

1 **Clinical Practice Guideline: Psychosocial Factors in Pain Management**

2
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4
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7
8 **INTRODUCTION**

9 Disabling musculoskeletal pain disorders are prevalent in the United States and other
10 resource-rich countries. Chronic pain conditions are generally among the most difficult to
11 treat due to their long duration, debilitating nature and multiple psycho-social, economic,
12 ethical, and medico-legal issues related to pain management. Patients who are suffering
13 with chronic pain generally require a multidisciplinary approach to treatment that addresses
14 all of these factors. Pain management plans that provide accurate diagnoses and effective
15 therapies help ensure better treatment outcomes and appropriate usage of healthcare
16 resources.

17
18 Psychosocial factors have been identified as important determinants for the development
19 of a chronic pain condition and the outcomes of chronic pain management. Kendall (1997)
20 originated the term “Yellow Flags” to describe psychological risk factors as well as social
21 and environmental risk factors which likely give rise to the chronicity of a musculoskeletal
22 condition or disability. It is essential to implement a process to identify Yellow Flags and
23 effectively treat patients displaying these signs in order to better prevent and manage
24 patients’ painful conditions.

25
26 **COMMON YELLOW FLAGS**

- 27
- 28 • **Fear/fear avoidance behavior** – avoidance of feared movements or activities
29 where the feared activity may be functional for pain management or rehabilitation
 - 30 • **Catastrophizing** – cognitive distortion; tendency to view minor issues as major
31 issues
 - 32 • **Passive coping** – behavioral tendency toward passive reactions to issues and/or
33 identifying as a victim
 - 34 • **Depression** – low mood; diminished interest in usual activities; decreased energy;
35 changes in sleeping and/or eating; social withdrawal; excessive feelings of guilt;
36 trouble concentrating; increased ruminating and negative self-talk
 - 37 • **Social and financial problems**
 - 38 • **History of mental illness**
 - 39 • **Belief that pain is harmful** – belief that their pain or physical condition is
40 potentially harmful or disabling when it is in fact, not
 - 41 • **Secondary gain** – special rights and privileges achieved from perpetuation of the
42 chronic condition. The patient willingly accepts this role, although they may not be
entirely conscious of their actions. Waddell’s nonorganic signs in low back pain

1 patients have been established to evaluate eight behavioral signs which imply that
 2 a patient may be exhibiting secondary gain behavior (Waddell, 1980; Apeldoorn,
 3 2008). However, a systematic review found a low association with psychological
 4 distress, poor discrimination of organic and non-organic issues, as well as
 5 methodological limitations of supporting research (Fishbain et al., 2004).

- 6 • **Malingering** – conscious exaggeration or fabrication of symptoms for the purpose
 7 of secondary gain

8
 9 This clinical guideline is intended to assist in the recognition of Yellow Flags when treating
 10 a physical condition, and to provide subsequent intervention strategies to address these
 11 factors. Effective identification and interventions which address these psychosocial factors
 12 ensure more effective treatment outcomes in patients with chronic pain conditions. If the
 13 patient presents with symptoms outside of the scope of the practitioner’s specialization or
 14 training, then the patient should be referred to an appropriate health care practitioner.

15 **EVIDENCE-BASED INTERVENTION AND RESPONSE TECHNIQUES**

16 Cognitive-behavioral therapy and exercise therapy are common Yellow Flag
 17 intervention/response techniques which have been described in clinical literature. Several
 18 evidence-based interventions including desensitization, resiliency techniques, and
 19 addressing fear avoidance and pain catastrophizing are described below.
 20

21 **Desensitization**

22 Desensitization techniques can be implemented to assist the patient with fear avoidance
 23 behaviors. This is the gradual, incremental exposure to the fear-provoking stimuli. An
 24 example is the patient who avoids lumbar extension due to fear of pain. Extension exercises
 25 are recommended for many patients with lumbar pain. Desensitization would be used to
 26 gradually decrease the patient’s discomfort with the needed extension exercises. This
 27 technique may be used for patients exhibiting a mild case of fear avoidance behavior.
 28

29 **Resiliency Techniques**

30 These techniques have been used to help patients with catastrophizing behavior and
 31 depression. Often this behavior and state of mind is associated with a lack of resilience in
 32 the face of stress. Ong et al. (2010) conducted a clinical study on 95 patients and reported
 33 a correlation between pain catastrophizing and resilience. His team found that
 34 psychological resilience predicts decreases in pain catastrophizing through positive
 35 emotions. A study of 149 patients admitted to an 8-week functional outpatient program
 36 supports these findings through positive associations between higher pain resilience at
 37 baseline and better quality of life. Higher catastrophizing at baseline was associated with
 38 poorer outcomes (France et al., 2020). A more recent study by Nwankwo et al. (2021) on
 39 resilience and pain catastrophizing among patient with total knee arthroplasty on 117
 40 patients suggests that resilience predicts postoperative knee function, as well as general
 41 physical health in those undergoing total knee arthroplasty.
 42

1 **Identifying “Secondary Gains”**

2 Sometimes patients will desire to remain with their pain or dysfunction unchanged because
 3 of the “rewards” that they receive for their condition. These rewards are the secondary gain.
 4 The secondary gains received as benefits may include release from work, release from
 5 social obligations or civic duties, and financial compensation gained through worker
 6 compensation or legal settlement.

8 **Exercise Therapy as a Tool for Prevention and Management of Chronic Pain**

9 In an article by Kroll (2015), he states that the benefit of exercise for pain control likely
 10 comes from the impact of exercise on the endogenous opioid system and on central pain
 11 modulatory systems. Patients with some chronic pain conditions seem to have a
 12 dysfunctional endogenous pain modulatory system, which should be considered when
 13 prescribing exercise. The prescription of exercise for chronic pain must address the
 14 biomechanical issues and the psychosocial factors that contribute to the patient's pain and
 15 disability. Patient education, coordination of care within the health care team, and selecting
 16 an exercise regimen that is meaningful to and achievable by the patient are all important
 17 components to promote a successful rehabilitation program.

18
 19 In addition, Ambrose and Golightly (2015) view physical exercise as a non-
 20 pharmacological treatment of chronic pain. Despite variance in origin or pathogenesis,
 21 chronic pain conditions are similarly characterized by chronic pain, poor physical function,
 22 mobility limitations, depression, anxiety, and sleep disturbance, and they are treated alone
 23 or in combination by pharmacologic and non-pharmacologic approaches, such as physical
 24 activity (aerobic conditioning, muscle strengthening, flexibility training, and movement
 25 therapies). Physical activity improves general health, disease risk, and progression of
 26 chronic illnesses such as cardiovascular disease, type 2 diabetes, and obesity. When applied
 27 to chronic pain conditions within appropriate parameters (frequency, duration, and
 28 intensity), physical activity significantly improves pain and related symptoms. For chronic
 29 pain, strict guidelines for physical activity are lacking, but frequent movement is preferable
 30 to sedentary behavior (Ambrose & Golightly, 2015). This gives considerable freedom in
 31 prescribing physical activity treatments, which are most successful when tailored
 32 individually, progressed slowly, and account for physical limitations, psychosocial needs,
 33 and available resources. General guidelines include exercising non-painful areas of the
 34 body if possible, in addition to low-intensity exercises such as walking as a first step. The
 35 following should also be considered: “...[individuals' beliefs, expectations, and exercise
 36 preference should be assessed before exercise prescription to minimize the risk of a
 37 poor outcome,” and “...these beliefs and expectations could be modified through
 38 education or other interventions to improve pain responses to exercise in people with
 39 chronic pain.” (Vaegter & Jones. 2020). Additionally, it is important to note that
 40 compliance with exercise interventions is the key to their success. Those interventions with
 41 a greater measured compliance produced significantly larger reductions in pain compared
 42 to those where compliance was uncertain or not monitored (Mills et al., 2019).

1 Early activation and restoration of function and early interventions, even if pain persists,
 2 are generally recommended to prevent long-term disability for people with low-back pain
 3 to minimize sick leave from work, as it is known that inactivity has detrimental effects on
 4 back pain. Rice et al. (2019) reiterate that exercise is an important component of effective
 5 chronic pain management, and it is well-established that long-term exercise training
 6 provides pain relief. In healthy, pain-free populations, a single bout of aerobic or resistance
 7 exercise typically leads to exercise-induced hypoalgesia (EIH), a generalized reduction in
 8 pain and pain sensitivity that occurs during exercise and for some time afterward. However,
 9 it is important to recognize that EIH is more variable in chronic pain populations and is
 10 more frequently impaired; with pain and pain sensitivity decreasing, remaining unchanged
 11 or, in some cases, even increasing in response to exercise. Pain exacerbation with exercise
 12 may be a major barrier to adherence, precipitating a cycle of physical inactivity that can
 13 lead to long-term worsening of both pain and disability. Given this, it is important for
 14 practitioners to understand how EIH works, why it may be impaired in some people with
 15 chronic pain, and how to address it clinically.

16 **Pain Catastrophizing**

17 Pain catastrophizing “...is one of the strongest psychological predictors of pain outcomes.”
 18 (Schütze et al., 2018) People with chronic pain tend to demonstrate impaired safety
 19 learning in addition to excessive fear generalization. These have been extensively reported
 20 in anxiety disorders, as well as in patients with chronic pain (Meulders, 2020). Fear
 21 responses to chronic back pain indicate that the specific fear of pain, or fear of injury,
 22 appear to be more disabling than the pain itself (Crombez, 1999). Pincus et al. (2002)
 23 suggested a cognitive-behavioral model of pain related fear indicating that if pain, possibly
 24 caused by an injury, is interpreted as threatening (pain catastrophizing), pain-related fear
 25 evolves. This leads to muscular reactivity, hypervigilance, and avoidance behavior. Long-
 26 term avoidance may increase levels of disability, disuse, and depression. Depression is
 27 likely to maintain the pain experience, thereby exacerbating the increasing fear and
 28 avoidance. In non-catastrophizing patients, pain related fear is unlikely to occur while rapid
 29 confrontation with daily activities is likely to occur, leading to fast recovery. Both
 30 depression and disuse are known to be associated with decreased pain threshold and
 31 tolerance levels. Thus, pain-related fear is conceptualized as a potent risk factor both in
 32 inducing disability and maintaining it.
 33

34
 35 Further studies also show that providing guidance and advice within early stages of onset
 36 of the pain helps to prevent the development of chronicity of disabling pain. Indahl et al.
 37 (1998) conducted a 5-year longitudinal study and found that reactivation and reassurance
 38 are key in promoting recovery. Factors that promote resilience (e.g. emotional support
 39 systems and good health) can both promote healing and reduce the chronification of pain
 40 (Cohen et al., 2021). Either the patient’s primary care practitioner or health care specialist
 41 can provide this intervention within this early stage of pain development. Additionally,
 42 hope is an important factor that has an impact on those suffering from chronic pain,

1 something that is influenced by several factors (Katsimigos et al., 2021). According to
2 Kregel et al. (2017), it is likely that conservative treatments may induce functional and
3 structural brain changes in prefrontal regions in patients with chronic musculoskeletal pain.
4 For example, cognitive behavioral therapy induced a shift from affective to sensory-
5 discriminative brain activity after behavioral extinction training.

6 7 **YELLOW FLAG ASSESSMENT**

8 It is important to have a method to determine if the patient is exhibiting Yellow Flags signs
9 so that these factors may be addressed accordingly. Two key outcomes are described when
10 assessing the presence of Yellow Flags: 1) a decision as to whether more detailed
11 assessment is needed (psychosocial); or, 2) Identification of any salient factors that can
12 become the subject of specific intervention, thus saving time and helping to concentrate
13 the use of resources.

14
15 Yellow Flag quantification measures provide the practitioner with an understanding of the
16 contribution of the psychosocial factors to the patient’s chronic pain state. Research
17 indicates that solely assessing the patient medical history is a poor identifier of Yellow
18 Flags (Grevitt et al., 1998). Effective outcome assessment tools for Yellow Flags are the
19 “Yellow Flag Questionnaire”, “Keele STarT Back Screening Questionnaire”, and “Fear
20 avoidance Belief Questionnaire.” The Yellow Flag Questionnaire (Kendall et al., 2004)
21 contains a collection of questions which can be grouped into four categories: 1) pain; 2)
22 psycho-social; 3) function; 4) fear-avoidance. Yellow Flag questionnaire scores of 105 or
23 greater indicate that the patient is at risk. The Keele STarT Back Screening Tool is a brief,
24 validated tool (Hill et al., 2008) utilized in primary care which is designed to screen patients
25 with low back pain for Yellow Flags. It contains a series of nine questions designed to
26 classify patients into one of three subgroups for targeted care management: low risk,
27 medium risk (physical indicators), and high risk (physical and psychosocial yellow flag
28 indicators). Psychosocial History taking and psychological screening may lead to
29 identification of more serious mental health issues that require referral for further
30 evaluations with a behavioral health professional. According to Veirman et al. (2019), it is
31 important to note that “...no tools for the prediction of pain-related distress, a key indicator
32 of health, or for the prediction of acute pain onset, including postoperative pain. These
33 appear to be significant gaps in the literature.”

34
35 The practitioner will gain a better understanding of the patient’s needs and become more
36 responsive through active listening. Once appropriate cues are recognized which indicate
37 signs of risk factors and specific Yellow Flags are identified via questionnaire, the
38 practitioner should implement behavioral intervention methods, which are within their
39 scope of practice, based on the factors that are implicated within the patient’s screening
40 profile.

1 A Yellow Flag management algorithm consisting of an assessment flowchart (Fig. 1) and
 2 clinical assessment guidelines, which were adapted from Kendall et al. (2004), are provided
 3 below. The practitioner may use this as a guide to determine the appropriate, timely
 4 implementation of possible intervention responses with specific steps and redirects.

5
 6 There are seven domains that we consider in the clinical assessment of Yellow Flags. Each
 7 one has specific behaviors and are listed in order of importance for each category below.
 8

9 1) Attitudes and Beliefs about Back Pain

- 10 • Belief that pain is harmful or disabling resulting in fear-avoidance behavior,
 11 e.g., the development of guarding and fear of movement
- 12 • Belief that all pain must be abolished before attempting to return to work or
 13 normal activity
- 14 • Expectation of increased pain with activity or work, lack of ability to predict
 15 capability
- 16 • Catastrophizing, thinking the worst, misinterpreting bodily symptoms
- 17 • Belief that pain is uncontrollable
- 18 • Passive attitude toward rehabilitation

19
 20 2) Behaviors

- 21 • Use of extended rest, disproportionate downtime
- 22 • Reduced activity level with significant withdrawal from activities of daily
 23 living
- 24 • Irregular participation or poor compliance with physical exercise, tendency for
 25 activities to be in a “boom-bust” cycle
- 26 • Avoidance of normal activity and progressive substitution of lifestyle away
 27 from productive activity
- 28 • Report of extremely high intensity of pain, e.g., above 10, on a 0-10 Visual
 29 Analogue Scale
- 30 • Excessive reliance on use of aids or appliances
- 31 • Sleep quality reduced since onset of back pain
- 32 • High intake of alcohol or other substances (possibly as self-medication), with
 33 an increase since onset of back pain
- 34 • Smoking

35
 36 3) Compensation Issues

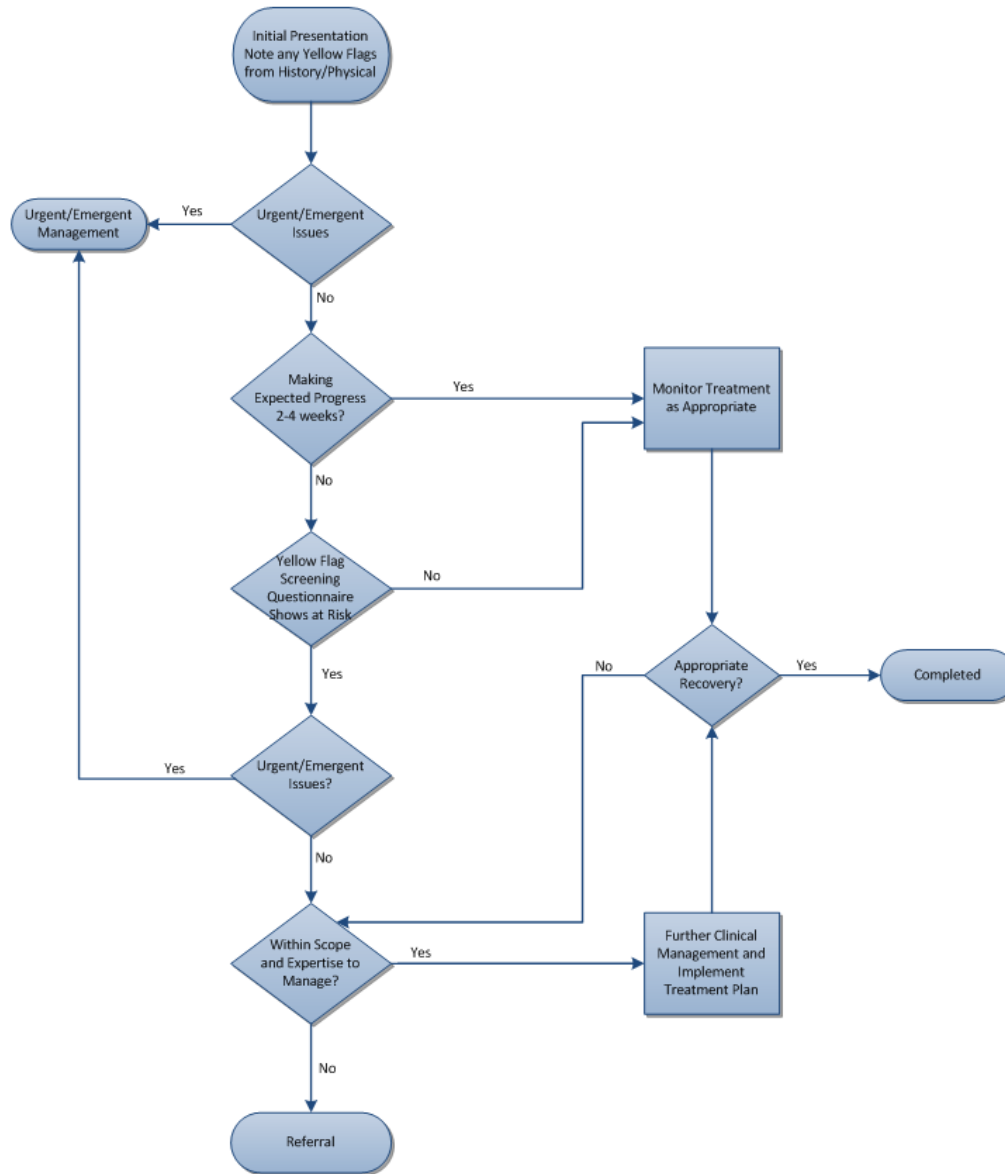
- 37 • Lack of financial incentive to return to work
- 38 • Delay in accessing income support and treatment cost, disputes over eligibility
- 39 • History of claim(s) due to other injuries or pain problems
- 40 • History of extended time off work due to injury or other pain problem (e.g.,
 41 more than 12 weeks)

- 1 • History of previous back pain, with a previous claim(s) and time off work
 2 • Previous experience of ineffective case management (e.g., absence of interest,
 3 perception of being treated punitively)
 4
- 5 4) Diagnosis and Treatment
- 6 • Health professional sanctioning disability, not providing interventions that
 7 will improve function
 8 • Experience of conflicting diagnoses or explanations for back pain, resulting in
 9 confusion
 10 • Diagnostic language leading to catastrophizing and fear (e.g., fear of ending
 11 up in a wheelchair)
 12 • Dramatization of back pain by health professional producing dependency on
 13 treatments (e.g., pain medication), and continuation of passive treatment
 14 • Number of times visited health professional in last year (excluding the present
 15 episode of back pain)
 16 • Expectation of “techno-fix”, e.g., requests to treat as if body were a machine
 17 • Lack of satisfaction with previous treatment for back pain
 18 • Advice to withdraw from job
 19
- 20 5) Emotions
- 21 • Fear of increased pain with activity or work
 22 • Depression (especially long-term low mood), loss of sense of enjoyment
 23 • More irritable than usual
 24 • Anxiety about and heightened awareness of body sensations (includes
 25 sympathetic nervous system arousal)
 26 • Feeling under stress and unable to maintain sense of control
 27 • Presence of social anxiety or disinterest in social activity
 28 • Feeling useless and not needed
 29 • Hopelessness about ability to recover or future improvement of symptoms
 30
- 31 6) Family
- 32 • Over-protective partner/spouse or other family member(s), emphasizing fear
 33 of harm or encouraging catastrophizing (usually well-intentioned)
 34 • Solicitous behavior from partner/spouse or other family member(s) (e.g.,
 35 taking over tasks)
 36 • Socially punitive responses from partner/spouse or other family member(s)
 37 (e.g., ignoring, expressing frustration)
 38 • Extent to which family members support any attempt to return to work
 39 • Lack of support person to talk to about problems

1 7) Work

- 2 • Work history, including patterns of frequent job changes, experiencing stress
- 3 at work, job dissatisfaction, poor relationships with peers or supervisors, lack
- 4 of vocational direction
- 5 • Belief that work is harmful; that it will do damage or be dangerous
- 6 • Unsupportive or unhappy current work environment
- 7 • Low educational background, low socioeconomic status
- 8 • Job involves significant bio-mechanical demands, such as lifting, manual
- 9 handling heavy items, extended sitting, extended standing, driving, vibration,
- 10 maintenance of constrained or sustained postures
- 11 • Inflexible work schedule preventing appropriate breaks
- 12 • Job involves shift work or working unsociable hours
- 13 • Minimal availability of selected duties and graduated return to work
- 14 pathways, with unsatisfactory implementation of these
- 15 • Negative experience of workplace management of back pain (e.g., absence of
- 16 a reporting system, discouragement to report, punitive response from
- 17 supervisors and managers)
- 18 • Absence of interest from employer

Deciding How to Assess Psychosocial Yellow Flags



1
2
3

Figure 1: Yellow Flag Assessment Algorithm

1 **CLINICAL MANAGEMENT TOOLS**

2 Emerging evidence suggests that coordinated, multidisciplinary rehabilitation that is
 3 focused on teaching patients better pain coping skills through Cognitive Behavioral
 4 Therapy, meditation, as well as other mindfulness techniques are an effective way to
 5 improve functional outcomes. In fact, programs that combine active physical therapy with
 6 Cognitive Behavioral Therapy have the potential to alter how back pain is treated (Samson,
 7 2016). Cognitive Behavioral Therapy is short-term therapy aimed at changing thought,
 8 belief and behavior patterns. Pincus et al. (2002) reported that straightforward behavioral
 9 strategies involving a graduated return to activity, rather than being contingent on the
 10 symptom of pain, have demonstrated significant reduction in long-term problems.
 11 Moreover, education, exercise, Cognitive Behavioral Therapy, and other many non-
 12 pharmacological approaches have demonstrated efficacy for *any* type of pain, whether used
 13 alone or in conjunction with pharmacotherapy (Clauw et al., 2019).

14
 15 Kendall et al. (2004) provided a guideline suggesting steps for behavioral management of
 16 low back pain problems which the practitioner may apply accordingly within the clinical
 17 scenario as a pain management tool.

18
 19 Suggested steps for early behavioral management of low back pain:

- 20 1. Provide a positive expectation that the individual will return to work and normal
 21 activity. If the problem persists beyond 2-4 weeks, provide reality-based counseling
 22 of potential outcome (e.g., loss of job, the need to begin reactivation from a point
 23 of reduced fitness, etc.).
- 24
 25 2. Be directive in scheduling regular reviews of progress. When conducting these
 26 reviews shift the focus from the symptom (pain) to function (level of activity).
 27 Instead of asking “How much do you hurt?” ask “What have you been doing?”
 28 Maintain an interest in improvements, even the minor advances. If the patient is
 29 referred to a health professional for assistance in treatment or management, specify
 30 a date for a progress report at the time of referral. Delays will be disabling.
- 31
 32 3. Keep the individual active and at work, if at all possible, even for a small part of
 33 the day. This will help to maintain work habits and work relationships. Consider
 34 reasonable requests for selected duties and modifications to the workplace. After 4-
 35 6 weeks, if there has been little improvement, review vocational options, job
 36 satisfaction, any barriers to return to work, including psychosocial distress. Once
 37 barriers to return to work have been identified, these need to be targeted and
 38 managed appropriately.
- 39
 40 4. Acknowledge difficulties with activities of daily living but avoid making the
 41 assumption that these indicate all activity or work must be avoided.

- 1 5. Help to maintain positive cooperation between the individual, an employer, the
2 compensation system, and health professionals. Encourage collaboration wherever
3 possible. Inadvertent support for negative perceptions of these relationships can be
4 damaging to progress.
5
- 6 6. Make a concerted effort to communicate that taking a longer leave of absence from
7 work will reduce the likelihood of a successful return to work. In fact, longer
8 periods off work result in reduced probability of ever returning to work. At the 6-
9 week point consider suggesting vocational redirection, job function retraining, or
10 transferring to a new position.
11
- 12 7. Be alert for the presence of individual beliefs that they should stay off work until
13 treatment has provided a ‘total cure’. Be cognizant of patient expectations of simple
14 solutions.
15
- 16 8. Promote self-management and self-responsibility. Encourage the development of
17 self-efficacy to return to work. Be aware that developing self-efficacy will depend
18 on incentives and feedback from treatment practitioners and others. If recovery only
19 requires development of a skill such as adopting a new posture, then it is not likely
20 to be affected by incentives and feedback. However, if recovery requires the need
21 to overcome an adverse stimulus such as fear of movement (kinesiophobia) then it
22 will be readily affected by incentives and feedback.
23
- 24 9. Be prepared to ask for a second opinion, provided it does not result in a long and
25 disabling delay in patient treatment. Use this option especially if it may help clarify
26 that further diagnostic examination is unnecessary. Be prepared to say “I don’t
27 know” rather than provide elaborate explanations based on speculation.
28
- 29 10. Avoid confusing the report of symptoms with the presence of emotional distress.
30 Distressed people seek more help and have been shown to be more likely to receive
31 ongoing medical intervention. Exclusive focus on symptom control is not likely to
32 be successful if emotional distress is not dealt with.
33
- 34 11. Avoid suggesting (even inadvertently) that a patient who commutes to a job may
35 be able to work at home or start their own business, because it will be under their
36 own control. This message, in effect, allows pain to become the reinforcer for
37 activity – producing a deactivation syndrome with negative consequences. Self-
38 employment nearly always involves more hard work.
39
- 40 12. Encourage people to recognize, as early as possible, that pain can be controlled and
41 managed so that a normal, active or working life can be maintained. Provide

1 encouragement for all positive behaviors – including suggesting alternative ways
2 of performing tasks and focusing on transferable skills.

3
4 13. Inform patient that anticipation of pain can increase muscle tension and perpetuate
5 the pain. This approach is particularly important in the patient who exhibits passive
6 coping behavior or fear avoidance behavior.

7
8 14. Emphasize that being too careful is a poor form of self-treatment and encourage
9 physical activity. Instruct patient to take brisk, regular walks; discourage patient
10 from remaining in one position, lying, sitting or standing; Encourage light
11 stretching for acute flare ups rather than rest.

12
13 In 2023, the World Health Organization (WHO) released its first-ever guidelines on
14 managing chronic low back pain in primary and community care settings. The WHO
15 recommends non-surgical interventions to help those suffering from chronic, primary low
16 back pain. Their suggested interventions include education programs supporting
17 knowledge and self-care strategies, exercise programs, some physical therapies (e.g.
18 massage, spinal manipulative therapy), psychological therapies such as CBT, and
19 medications such as non-steroidal anti-inflammatory agents (World Health Organization.
20 (2023).

21 **Referral**

22
23 If the patient presents with symptoms of psychosocial conditions outside of the
24 practitioner’s scope of practice, it is best to refer the patient to an appropriate health care
25 provider. Furthermore, if the patient presents an immediate danger to themselves or others,
26 contact 911 for emergency assistance.

27 **CONCLUSION**

28
29 Psychosocial factors can be key indicators of the likelihood of developing a chronic pain
30 condition and the need for prevention and treatment methods targeted at these issues. A
31 health care practitioner can readily identify patients with these Yellow Flag factors and use
32 the information to formulate effective treatment plans. As discussed above, practical
33 methods can be employed to assist patients with Yellow Flag conditions. Treatment
34 strategies which implement cognitive behavioral therapy techniques, meditation,
35 mindfulness practices and/or physical activity as therapy are more effective than traditional
36 biomedical treatments alone and contribute to better usage of health care resources,
37 decreased disability, and increased patient comfort and quality of life. “Cognitive
38 behavioral therapy focuses on restructuring the negative cognition of the patient into
39 realistic appraisal. Mindfulness may help improve pain acceptance. Self-management
40 strategies with appropriate goal setting and pacing theory have proved to improve long-
41 term pain-related outcomes in patients with chronic pain” (Ikemoto et al., 2019).

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