

عنوان مقاله:

Effectiveness of Pain Metaphor Training on the Mindfulness and Chronic Musculoskeletal Pain

محل انتشار:

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خلاصه مقاله:

Aims: Conceptual metaphors can change the cognitive capacity in patients. The purpose of this study was to investigate the effectiveness of metaphor protocol training on mindfulness and chronic pain experience in musculoskeletal patients. Method and materials: The method of this study was Quasi-experimental. The statistical population included all musculoskeletal patients in Tehran in ۲۰۲۳. In this study, ۴۰ musculoskeletal patients were selected using the available sampling method. They were randomly assigned to the experimental and control groups (each group ۲۰ patients). The participants completed the Mindfulness Scale, and Chronic Pain Questionnaire in the pretest and post-test stages. The metaphor training protocol taught to the experimental group in ten sessions. The control group received no intervention. Data was analyzed by SPSS-۲۶ software. Findings: The multivariate analysis of covariance indicated metaphor protocol training increased the mindfulness and decreased the chronic pain experience ($P < .001$). Conclusion: Training of metaphorical pain perception protocol can change the mindfulness status and alleviate the chronic pain experience in musculoskeletal patients.

Physicians and clinical psychologists can use the results of this study in the treatment of patients with chronic pain

کلمات کلیدی:

Mindfulness, Chronic Pain Experience, Pain Metaphor Protocol, Musculoskeletal Patients

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