

The effectiveness of biopsychosocial approach in fibromyalgia patients taking cannabis therapy

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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-psycho-social. 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.

These patients were offered and administered an unconventional therapy based on galenic cannabis extract combined with a psychological supportive treatment in order to better understand their global health status. **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

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