



Departmental Seminar

The “Self” in Pain: Exploring the Role of Coping Preference in Chronic Pain Adjustment

11:30 a.m. – 12:30 p.m. | February 17, 2016 (Wednesday)

Rm 813, 8/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



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Abstract

The devastating impacts of chronic pain include not only disability and emotional distress, but also challenges to patients' sense of self. Patients experience self-discrepancy when they believe that they can no longer fulfill their hopes or responsibilities. While the impact of self-discrepancy on patients' chronic pain adjustment has been widely examined, the underlying mechanism is still unclear. The present study proposed that three types of coping preferences, namely psychological inflexibility, pain catastrophizing and rumination serve a significant role mediating the association between self-discrepancy and pain outcomes. The current study provides additional insight into the mechanism underpinning the impact of self-discrepancy on patients' pain adjustment and offers clinical implications regarding the use of psychological treatments for chronic pain management, such as acceptance commitment therapy and cognitive-behavioral therapy.

~All are Welcome~