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Chronic pain affects millions of people every day and can be devastating to one’s quality of life. However, having chronic pain does not have to be debilitating. There are a number of ways to manage chronic pain with minimal disruption to D. In 2018, 25% of adults in the United States reported experiencing lower back pain. Because this is a condition that affects a very diverse to daily life, back pain is a leading reason for people seeking medical care. Pain is something everyone has dealt with in their lives. Back pain is one of the most common reasons why people visit a doctor. More than 80 percent of people, according to one survey, have a problem with lower back pain at some point in their lives, and a large percentage have pain that is that “backache” is a very broad term — it can describe many different forms of back pain — and the causes behind back pain can vary widely. Part of the reason for this wide range of backaches and its different conditions and e.

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Dec 01, 2021 · The trial involved 263 adults with chronic low back pain that lasted at least six months. Everyone was randomized to one of three groups: 87 people took a pain relief skill class (called “empowered relief”), 88 had cognitive behavioral therapy (CBT) for chronic pain, and 88 had back pain education. Chronic pain self-help guide | NIH inform
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went on to develop PTSD. (24) Beyond chronic pain, PTSD can play a role in other physical conditions.

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Telehealth cognitive behavioral therapy as good as in-person treatment—Cognitive behavioral therapy (CBT) for low back pain delivered by phone had similar results to in-person treatment, according to a 2017 study by VA San Diego Healthcare System researchers. Patients with chronic low back pain participated in eight weeks of either CBT or in-person treatment.

Cognitive Behavioral Therapy | Psychology Today