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Pain, Social support, Role load and Satisfaction with life among women with Chronic Fatigue Syndrome

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Background

Chronic Fatigue Syndrome (CFS)

- A condition lasting for more than 6 months in which a person feels tired most of the time and may have trouble concentrating and carrying out daily activities (ICD-10)
- complex illness with broad symptoms
 - physiological
 - cognitive
 - neurological
- 0.2% to 2.6% of population, 75% women aged 20- 40
- 31%- 48% recovery over a decade

Study rationale

CFS vs. other Chronic illnesses



physical limitations



interference with participation in occupations



social functioning



personal well-being

- Quantitative research is limited
- Occupational therapy literature on CFS is scarce

Objectives

- To characterize **pain sensitivity, social support, role load** and **life satisfaction** among women with CFS and to reveal the contribution of each to CFS **symptom severity**

Methods

Study design - Cross-sectional study, 100 women aged 20-70

- 40 diagnosed with CFS and 60 healthy controls

Measures - electronic self-report questionnaires:

- **SOFA** - The Schedule of Fatigue and Anergia
- **SWLS** - The Satisfaction with Life Scale
- **M-RCL** - Modified Role Checklist
- **MOS** - MOS Social Support Survey
- **PSQ** - Pain Sensitivity Questionnaire
- Form containing demographic and medical information

Description of groups

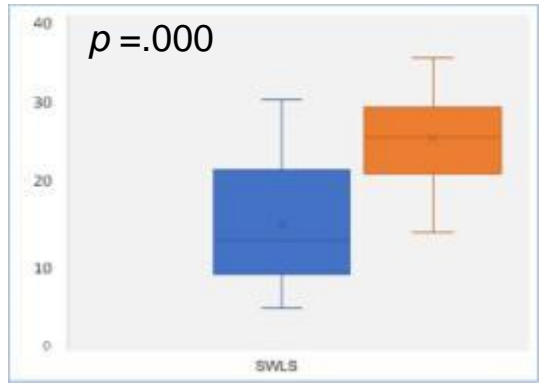
- No **age** difference between groups ($p > .05$)
- Mean (SD) **years since CFS diagnosis** was **13.58** (8.10), range **1-40 years**

Variable		Study group (n=40)		Control group (n=60)		χ^2 (p)
		n	%	n	%	
Marital status	Married	17	42.5	56	93.3	40.662 (.000)
	Living with a partner	3	7.5	2	3.3	
	Single	14	35.0			
	Divorced	6	15.0			
	Widowed			2	3.3	
Working status	Yes	21	52.5	52	86.7	14.214 (.000)
	No	19	47.5	8	13.3	
Subjective economic status	Very good	1	2.5	13	21.7	21.907 (.000)
	Good	14	35.0	32	53.3	
	Average	15	37.5	14	23.3	
	Poor	5	12.5	1	1.7	
	Very poor	5	12.5			

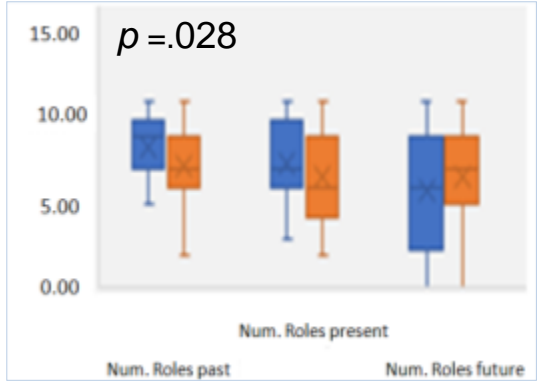
Group Differences

■ Study Group
■ Control Group

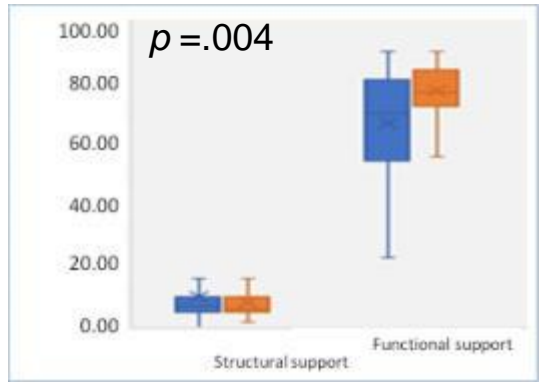
A



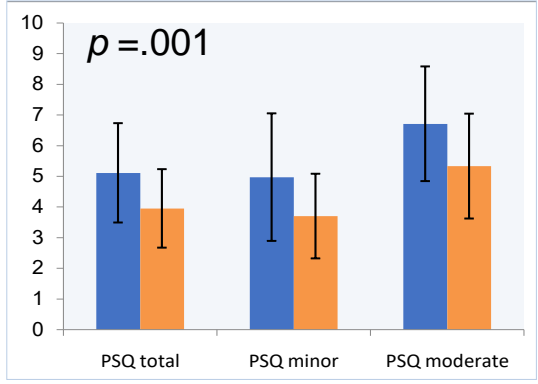
C



B



D



A – Satisfaction with life
 B – Social support
 C – Role load
 D – Pain sensitivity

Contributing measures to Symptom severity

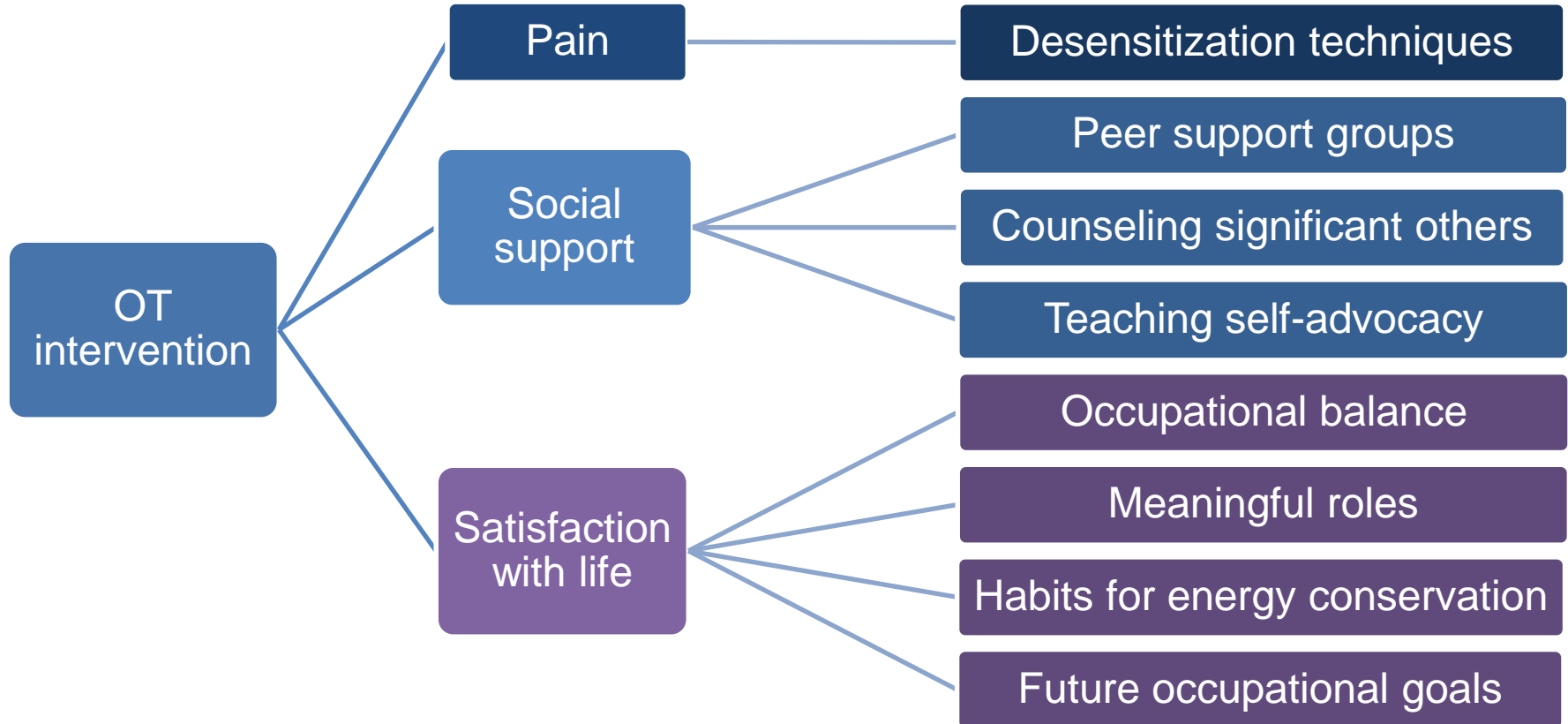
- **Satisfaction with life, social support, and sensitivity to pain, all contribute to CFS symptom severity (R^2 adjusted=.499, p =.000)**

Measures	B	SE.B	β	t	p	95% CI
SWLS	-.45	.07	-.48	-6.12	.000	[-0.60,-0.30]
Num. roles past	.20	.24	.06	.84	.399	[-0.27,0.68]
Functional support	-.09	.04	-.18	-2.26	.026	[-0.18, -0.01]
PSQ total	1.43	.36	.28	3.92	.000	[0.70, 2.15]

Conclusion

- This is the **first study** to investigate the **interplay** between these CFS factors **simultaneously** and **quantitatively**
- Findings demonstrate that women with CFS could be characterized by having **pain, disrupted history** and **current role load**, and **deficient social support** and **satisfaction with life**
- findings reveal that diminished **satisfaction with life** and **social support**, together with **enhanced sensitivity to pain** all **contribute to CFS symptom severity**

Clinical implications of the study



Thank you for your attention!



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