

PubMed

**Format:** Abstract

Br J Pain. 2018 May;12(2):72-86. doi: 10.1177/2049463717734016. Epub 2017 Oct 2.

## **Analgesic reduction during an interdisciplinary pain management programme: treatment effects and processes of change.**

Guildford BJ<sup>1,2</sup>, Daly-Eichenhardt A<sup>1</sup>, Hill B<sup>1</sup>, Sanderson K<sup>1</sup>, McCracken LM<sup>1,3</sup>.

### **Author information**

### **Abstract**

Long-term use of opioid medication is associated with a host of negative effects on health and quality of life. Guidelines state that people with chronic pain taking high doses of opioids without benefit should be supported to discontinue them. Little research has investigated psychological processes associated with analgesic use and tapering. This study investigated (1) analgesic use pre- and post-participation in an interdisciplinary pain management programme and its relationship to functioning and (2) psychological processes associated with analgesic use. Opioid use was associated with poorer functioning at baseline. Participating in an interdisciplinary pain management programme was associated with reductions in opioid dose and number of classes of analgesics used. Reductions in analgesic use were associated with improvements in functioning. Psychological inflexibility was associated with using higher doses of opioid medication and with using a greater number of classes of analgesics. Psychological flexibility appears relevant in explaining analgesic use. Future research could focus on targeting this process to improve tapering outcomes.

**KEYWORDS:** Chronic pain; analgesic reduction; analgesic taper; medication reduction; medication taper; opiate; opioid; pain management programme

PMID: 29796259    PMCID: [PMC5958512](#) [Available on 2019-05-01]    DOI: [10.1177/2049463717734016](#)



---

**Conflict of interest statement**



---

**LinkOut - more resources**



