

The effectiveness of biopsychosocial approach in fibromyalgia patients taking cannabis therapy

Open Access
Abstract
Published 09/06/2023

Copyright

© Copyright 2023

Cinque et al. This is an open access abstract distributed under the terms of the Creative Commons Attribution License CC-BY 4.0., which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Distributed under
Creative Commons CC-BY 4.0

Enrico Cinque ¹, Monica Bonfiglio ¹, Savina Solari ¹, Giorgia Gollo ², Annalisa Anile ²

¹. Pain Center, ASL 4 Chiavarese, Sestri Levante (Genova), ITA ². Pain Center, ASL 4 Chiavarese, Chiavari (Genova), ITA

Corresponding author: Enrico Cinque, ecinque@asl4.liguria.it

Categories: Pain Management

Keywords: cannabis therapy, fibromyalgia

How to cite this abstract

Cinque E, Bonfiglio M, Solari S, et al. (September 06, 2023) The effectiveness of biopsychosocial approach in fibromyalgia patients taking cannabis therapy. *Cureus* 15(9): e1027

Abstract

Introduction: The pathophysiological mechanism of fibromyalgia syndrome (FM) involves factors of different nature and it is widely agreed that the appropriate therapeutic approach should be bio-psychosocial. This study aimed to investigate, in patients with FM attending the pain medicine outpatient clinic, the presence of: an improvement in perceived quality of life, NRS and DM4 scores, a reduction in pain medication intake, and a decrease in catastrophic thinking related to anxious symptomatology.

Methods: A descriptive study was conducted with a sample of 12 patients, female, with an average age of 58 years, in whom a therapy based on galenic cannabis extract has been prescribed for at least 1 year, associated with a psychological support treatment, of 8 interviews on a fortnightly basis. Emerging data were collected by consulting medical records at the Department of Pain Medicine and administering a battery of tests (SF-36, HADS, ITALIAN-FIQR and PCS).

Results: From the data we have, the satisfaction of the patients emerges from taking charge also from a psychological point of view, as well as a reduction in catastrophizing thoughts associated with chronic pain and anxiety symptoms.

There is also an improvement in disease awareness and quality of life.

Cannabis therapy results:

27% Non-responsive

30% Moderate Pain relief

30% Good Pain relief

Bibliography:

Haviland, M. G., Morton, K. R., Oda, K., & Fraser, G. E. (2010). Traumatic experiences, major life stressors, and self-reporting a physician-given fibromyalgia diagnosis. *Psychiatry research*, 177(3), 335-341.

Zahid, M., Unal, E., Özdemir Işık, Ö., Oksuz, S., Karakaya, J., & Erguney Cefle, A. (2022). The reliability, validity, and responsiveness of Cognitive Exercise Therapy Approach-Biopsychosocial Questionnaire for patients with fibromyalgia. *International Journal of Rheumatic Diseases*, 25(6), 685-691.