

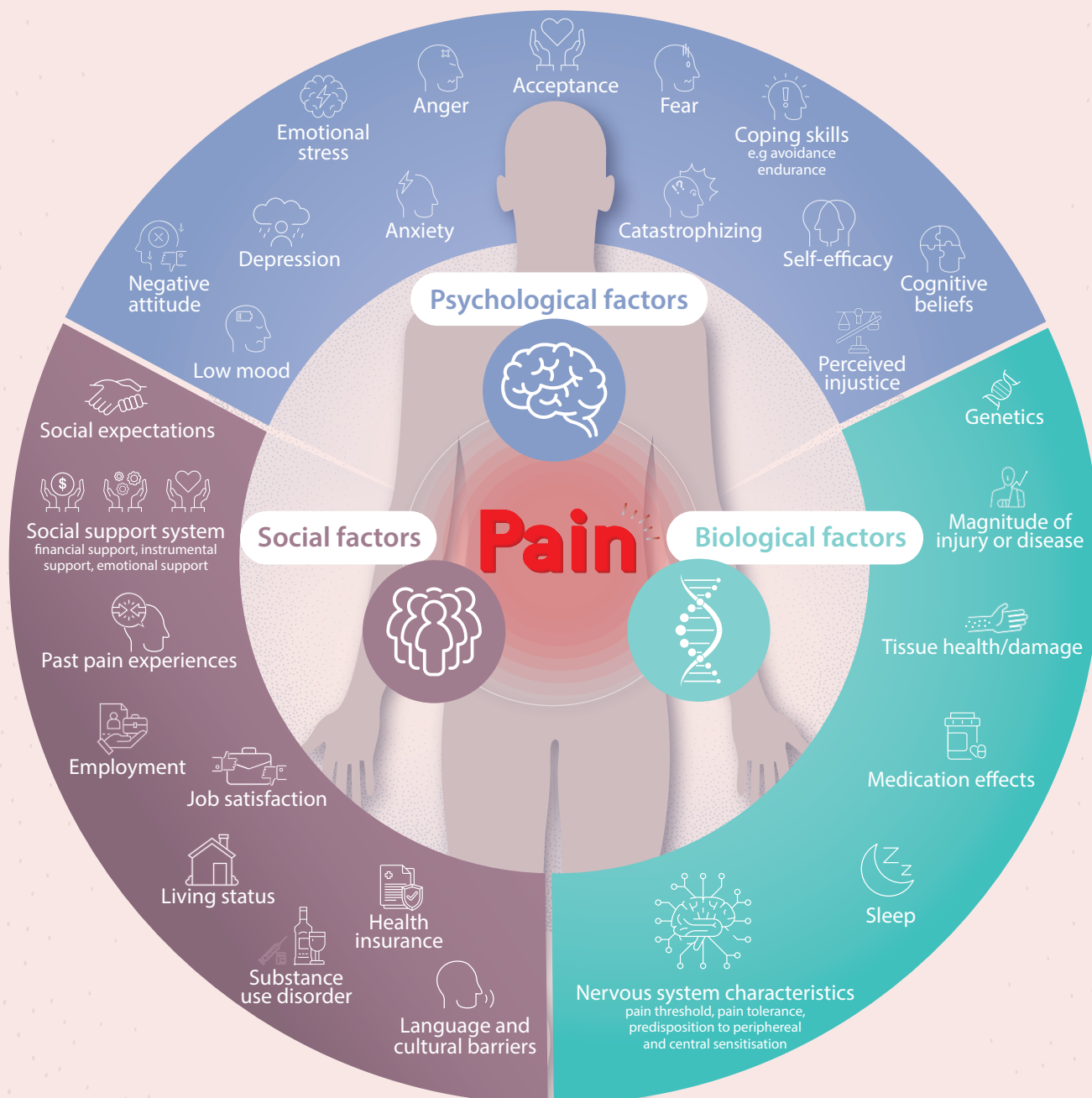
# Biopsychosocial Model of Pain

## Understanding Pain: The Interplay of Body, Mind, and Environment

**Psychological:** For example, emotional distress (e.g., pain-related distress, depression), coping strategies (e.g., avoidance, endurance), fear of pain, self-efficacy, cognitive beliefs (e.g., perceived injustice), negative attitudes, pain acceptance, past experiences with pain and healthcare, pain-related interference.

**Biological:** For example, extent of injury or disease, tissue health or damage, pharmacological targets, characteristics of the nervous system (e.g., predisposition to peripheral and/or central sensitisation).

**Social:** For example, social and work participation, social expectations, job satisfaction, social support (emotional support, informational support, tangible support), living conditions, social economic status, employment, access to healthcare resources (e.g., insurance), language, and cultural barriers.



This model argues that pain is a personal experience that emerges from a dynamic interplay between biological, psychological, and social factors.

This replaces the biomedical model, in which pain was previously thought to be caused solely by biological factors and disease pathology.