CONTENTS

CONTENTS	2
FIGURES	9
TABLES	11
ABSTRACT	13
DECLARATIONS	15
ACKNOWLEDGEMENTS	16
OVERVIEW	17

CHAPTER 1 GENERAL INTRODUCTION

DEFINING PAIN	
Pain theories	
ADJUSTMENT	
Coping	
Quality of life	
Symptoms of depression	
FACTORS THAT INFLUENCE ADJUSTMENT TO PAIN	
Pain characteristics in cancer	
Other non-pain symptoms	40
Psychological factors	
Positive and negative emotions	
Meaning of pain	
Perception of pain management effectiveness	
Potential moderators of pain, other symptoms and	
adjustment	51
SUMMARY	
PLAN FOR THE THESIS	

CHAPTER 2 RELATIONSHIPS BETWEEN PAIN, OTHER SYMPTOMS, PSYCHOLOGICAL FACTORS AND ADJUSTMENT

INTRODUCTION	57
Overview	57
Prevalence of pain	59
Adjustment outcomes	60
Level of coping	60
Quality of life	61
Factors that influences adjustment	62
Pain characteristics	62
Other symptoms	63
Psychological factors	64
Potential moderators of pain, other symptoms and	
adjustment	65
Time.	66
Methodological issues in the study of pain in palliative	
care	66
Sample	67
Nature of the data	67
Challenges for measurement by collateral source	68
Place	69
Time of data collection	69
Use of archival data	70
Summary	71
METHOD.	73
Participants	73
Measures	79
Predictor variables	79
Adjustment Outcomes	80
Procedures	81
Statistical analysis plan	82
Data reduction for psychological factors	82
Conclusion	84
RESULTS	86
Preliminary analyses	
Missing data	
Descriptive analyses	
Predictor variables at the initial interview	87

Stability of predictors over time	89
Outcome variables at the initial interview	89
Stability of outcomes over time	90
Main analyses	90
Predictors of patient coping at the first interview	91
Predictors of patient coping at subsequent interviews.	95
Predictors of quality of life at the initial interview	98
Predictors of quality of life at subsequent interviews.	100
Summary of results	104
DISCUSSION.	

CHAPTER 3 INFLUENCE OF BREAKTHROUGH PAIN PSYCHOLOGICAL FACTORS AND ADJUSTMENT

INTRODUCTION	115
Experience of pain	116
Breakthrough pain	116
Prevalence of breakthrough pain	117
Adjustment to pain	119
Measures of adjustment	119
Factors which influence adjustment	121
Breakthrough pain characteristics	122
Psychological factors	123
Meaning of cancer pain	124
Measuring meanings of illness	125
Measuring meanings of cancer pain	128
Relationship between meaning of cancer	
pain and adjustment in palliative care	129
Perceived effectiveness of pain	
management strategies	130
Potential moderators of breakthrough pain and	
adjustment	132
Meaning of pain	132
Perceived effectiveness of pain management	
strategies	133
Summary	134
Model to be tested	135
METHOD	120
METHOD.	
Participants.	
Measures	140

Predictor variables	140
Outcome variable	142
Procedures	143
Statistical analysis	144
RESULTS	
Preliminary analyses	
Descriptive statistics	146
Intercorrelations between predictors	148
Main analyses	151
DISCUSSION	

CHAPTER 4 FURTHER EXPLORATION OF THE INFLUENCE OF BREAKTHROUGH PAIN PSYCHOLOGICAL FACTORS AND ADJUSTMENT

INTRODUCTION	161
Adjustment	161
Level of coping	162
Symptoms of depression	162
Factors that influence adjustment	163
Breakthrough pain characteristics	164
Psychological factors	164
Meaning of pain in cancer	165
Perceived pain management effectiveness	166
Potential moderators of breakthrough pain and	
adjustment	166
Summary	166
METHOD	170
Participants	170
Measures	
Predictor variables	173
Outcome variables	174
Procedures	176
Statistical analysis	176
RESULTS	177
Preliminary analyses	177
Descriptive statistics	177
Exploratory analyses	182
Main analyses	184
DISCUSSION	191

CHAPTER 5 MEANING OF PAIN – A PERSON-FOCUSED QUALITATIVE STUDY

INTRODUCTION	201
Meaning of pain	202
Why use a qualitative approach?	
Grounded theory	
METHOD.	
Participants	207
Measures	
Procedures	209
Qualitative data analysis	209
RESULTS AND DISCUSSION	214
Development of codes and categories	214
Meanings ascribed to pain	215
Pain as loss	
Pragmatic responses to pain	220
Pain as a source of fear/worry	222
Pain as a challenge	224
Pain as injustice	226
Pain as a threat/enemy	227
Pain as a nuisance	228
Pain as a relief	229
Pain in the context of gratitude for life	230
Pain as an experience of value	231
Pain as punishment	232
Pain as a weakness	233
Pain in the context of spirituality	234
Summary of emerging categories	235
Case studies showing patterns between meanings	
of pain	233
Patterns in content	236
Single category	236
Two categories	236
Multiple sub-categories within one meaning	237
Multiple categories	238
Relationship between meaning of pain and	
meaning of cancer	239
Congruency of categories	240

Patterns of process	241
Brief themes or elaborated reporting	
of categories	242
Level of emotion in reporting categories	
Evidence of coping strategies	244
Contextualising pain	
Balancing positive and negative aspects of	
pain	245
Summary of findings	
Reflective Practice	246
Grounded theory (GT) of meaning of pain	252
Limitations	
Extensions to the Understanding of Meaning of Pain	260
Conclusion	

CHAPTER 6 RELATIONSHIPS BETWEEN BREAKTHROUGH PAIN, PSYCHOLOGICAL FACTORS AND ADJUSTMENT - A PERSON-FOCUSED PERSPECTIVE

INTRODUCTION	
Stability in breakthrough pain and coping	263
Comparisons between summative data and diary data about	
breakthrough pain and coping	265
Relationships between breakthrough pain characteristics,	
meaning of pain and coping	266
Research Questions	268
METHOD	269
Participants	269
Measures	
Procedures	270
Analysis plan	
RESULTS	
Part one	275
Stability of pain and coping over 5 or more days	275
Comparisons between summative reports and diary	
reports of breakthrough pain and coping	288
Part Two.	290
Breakthrough pain characteristics, coping and meaning	
of pain	
Aversive meanings of pain	
Non-aversive meanings of pain	

DISCUSSION	
CHAPTER 7 FINDINGS AND CONCLUSIONS	304
REFERENCES	326
APPENDICES	379
Appendix A. Scree plot – 2-factor solution	
Appendix B. Factor scores – Weeks 3 and 5	
Appendix C. Regression coefficients, standard error,	
wald statistics and odds ratio for Week 3 and 5	
Appendix D Questionnaires – Study 2	
Appendix E. Consent forms – Study 2	
Appendix F. Patient information sheet- Study 2	
Appendix G. Questionnaires – Study 3	
Appendix H. Consent forms – Study 3	
Appendix I. Patient information sheet – Study 3	
Appendix J. Patient instructions – Pain diary	
Appendix K. Pain diary	

FIGURES

Figure 1.1.	Factors influencing adjustment to pain25
Figure 1.2.	Model of the relationship between pain and adjustment53
Figure 2.1	The relationship between pain, other symptoms, psychological variables and outcomes
Figure 2.2.	Flowchart showing derivation of the sample75
Figure 2.3	Proposed model of the relationship between pain, other symptoms, psychological factors and adjustment
Figure 2.4	Interaction between pain intensity and negative emotions relative to coping
Figure 2.5	Interaction between pain intensity and negative emotions relative to coping
Figure 2.6	Final model of the relationship between predictors and coping104
Figure 2.7	Final model of the relationship between predictors and quality of life
Figure 3.1.	The proposed relationship between breakthrough pain variables, pain management effectiveness, meaning of pain and level of coping with pain
Figure 3.2.	Flowchart showing derivation of the sample
Figure 3.3	Relationships found between breakthrough pain characteristics, meaning of pain, pain management effectiveness and adjustment 154
Figure 4.1.	The relationship between breakthrough pain characteristics, pain
	management effectiveness, meaning of pain and adjustment169
Figure 4.2.	Flowchart showing derivation of the sample172
Figure 4.3	Summary of findings concerning predictors of level of coping189
Figure 4.4.	Summary of findings concerning predictors of symptoms of depression
Figure 5.1	An example of coding and memoing of a report by a 37-year-old man with cancer of the bladder213
Page, S.M.	The Influence of Psychological Factors on Adjustment to Pain in Cancer Patients Receiving Palliative Care

Figure 5.2	Model of the Grounded Theory of Meaning of Pain25	55
Figure 6.1. Figure 6.2	Flowchart showing times of assessment for Study 5	
Figure 6.3.	Pattern of both unstable pain characteristics and coping over 7 days27	'8
Figure 6.4.	Patternshowing unstable level of coping over 7 days27	'8
Figure 6.5.	Pattern showing unstable breakthrough pain frequency	
	over 7 days	0
Figure 6.6.	Pattern showing unstable breakthrough pain duration	
	over 7 days	\$1
Figure 6.7.	Pattern showing unstable breakthrough pain intensity	
	over 7 days	32
Figure 6.8	Pattern showing both stable breakthrough pain and coping over 5 days	3
Figure 6.9.	Pattern showing stable coping with pain over 7 days	\$4
Figure 6.10.	Pattern showing stable breakthrough pain frequency over 7 days	5
Figure 6.11.	Pattern showing stable breakthrough pain duration over 6 days28	6
Figure 6.12.	Patterns showing stable breakthrough pain intensity over 7 days28	7
Figure 6.13a.	Pattern of pain and coping –aversive meaning of pain over 8 days	1
Figure 6.13b.	Pattern of pain and coping – aversive meaning of pain for a further 8 days	2
Figure 6.14.	Pattern of pain and coping –non-aversive meaning of pain	5

TABLES

Table 1.1	Most commonly used classifications of pain in previous research with patients with cancer
Table 1.2	Frequency, duration and intensity of breakthrough pain
Table 2.1	Demographic characteristics of the sample76
Table 2.2	Medical and diagnostic information78
Table 2.3	Factors derived from exploratory factor analysis of the patient
	items
Table 2.4	Missing data
Table 2.5	Frequency of ratings for pain characteristics and other symptoms
	- initial interview
Table 2.6	Frequencies for adjustment outcomes at the initial interview90
Table 2.7	Results of logistic regression- coping at the initial interview
Table 2.8	Regression analysis for predictors of quality of life at the initial interview
Table 2.9	Regression analysis for predictors of quality of life at Week 3101
Table 2.10	Regression analysis for predictors of quality of life at Week 5102
Table 3.1	Lipowski's categories for meaning of illness127
Table 3.2	Primary diagnosis of participants140
Table 3.3	Meaning ascribed to pain147
Table 3.4	Intercorrelations between meaning variables149
Table 3.5	Intercorrelations between predictors and level of coping153
Table 4.1	Primary diagnosis of participants173
Table 4.2	Summary of Breakthrough Pain variables179
Table 4.3	Mean endorsement of the five meaning categories for pain180

Table 4.4	Perceived Effectiveness of Pain Management Strategies
Table 4.5	Level of Coping with Pain181
Table 4.6	Intercorrelations between breakthrough pain, meaning variables and perceived effectiveness of pain management strategies
Table 4.7	Intercorrelations between breakthrough pain variables and adjustment (level of coping pain and symptoms of depression)185
Table 4.8	Intercorrelations between meaning variables, perceived effectiveness of pain management strategies and adjustment (level of coping with pain and symptoms of depression)187
Table 5.1	Primary diagnosis of participants
Table 5.2	Prevalence with which patients subscribed to themes of breakthrough_pain
Table 5.3	Examples of the category, pain as a general loss
Table 5.4	Examples of the category, pain as a loss of independence/control
Table 5.5	Examples of the category, pain as loss through isolation217
Table 5.6	Examples of the category, pain as loss of opportunity/activity218
Table 5.7	Examples of the category, pain as loss of future
Table 5.8	Examples of the category, pain as multiple losses
Table 5.9	Examples of pragmatism " pain signifying disease"220
Table 5.10	Examples of pragmatism " pain as part of life"221
Table 5.11	Examples of pragmatism " pain as occurring by chance"
Table 5.12	Examples of the category, pain as "fear/worry
Table 5.13	Examples the category, "fear/worry" about pain
Table 5.14	Examples of the category, "fear/worry" about death223
Table 5.15	Examples of the category, "fear/worry" about family
Table 5.16	Examples of the category, pain as a challenge225
Table 5.17	Examples of the category, pain as injustice
Table 5.18	Examples of the category, pain as a an enemy/threat
Table 5.19	Examples of the category, pain as a nuisance
Table 5.20	Examples of the category, pain as a relief
Table 5.21	Examples of the category, pain as gratitude for life
Table 5.22	Examples of the category, pain as having values
Table 5.23 Page, S.M. 7	Examples of the category, pain as a punishment

Table 5.24	Examples of the category, pain as a weakness	233
Table 6.1	Primary diagnosis of participants	269