



AB084. SOH23ABS_049. Evaluating the potential of reducing the symptom burden of chronic pain using autogenic training for self-management

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Background: Studies show that psychological therapies may help to reduce anxiety, fear and depression created by pain. Autogenic training (AT) comprises six standard mental exercises practised to reduce psychophysiological stress mechanisms. The aim of the study was to assess the usefulness of AT for pain, stress, anxiety, and sleep management in an Irish teaching hospital.

Methods: Two trainees participated in individual British Autogenic Society supervised 9-week AT programmes. Trainee 1: face to face then online; trainee 2: online. Participants completed the Measure Your Medical Outcome 2 (MYMOP2), Hospital Anxiety and Depression Scale (HADS), Pittsburgh Sleep Quality Index (PSQI), and Brief Pain Inventory-Short Form (BPI-SF) pre, interim, and 6 weeks post AT programme completion.

Results: For both trainees, all measures post compared with pre showed reductions. MYMOP2 and HADS scores showed greatest reduction of about fifty percent. PSQI scores showed greatest reduction at 6 weeks post AT. BPI-SF scores indicated a reduction of more than one third in

pain scores.

Conclusions: Findings showed that AT positively impacts symptoms of anxiety, stress, sleep, and pain intensity in chronic pain. Research is needed to further validate AT as a useful symptom self-management tool for chronic pain.

Keywords: Anxiety; autogenic; training; chronic; pain

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Footnote

Conflicts of Interest: The authors have no conflicts of interest to declare.

Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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