



## AB107. Forgiveness and chronic pain: a cohort study

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**Background:** Chronic pain is a major public health issue in modern Ireland, with a prevalence of 35.5%. It is a complex condition comprising of biological, social and psychological elements which can be challenging to manage. Forgiveness is a recognised effective intervention in various health conditions. Some research has shown promising results using forgiveness as an intervention in the management of pain. This study examines the relationship between forgiveness and other variables in patients suffering from chronic pain in the setting of a chronic pain clinic.

**Methods:** Institutional ethical approval was granted for this

study. Patients attending a chronic pain clinic for the first time were invited to complete a questionnaire comprising a brief socio-demographic survey and questionnaires including the Heartland Forgiveness Scale, Hospital Anxiety and Depression scale, Pain and Anxiety Symptoms Scale and Perceived Injustice.

**Results:** 104 adult patients were included. Mean age was 59 years. Back pain was the most common chronic pain presentation. Associations will be reported regarding forgiveness and other patient variables of patients attending a chronic pain clinic.

**Conclusions:** This study evaluates the associations between forgiveness and other variables relating to chronic pain. The results inform patient care and education regarding the concept of forgiveness and its role in relation to chronic pain.

**Keywords:** Associations; forgiveness; pain

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