

# Preliminary findings from the incorporation of the Chronic Overlapping Pain Conditions Screener in the OPTIMUM trial

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## Background

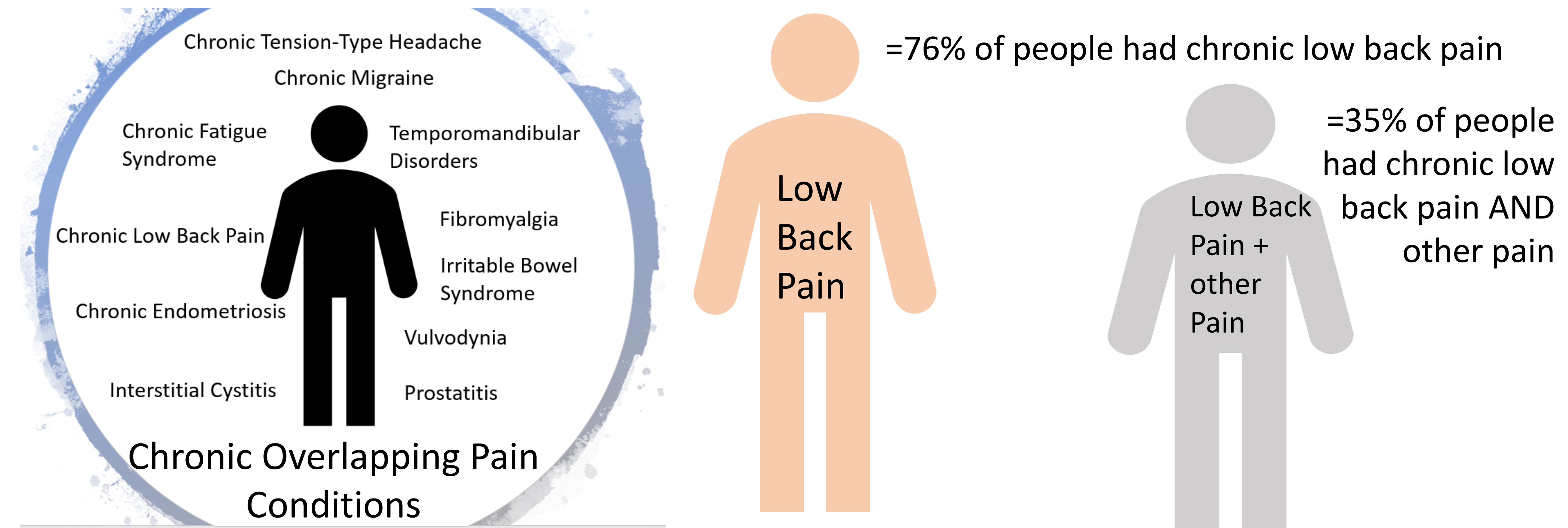
- The connection between chronic low back pain and other types of pain is not well understood
- The Chronic Overlapping Pain Conditions (COPC) Screener was developed at the University of Michigan to help study ten chronic pain conditions using one screening tool (see picture)
- We used the screener in the OPTIMUM trial, a pragmatic randomized trial of mindfulness training for chronic low back pain (cLBP), to investigate if other pain conditions were common and to compare between those with and without COPCs.

## Methods

- Based on feedback from a Community Advisory Board, one image was removed, and instructions were clarified.
- The screener was sent electronically to participants after they had been enrolled in the trial at least two months.

## Results

- Among 299 OPTIMUM participants, 77.5% completed the screener. Age ranged from 18-88;
- 70.7% of the sample was female; 40.9% Black or African American, 55.2% White or Caucasian American; 6.7% Hispanic/Latino.
- 76% of participants screened positive for cLBP. The prevalence of any chronic pain condition (including cLBP) in the study population was 83.6%.
- 35% met criteria for cLBP plus at least one additional condition.
- Participants with at least one additional condition were more likely to be female (82.7% vs. 66.2%) compared to those with only cLBP.
- The mean age among those with only cLBP was 54.3 (95% CI 51.2, 57.3), compared to 48.1 years among people with an additional pain condition (95% CI 45.1, 51.2).
- There were no meaningful differences between groups in education, race, ethnicity, or employment.
- The most common condition after cLBP was irritable bowel syndrome at 19.4%. followed by chronic fatigue syndrome (18.1%); fibromyalgia (12.1%), headaches (10.3%), chronic endometriosis 8.6%, interstitial cystitis 5.6%, vulvodynia 4.3%, temporomandibular disorder (3.9%), prostatitis (1.7%).



## Conclusion

- Prevalence of fibromyalgia and chronic fatigue syndrome is high, possibly indicating that widespread body pain, fatigue, and sleep disruption are common in this sample.
- The finding that only 75.9% of the sample met criteria for cLBP at 2+ months enrollment may suggest: temporal changes in pain reporting difficulty responding to the COPC questions, or improvement of back pain over the course of the study.
- Ongoing analysis will inform interpretation of these results.

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