

Comparative of quality of life, stress and coping strategies between chronic low back pain patients and healthy people

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Chronic low back pain is one of the most common medical problems present in most countries of the world that affect different parts of people's lives. , So study the differences in quality of life, psychosocial stressors and coping strategies in people with chronic low back pain and healthy individuals can pay. The study population included patients who were referred to a pain clinic Guilan After reviewing the criteria for entry and exit of 50 people ranging in age 20-41 years of age (32 women and 18 men) sampling method were chosen. In the control group sample of 50 patients (35 females and 15 males) were ed and participated in the study sample. All information collected questionnaires on quality of life, psychosocial stressors (stress) and was Lazarus coping strategies. To analyze the data, multivariate analysis of variance (MANOVA) was performed using the software 23 SPSS-. Multivariate analysis of variance showed in a study of healthy subjects between the two groups in quality of life, coping strategies and mental stress there is a significant difference $p \leq 0.01$), $F(7,92) = 22.02$. Given the incidence and prevalence of chronic low back pain, and reduces performance and psychological problems in these patients, focusing on solving the problems of these patients can play an important role in improving the health of the family and society.

Keywords : Keywords: quality of life, chronic low back pain, coping strategies, psychological stressors

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