

# PAIN IN EUROPE XIV

COMORBIDITY OF CHRONIC PAIN AND MENTAL HEALTH DISORDERS: BREAKING THE CYCLE



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## VIRTUAL REALITY FOR FIBROMYALGIA

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### INTRODUCTION

Fibromyalgia is chronic pain syndrome associated with weakness, sleep disorders and many functional symptoms. Current treatment actually include pharmacological medication, psychological and physical management. The use of **Virtual Reality** (VR) in acute pain is common. Present study proposed to analyze the effectiveness of VR on fibromyalgia patients.

### AIM

The aim of our study is to assess the effectiveness of repetitive immersive VR for fibromyalgia patients on:

- Pain reduction
- Behavioral mechanisms
- Cognition

### METHOD

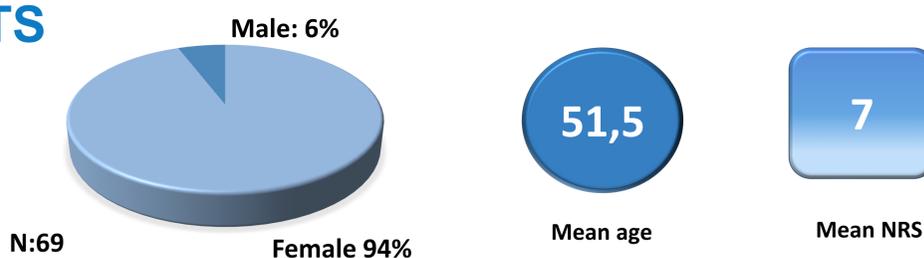
69 participants with fibromyalgia will be set up in the VR equipment. They will engage and follow along with a 20 minutes, twice a week for one month, the VR program.

The VR program include simulated voice of a meditation guide and immersive 3D.

Were collected:

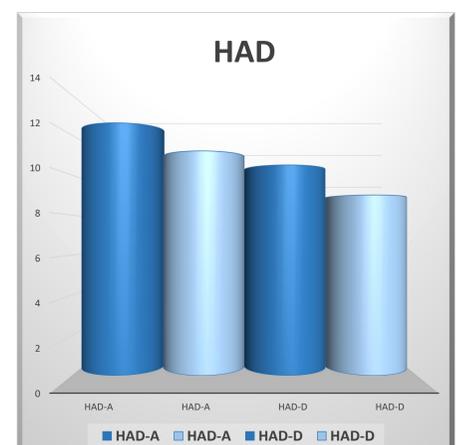
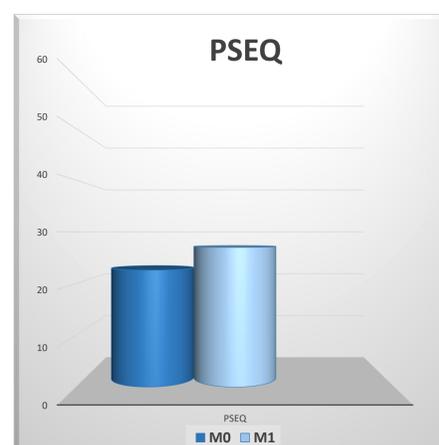
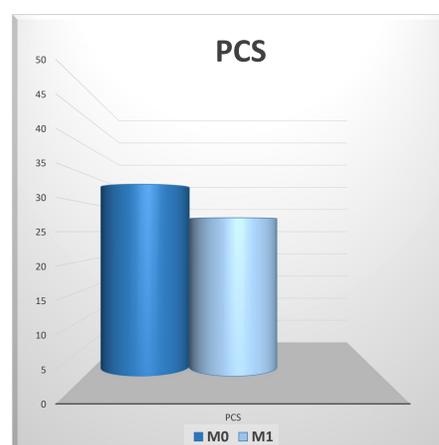
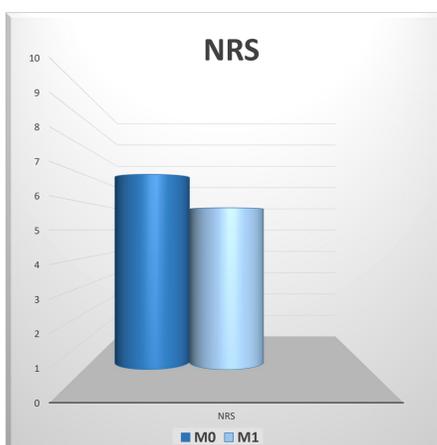
- Numeric Pain Scale (NRS)
- Pain self-efficacy questionnaire (PSEQ)
- Pain Catastrophizing Scale (PCS)
- Hospital anxiety and depression (HAD) at baseline M0 and M1

### RESULTS



	M0	M1	Variation	Variation %
NRS	7.01	5.84	-1.17	-16.7%
PCS	33.27	27.41	-5.86	-17.6%
PSEQ	22.61	27.09	+4.48	+19.8%
HAD_A	12.59	11.21	-1.39	-11.0%
HAD_D	10.50	9.038	-1.46	-13.9%

Patients with complete and incomplete data



### CONCLUSION

We found evidence that repeated VR sessions can be an effective non pharmacological treatment option for pain reduction and cognitive-behavioral improvement in Fibromyalgia

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In relation to this presentation, we declare that there are no conflicts of interest