

A study at Auckland University of Technology

How does stress affect chronic pain?

- Have you been diagnosed with osteoarthritis of the knee?
- Have you been diagnosed with fibromyalgia?
- Or, are you a healthy, pain free person who would like to participate in a study about stress and its effects on pain?

If so, we would love to hear from you.

A PhD study is underway at AUT's Health and Rehabilitation Research Institute (North Shore Hospital) investigating whether pain due to knee osteoarthritis is influenced by stress. People with long term pain conditions such as fibromyalgia are known to have problems with their stress response, which can contribute to chronic pain. We want to know if this is the case in people with knee osteoarthritis. This study will compare people with painful knee osteoarthritis, and people with fibromyalgia, to people who are pain free.

If you meet the study criteria and want to take part, you will:

- Attend 3 sessions (120 minutes each) on 3 separate days at the AUT Biomechanics Laboratory, Whenua Pupuke Waitemata Clinical Skills Centre, North Shore Hospital.
- Fill in questionnaires about your pain and stress levels.
- Undergo various sensation tests, including assessing sensitivity to heat, cold, and pressure.
- Perform basic mental arithmetic.
- Perform a controlled, safe, leg extension exercise of your knee.
- Have the activity of your stress system continuously measured from electrodes placed on your neck, chest and fingers.

The study outcomes will tell us more about the relationship between pain and stress in people with painful knee osteoarthritis. This may provide us with ideas on how to improve pain in people with osteoarthritis.

To obtain more information about this study, please contact:
Neil Bossenger on **09 522 0025** or email neil.bossenger@aut.ac.nz
Health and Rehabilitation Research Institute, AUT.