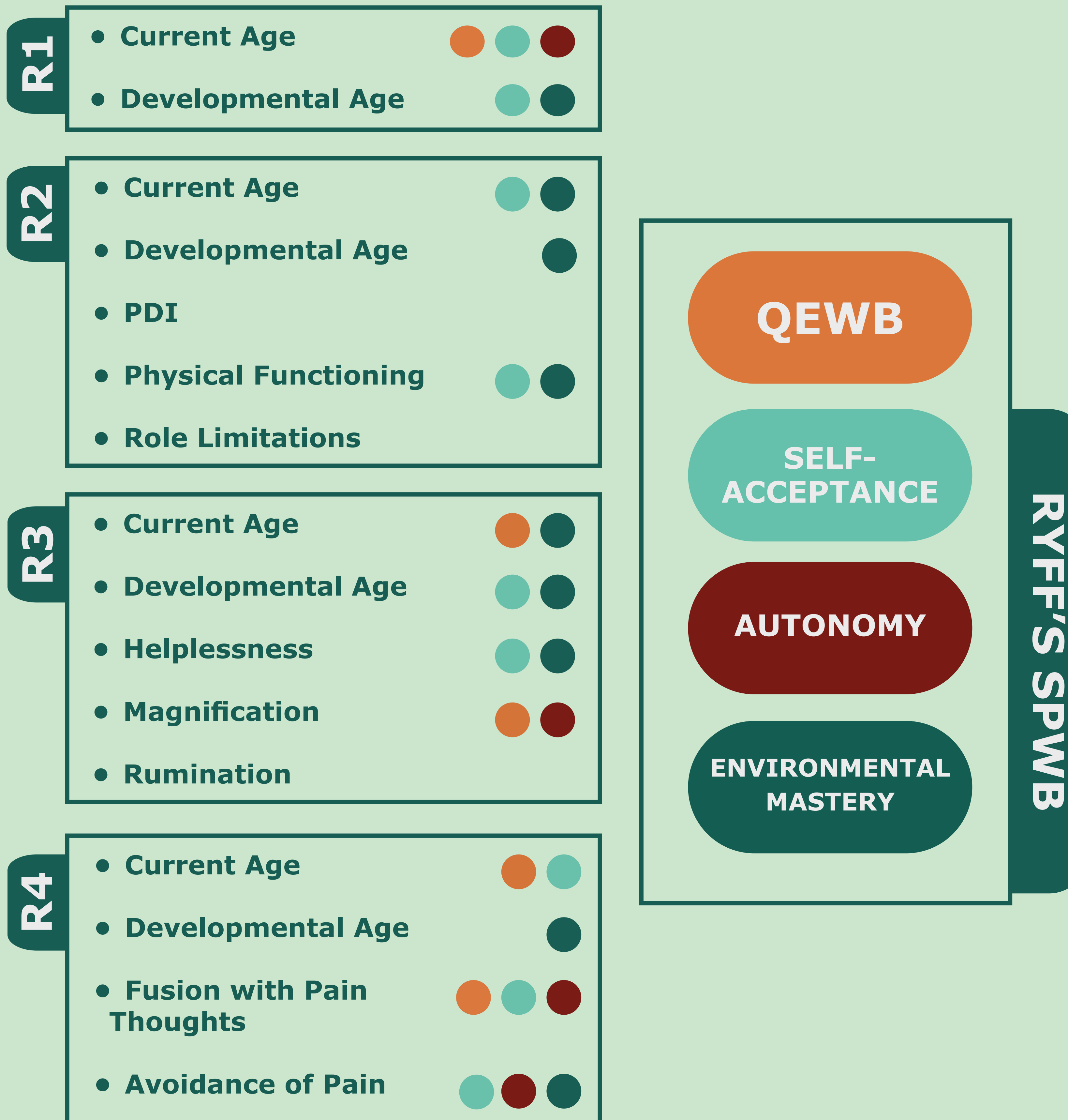


Introduction

- Happiness increases with age despite decreases of happiness contributors (Carstensen, 2019).
- Well-being is reduced in people living with chronic pain (Topcu, 2018).
- Prevalence of chronic pain increases with age (Macfarlane, 2016).
- Well-being is most effectively evaluated by subjective measures in people living with chronic pain (Wettstein et al., 2019).
- Eudaimonic well-being is described as the focus and judgements on the purpose of one's life (Steptoe, et al., 2015).

Method

- Participants (N=132)
 - 60 years +
 - Living in Canada
 - Living with Chronic Pain
- Results obtained from a set of self-report questionnaires were analyzed using a series of multiple linear regressions.
- Questionnaires measured age, chronic pain, eudaimonic well-being, pain- and health-related disability, pain catastrophizing, and psychological inflexibility.



Objective

- This study aimed to examine the influence of chronic pain and pain-related constructs (e.g., health-related functioning, pain catastrophizing, psychological inflexibility) on the well-being paradox among older adults living with chronic pain.

Results

- Current age, magnification, and psychological inflexibility significantly predicted overall eudaimonic well-being.
 - Current age, developmental age, physical functioning, helplessness, and psychological inflexibility significantly predicted participants' self-acceptance.
 - Current age, magnification, and psychological inflexibility significantly predicted autonomy levels.
 - Finally, current age, developmental age, physical functioning, helplessness, and avoidance of pain significantly predicted participants' environmental mastery.

Impact

- Adds novel information to literature concerning the well-being paradox.
- Influences training for mental health professionals.
- Adapts chronic pain treatments.
- Identifies the needs of aging populations.

References

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