A Balanced Mix of Outcome Scales for Low Back Pain Assessment

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Authors believe that in order to evaluate the overall effect of the treatment of back pain, specific and focused outcome measure instruments are not sufficient. Authors emphasize the need to measure not only pain, but also overall disruptions to general activities, normal work, mood and enjoyment of life, and economic and social changes. Therefore, a proper mix of scales covering various areas of patients' lives needs to be used.

The research team has studied standard outcome measure instruments which have been routinely used in conventional medicine. After thorough review, a balanced mix of the most pertinent scales was developed.

The scales selected for our study of low back pain cover the following areas:

1) Character and intensity of the pain
2) Distribution of the pain
3) Length of time of the pain
4) Disability caused by the pain
5) Economic and social impact of the pain
6) Emotional impact of the pain

In this presentation, authors will discuss each selected scale separately, pointing out the pros and cons of each and the rationale for their utilization in the study.

Researchers will also present the simple and efficient method they developed for collecting research data.

The Institute of Soul Mind Body Medicine and Sha Research Foundation are the co-sponsors of the study, which is being conducted in San Francisco, California, USA. The study includes subjects from both the USA and Canada.

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