

The effect of mood and stop rule on task persistence in people with chronic pain

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The aim of the study is to test, for the first time, whether physical task persistence in people with chronic pain can be explained by the mood as input model.

Ethical review	Approved WMO
Status	Recruiting
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON36791

Source

ToetsingOnline

Brief title

mood, stop rules and chronic pain

Condition

- Other condition

Synonym

fibromyalgia; low back pain

Health condition

chronische pijn

Research involving

Human

Sponsors and support

Primary sponsor: Universiteit Maastricht

Source(s) of monetary or material Support: NWO

Intervention

Keyword: goals, mood, pain, persistence

Outcome measures

Primary outcome

The primary study parameters are the duration of the weightlifting task.

Secondary outcome

Secondary parameters are catastrophising about pain, fear of movement and (re)injury, negative and positive affectivity, experienced pain during the weightlifting task, subjective experienced duration of the weightlifting task, subjective threat value of the weightlifting task. These variables are measured because they can influence task persistence (the dependent variable) as well. Experienced positive and negative mood will be assessed as a manipulation check.

Study description

Background summary

Until recently, the Fear Avoidance Model was the most important model that gave an explanation for chronic pain. But this model can not explain everything; in particular it has problems to explain why some people with chronic pain persist in an activity despite their pain. Furthermore, the model does not give any information about the role that positive mood plays in task persistence.

A new promising model that can help to explain these issues is the mood as input model. This model proposes that a combination of mood and goal (also called 'stop rule') determines how long one persists in an open-ended activity. In general two kinds of goals are distinguished: a performance goal (enough stop rule) and a enjoyment goal (enjoy stop rule). According to the mood as input model, people use their mood to interpret the progress they are making in reaching their goal.

So if someone has a performance goal and is in a negative mood, this will be

interpreted as a sign that the goal is not reached yet and that the task has to be continued. According to this line of reasoning, a person with a performance goal will stop sooner with an activity when he is in positive mood, compared to when he is in a negative mood. The opposite pattern is expected when an enjoyment goal is adopted: one will stop sooner when in a negative mood than when in a positive mood, because the negative mood serves as a signal that one is no longer enjoying the task and the task has to be terminated.

On the basis of this model an interaction between mood and goal is expected. Until now, the model has only been tested with healthy participants, using a cognitive persistence task

Study objective

The aim of the study is to test, for the first time, whether physical task persistence in people with chronic pain can be explained by the mood as input model.

Study design

The study is a quasi-experiment. It uses a 2 Mood (positive vs negative) between subject design. The independent variables are mood and stop rule. Stop rule is not experimentally manipulated, but it is measured with the habitual stop rule questionnaire.

The dependent measure is the time that people persist with the weightlifting task.

Intervention

A mood manipulation (positive versus negative) will be done by means of movie fragments.

Study burden and risks

The total burden for the participants is minimal: the time investment is minimal (maximum 1 hour) and there are no risks in carrying out the tasks. Watching the negative mood induction film fragment can cause a temporary more negative mood state.

Carrying out the weightlifting task can cause some discomfort, in that it can cause some (worsening of) painful sensations.

Previous research that has used the weightlifting task with chronic pain patients, shows that the task is not harmful.

Furthermore, it is important to notice that the duration of the weightlifting task is the independent variable and that participants can decide for themselves when they want to stop with the task. In any case, the maximum

duration of the task (5 minutes) will not be exceeded.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

Suffering from musculoskeletal pain (fibromyalgia, low back pain) for more than 3 months
Age: 18-60

Exclusion criteria

pregnancy

insufficient knowledge of the Dutch language

negative advice for doing the weightlifting task

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Active
Primary purpose:	Other

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	04-03-2010
Enrollment:	128
Type:	Actual

Ethics review

Approved WMO	
Date:	02-12-2009
Application type:	First submission
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)
Approved WMO	
Date:	24-05-2011
Application type:	Amendment
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL29422.068.09