

## عنوان مقاله:

The Role of Distress Tolerance, Social Support, and Cognitive Flexibility in Predicting Pain Catastrophizing in Patients with Chronic Low Back Pain

## محل انتشار:

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## خلاصه مقاله:

The present study aimed to investigate the role of distress tolerance, social support, and cognitive flexibility in predicting pain catastrophizing in patients with chronic low back pain (CLBP). The research design was descriptive and correlational. The study's statistical population included all patients with CLBP in the 7th district in Tehran in 2022. The samples were 180 patients who were selected by the available sampling method. The participants answered the questionnaires about distress tolerance, social support, cognitive flexibility, and pain catastrophizing. Data analysis was done using the Pearson correlation test and multiple regression analysis by SPSS 24 software. The findings of this research showed that distress tolerance, social support, and cognitive flexibility had a significant negative correlation with pain catastrophizing ( $P < 0.05$ ). The correlation coefficient of predictor variables with pain catastrophizing in patients with CLBP is 0.68. These variables could significantly predict 61% of the changes in pain catastrophizing in patients suffering from CLBP. In general, the obtained results show the relationship and the possibility of predicting pain catastrophizing through distress tolerance, social support, and cognitive flexibility in patients with CLBP. According to the findings of the research, by increasing distress tolerance, social support, and cognitive flexibility, the extent of pain catastrophizing in CLBP patients can be controlled.

## کلمات کلیدی:

distress tolerance, social support, cognitive flexibility, Pain Catastrophizing, chronic low back pain

## لینک ثابت مقاله در پایگاه سیویلیکا:

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