

Australians in Pain

Report

February 2016

Prepared for Pfizer Australia
By StollzNow Research



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Pfizer Australia

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Executive summary

Overview

During December 2015 to January 2016, 1,001 Australians aged 30 to 65 years with chronic pain answered a series of questions designed to better understand their experience. This sample size gives a confidence level of $\pm 3.1\%$ at the 95% confidence level.

Incidence data shows that there are an estimated twenty percent (20%)¹ of adult Australians experiencing chronic pain. An estimated seven percent (7%) experience nerve pain.² Using Australian Bureau of Statistics (ABS)³ 2011 Census data there are an estimated 3,303,522 Australians aged 18 years and over experiencing chronic pain and 1,156,233 experiencing nerve pain.

This research data is only for those aged between 30 and 65 years. Using data from those who did not meet the criteria to complete the survey and Australian Bureau of Statistics (ABS) 2011 Census data we estimate that thirty percent (30%) of Australians in this age group are experiencing chronic pain representing an estimated 3,010,154 Australians between the age of 30 and 65 years. Of this group twenty-nine percent (29%)⁴ have diagnosed nerve pain which means an estimated 878,087 are currently experiencing this type of pain.

Sleep

- Twenty-two percent (22%) sought treatment specifically due to sleep issues
- Eighty-three percent (83%) currently experience sleep problems from chronic pain
 - Higher for nerve pain (91%)
- Of the eighty-three percent (83%) who experience sleep problems eighty-six percent (86%) experience problems weekly or more often
 - Higher for those with nerve pain ninety percent (90%) weekly or more often
- For those with sleep problems there is an average of 11.6 hours of lost sleep each week
 - This is equivalent to 25 days each year of lost sleep
 - Those with nerve pain lose 33 days of sleep per year
- Key effects of lost sleep felt 'all the time' or 'sometimes' are:
 - Tired the next day (96%)
 - Feeling irritated and cranky (82%)

¹ APS Position Statement 2008 (v0.1) p. 1.

² Gilron et al 2006, Bouhassira D et al 2007 (Evidence-based Recommendations for the Pharmacological Management of Neuropathic Pain Position Statement, June 2008, Australian Pain Society).

³ Australian Bureau of Statistics, 2001.0 - Census of Population and Housing: Basic Community Profile, 2011

⁴ This figure is 8.9% of all those in the 30 to 65 year age group

Executive summary

- Unable to perform daily tasks (68%)
- Cannot participate in social occasions (61%)
- Negative impact on relationships with family and friends (54%)
- Poor performance at work (53%)
- Wake partner in the night (47%)
- Affects ability to drive a motor vehicle (33%)

Treatment

- First treatment is with over-the-counter (OTC) medication either immediately (29%) or over the next week (32%)
- While twenty-nine percent (29%) recognised chronic pain as a medical issue others saw it as
 - Something that would 'clear up' without assistance (28%)
 - A minor physical problem that could be fixed by exercise or physiotherapy (25%)
- Eighty-one percent (81%) of those with chronic pain have seen a General Practitioner (GP)
 - Those with nerve pain (90%)
 - Those not diagnosed (76%)
- Three percent (3%) have not seen any type of HCP
- GPs are the first Health Care Practitioner (HCPs) consulted by sixty-five percent (65%) of those with chronic pain
 - Second HCP seen by eighteen percent (18%)
- Nine percent (9%) first consult a pharmacist
- Ten percent (10%) first consult either a chiropractor or massage therapist
- Over one-third (37%) took longer than one month to consult a GP
 - Twenty-nine percent (29%) consulted in the first week
 - Twenty-eight percent (28%) between one week and a month
- Seventy-six percent (76%) of those with chronic pain have received a diagnosis
 - Diagnosis is higher for those who consulted a GP in less than one month (81%)
 - Only sixty-two percent (62%) of those who consulted a GP in two to six months have received a diagnosis
- Of those diagnosed just under one-quarter (23%) received a diagnosis on the first visit to an HCP
 - Thirty percent (30%) were diagnosed within a month
 - Fourteen percent (14%) were diagnosed within one year

- The most common HCPs for diagnosis are
 - GP (61%)
 - Medical specialist (22%)
 - Orthopaedic surgeon (21%)
 - Physiotherapist (16%)
 - Pain specialist / pain clinic (12%)
- Sixty-three percent (63%) had a moment or experience that made them seek treatment
 - Pain not going away (59%)
 - Unable to carry out a task or activity (51%)
 - Being distressed by the pain (39%)
 - Difficulty sleeping (36%)
- On average those diagnosed have seen 2.6 HCPs
 - Higher for those with nerve pain 3.0 HCPs

The language of pain

- Around one-quarter of those with chronic pain find it ‘hard’ or ‘very hard’ to describe pain to different people
 - Friends (39%)
 - Spouse / partner (29%)
 - General Practitioner (26%)
 - Medical specialists (28%)
- Key issues in describing pain are
 - Not knowing how to describe the pain (18%)
 - The pain feeling different to other types of pain (17%)
- Most (58%) feel their pain is ‘dull ache’ but those with nerve pain are more likely to describe it as ‘stabbing’ (64%), ‘pins and needles’ (56%), or ‘burning’ (55%)
- The overall association of ‘pins and needles’ with pain is problematic with only thirty-eight percent (38%) feeling that this is a type of pain
 - In the previous question ‘pins and needles’ was prompted as a type of pain
- Those with nerve pain are more likely to describe their pain as being ‘poked by a red hot poker’ (56%) than the average of all chronic pain (36%)
- Those with chronic pain rate their pain level in the last week as 6 on a 0 to 10 scale of pain
 - The average reported rate for those with nerve pain rate their pain as 6.6
 - Those with nerve pain are more likely to rate their pain as 10 (7%), 9 (8%) or 8 (23%)

Mental health

- Using the standard Kessler 10 scale twenty-two percent (22%) are likely to experience a ‘severe mental disorder’
 - Moderate mental disorder (19%)
 - Mild mental disorder (16%)
- ABS data shows only four percent (4%) of the general population are likely to experience ‘severe mental disorder’⁵
 - Compared to twenty-two percent (22%) of those with chronic pain
- Of those in the ‘severe mental disorder’ category almost two-thirds (62%) are not currently seeing an HCP for mental health issues

Current experience of pain

- Comorbidities include
 - Arthritis (41%)
 - Those with nerve pain (50%)
 - Depression (41%)
 - Those with nerve pain (46%)
 - High blood pressure (33%)
 - Those with nerve pain (40%)
 - High cholesterol (28%)
 - Those with nerve pain (32%)
- Over one-third (35%) have been living with chronic pain for 10 years or more
- Lower back pain is felt by sixty-three percent (63%) of those with chronic pain
 - Seventy-five percent (75%) of those with nerve pain experience lower back pain
- Of those who experience back pain over two-thirds (67%) experience ‘pain in the lower back with burning shooting or tingling spreading down the back of the thigh and into the foot’
 - Eighty percent (80%) of those with nerve pain experience this sensation

Gender differences

Frequently there are differences in health by gender. While there are some minor differences noted in the report and found in the data, the overall experience of pain included in this research project shows little difference between men and women.

⁵ ABS uses slightly different classifications but the ‘very high’ and ‘severe mental disorder’ are both a K10 score of over 30

1 Objectives

The objectives of this research are to:

- Understand the effect of chronic pain on the lives of Australian men and women
- Understand the effect of chronic pain on others in their lives
- Provide new information on chronic pain and barriers to treatment
- Provide new and compelling insights into chronic pain for the benefit of
 - Health care consumers
 - Health care providers
 - Pfizer Australia
- Generate compelling and new insights that can be used for an information campaign

Approach & methodology

2 Approach & methodology

2.1 Overview

To complete the research, we have used sample provided by the online permission based panel of our supplier Research Now. Research participants completed the survey online.

Research participants are those currently experiencing chronic pain.

2.2 Quotas and screenings

Quotas were set for

- Gender 50% each men and women
- Residential location
 - State and metro / region in each State
 - National representation
- Only those between 30 and 65 years are included in the survey
- Only those with chronic pain completed the survey
 - Defined as pain that been experienced for 3 or more months

Northern Territory and Tasmania are not included in the survey.

2.3 Sample size

The sample size for the survey is $n=1,001$. This sample size gives a confidence level of $\pm 3.1\%$ at the 95% confidence level.

The data can be projected with confidence to the full Australian population in the age group of 30 to 65 years.

2.4 Fieldwork period

Fieldwork commenced on 30 December 2015 and ended on 6 January 2016.

2.5 Adverse events

There were no adverse events reported in the fieldwork.

2.6 Colours in text in tables

Blue text is statistically significantly above the average and red statistically significantly below the average.

2.7 Rounding of numbers

In charts and tables data is shown as percentages without decimal places. However, data is calculated to 10 decimal places. In some cases where several data groups have been combined this may show that the full percentages do not add up correctly.

When data has been combined it has used the source data with 10 decimal places to accurately show the results.

2.8 Nerve pain

In the data those diagnosed with 'nerve pain' or 'neuropathic pain' have been classified as 'nerve pain'.

Approach & methodology

2.9 Analysis

Analysis is by cross-tabulation. Standard cross-tabulations used in this report are shown below.

Table 1: Cross-tabulation analysis

Base: 1,001

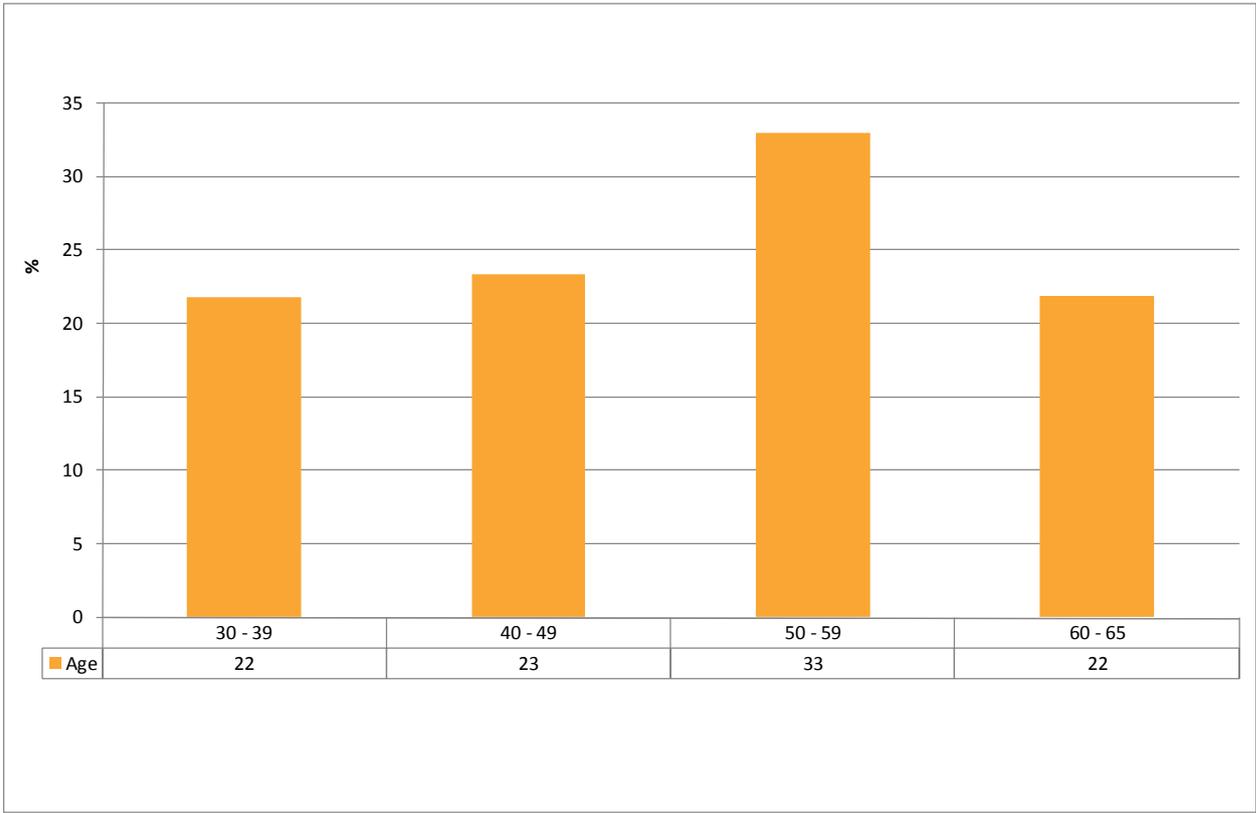
		%	n
		100	1001
Type of pain	Nerve pain	29	292
	Other pain	66	662
	Not diagnosed	26	262
	Not seen HCP	3	34
Gender	Male	53	526
	Female	47	475
Age group	30 - 39	22	218
	40 - 49	23	234
	50 - 55	33	330
	60 - 65	22	219
Region	Metro	62	616
	Regional	38	385
State	NSW	30	304
	Victoria	28	284
	Queensland	21	207
	Western Australia	11	113
	South Australia	9	93

Current experience of pain

3 Current experience of pain

Chart 1: S2 Age group

Base: 1,001

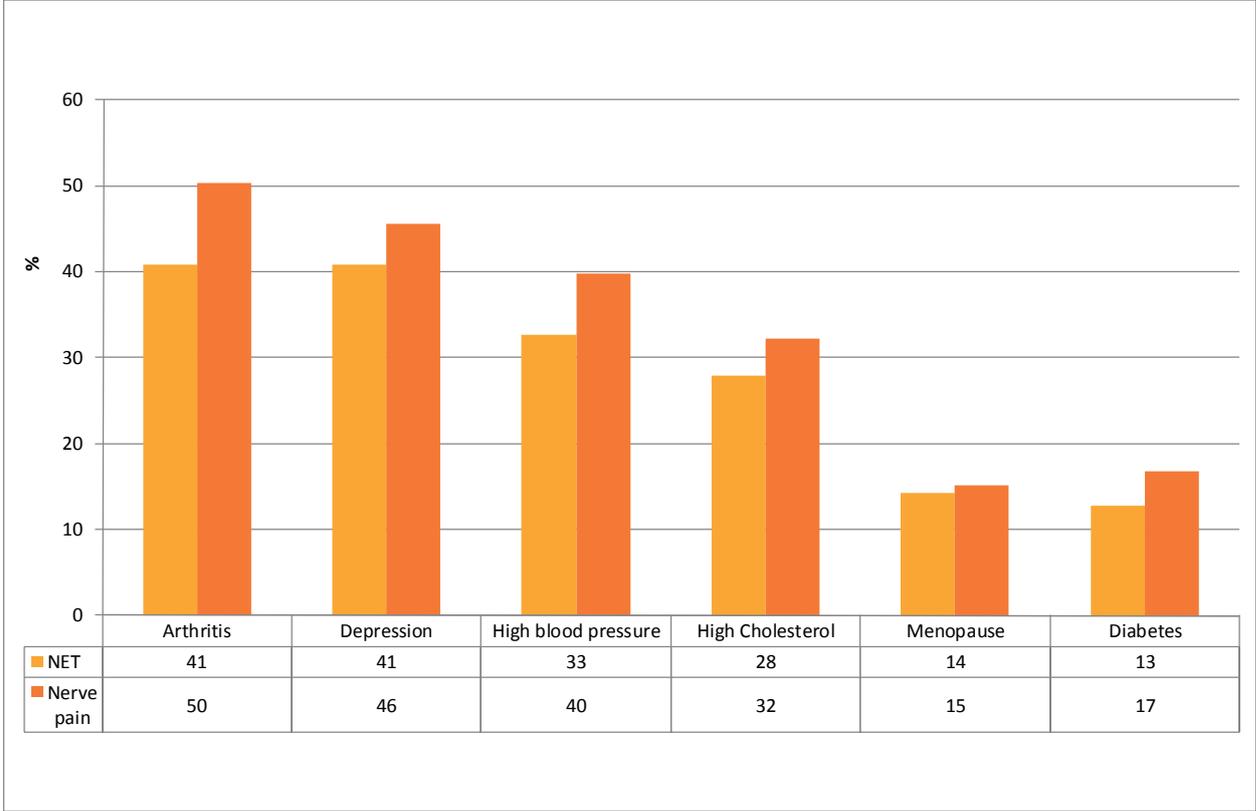


Chronic pain is experienced throughout the age range of 30 to 65 years with the age group most likely to experience chronic pain being aged 50 to 55 years (33%).

Current experience of pain

Chart 2: S5 Comorbidities

Base: 1,001



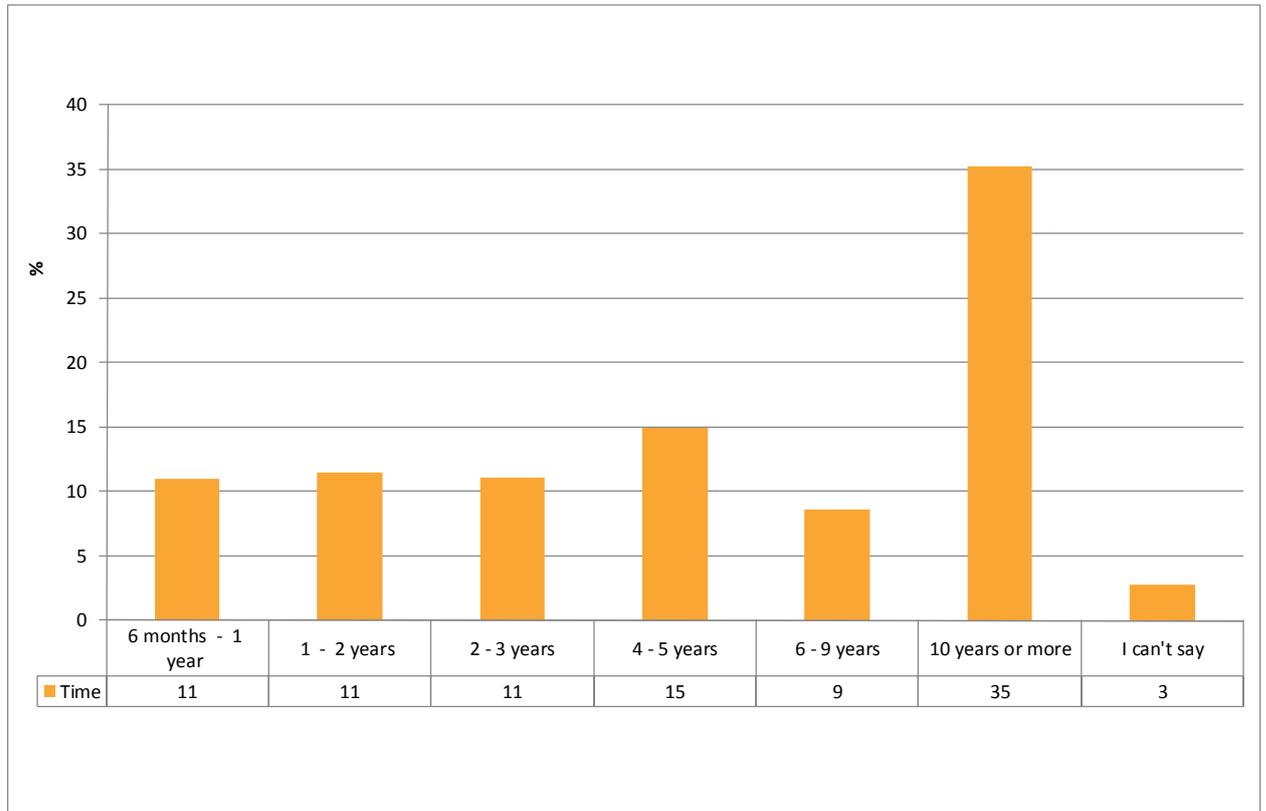
Those experiencing chronic pain also have comorbidities. Included in the survey are arthritis (41%), depression (41%), high blood pressure (33%), high cholesterol (28%) and for women menopause (29%).

Those with nerve pain are more likely to experience arthritis (50%), depression (46%), high blood pressure (40%).

Current experience of pain

Chart 3: S6 Time living with pain

Base: 1,001



Just over one in five (22%) have been experiencing pain for less than three years. More than one-third (35%) have experienced pain for 10 years or more and three percent (3%) cannot recall the length of time.

Those with nerve pain are more likely to have experienced pain for more than 10 years (49%).

In some questions about recall of the first reaction to pain this means that some research participants cannot recall the first steps they took or their initial reaction to pain.

Current experience of pain

Table 2: Q1 Where experiencing pain

Base: 1,001

	Average	Nerve pain	Other pain	Not diagnosed	Not seen HCP
Lower back	63	75	64	64	56
Neck	42	48	42	44	24
Shoulder	41	42	42	42	21
Leg	35	45	40	27	9
Spine	25	39	29	18	12
Foot	24	33	26	21	21
Upper back	19	26	19	17	21
Head	16	18	16	18	15
Fingers	14	18	17	9	6
Arm	14	18	15	11	9
Buttock	12	20	13	11	9
Hand	12	17	13	10	9
Toes	10	17	12	7	12
Other	9	9	10	6	9

Those with chronic pain are more likely to experience pain in:

- Lower back (63%)
- Neck (42%)
- Shoulder (41%)
- Leg (35%)

Those with nerve pain are more likely than other groups to experience pain in:

- Lower back (75%)
- Neck (48%)

Current experience of pain

- Leg (45%)
- Spine (39%)
- Foot (33%)
- Upper back (26%)

Current experience of pain

Table 3: Q2 Experience any of these symptoms

Base: 674

	Average	Nerve pain	Other pain	Not diagnosed	Not seen HCP
Pain in the lower back with burning, shooting or tingling spreading down the back of the thigh and leg into the foot	67	80	69	63	41
Occasionally, muscle weakness in the thigh and leg	40	49	42	42	27
A feeling of numbness in the skin of the thigh, leg or foot	39	57	43	27	27
Other	17	16	19	14	18
None of these	11	3	9	13	27

Base: those with back pain

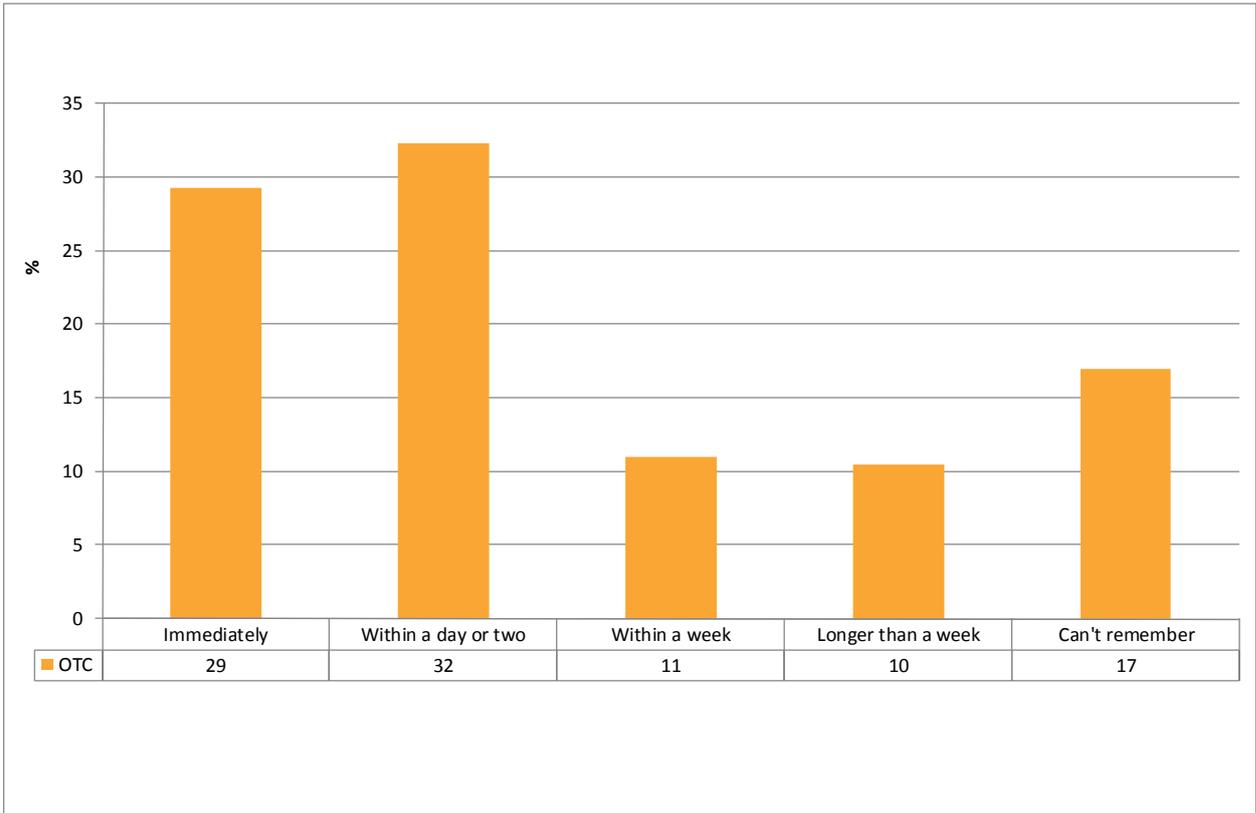
Over two-thirds (67%) of those with chronic pain experience ‘pain in the lower back with burning, shooting or tingling spreading down the back of the thigh and leg into the foot’. This is more frequent for those with nerve pain (80%).

Those with nerve pain area also more likely to experience ‘a feeling of numbness in the skin of the thigh, leg or foot’ (57%) and ‘occasionally, muscle weakness in the thigh and leg’ (49%).

4 Treatment

Chart 4: Q3 Time for OTC treatment

Base: 1,001



The first treatment is with ‘over the counter’ (OTC) medication. Almost one-third (29%) used OTC immediately and a similar number (32%) used OCT ‘within a day or two’.

Those with nerve pain are slightly more likely to use OTC ‘immediately’ (38%).

Table 4: Q4 First reaction to pain

Base: 1,001

	Average	Nerve pain	Other pain	Not diagnosed	Not seen HCP
A medical problem that you needed to see someone about	29	41	37	13	6
Something that would 'clear up' without any assistance	28	20	24	39	35
A minor physical problem that could be fixed by exercise or physiotherapy	25	23	22	30	21
I didn't know what it was	11	8	10	14	3
I don't recall	4	3	3	3	24
Result of a previous illness or injury	3	4	3	2	6
A minor problem that would continue	1	0	1	0	6
Other	0	0	0	0	0

While twenty-nine percent (29%) immediately recognised their pain as a medical issue, a similar number thought it was something that would simply 'clear up' (28%) and one quarter (25%) identified it as a 'minor medical problem' that could be fixed with exercise.

Those with nerve pain were more likely to identify it as a medical problem (41%) and less likely to see it as something that would 'clear up' (20%).

Table 5: HCPs ever seen

Base: 1,001

	Average	Nerve pain	Other pain	Not diagnosed	Not seen HCP
General Practitioner (GP)	81	90	88	76	0
Physiotherapist	51	66	59	39	0
Pharmacist / chemist	35	47	38	31	0
Massage therapist	33	40	34	32	0
Chiropractor	31	37	32	35	0
Orthopaedic surgeon	23	41	31	8	0
Specialist physician	18	29	23	8	0
Pain specialist / pain clinic	18	32	22	10	0
Alternative therapist	12	16	13	10	0
Neurologist	12	23	14	5	0
Neurosurgeon	11	25	14	4	0
Osteopath	11	16	12	9	0
Rheumatologist	9	14	11	6	0
Nurse	6	11	7	5	0
Other	3	4	4	3	0
None of these	3	0	0	0	100

Ninety-seven percent (97%) have seen an HCP that is included in the list above. Of those who have seen an HCP they have on average seen 3.54 health consultants.

General practitioners (GPs) are the most likely to be consulted (81%), though this means that just under one in five (19%) have not seen a GP. For those with nerve pain ninety percent (90%) have consulted a GP and ten percent (10%) have not consulted a GP.

Those who have not had their pain diagnosed are less likely to consult a GP (75%) or any other type of HCP.

Just over half (51%) have consulted a physiotherapist and two-thirds (66%) of those with nerve pain have consulted a physiotherapist.

Table 6: Q5 Order of HCP consultation

Base: 976

	First seen	Second seen	Third seen
General Practitioner (GP)	65	18	8
Pharmacist / chemist	9	7	3
Physiotherapist	7	21	13
Chiropractor	7	7	8
Massage therapist	4	7	6
Specialist physician	2	5	3
Orthopaedic surgeon	1	6	8
Osteopath	1	2	2
Pain specialist / pain clinic	1	3	5
Nurse	1	1	1
Neurosurgeon	1	2	4
Alternative therapist	1	2	2
Rheumatologist	1	2	4
Neurologist	0	3	2
Other	1	1	1
No others seen	1	13	29

Base: those who have seen an HCP

Over one-third (35%) do not consult a GP as the first HCP. For almost one-in-ten (9%) the pharmacist was the first HCP consulted. A further one-in-ten (10%) consult a chiropractor or massage therapist.

GPs are the first HCP consulted by just under two-thirds (65%) of those with chronic pain.

GPs are consulted as the second HCP by just under one-in-five (18%) and third consulted by eight percent (8%).

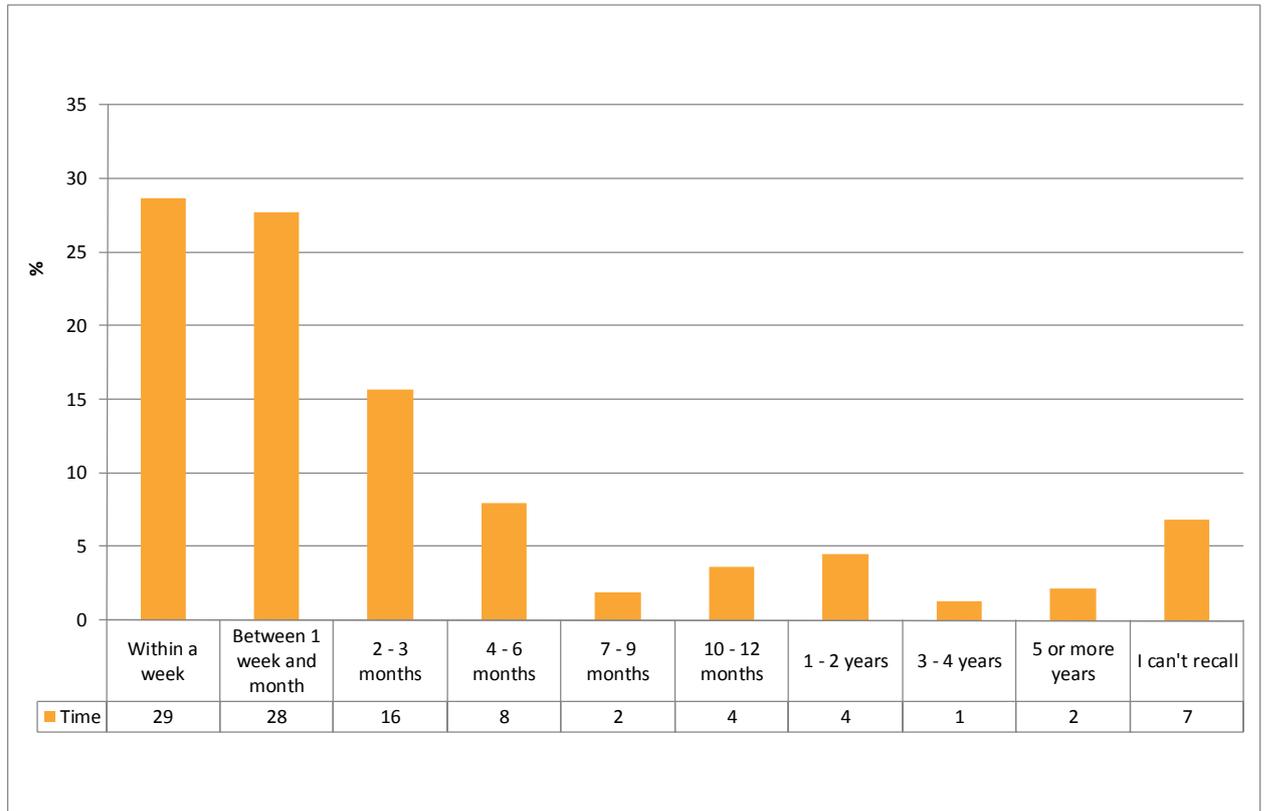
Physiotherapists are the second HCP seen by twenty-one percent (21%) of those with chronic pain.

Those with nerve pain are slightly more likely (71%) to consult a GP as the first person. They are then referred to a range of HCPs as the second person including:

- Neurologist (6%)
- Neurosurgeon (5%)
- Rheumatologist (4%)

Chart 5: Q7 Time taken to see a GP

Base: 909



Base: those who have consulted a GP

Over one-third (37%) took longer than one month to see a GP for their chronic pain. Thirteen percent (13%) took longer than 6 months.

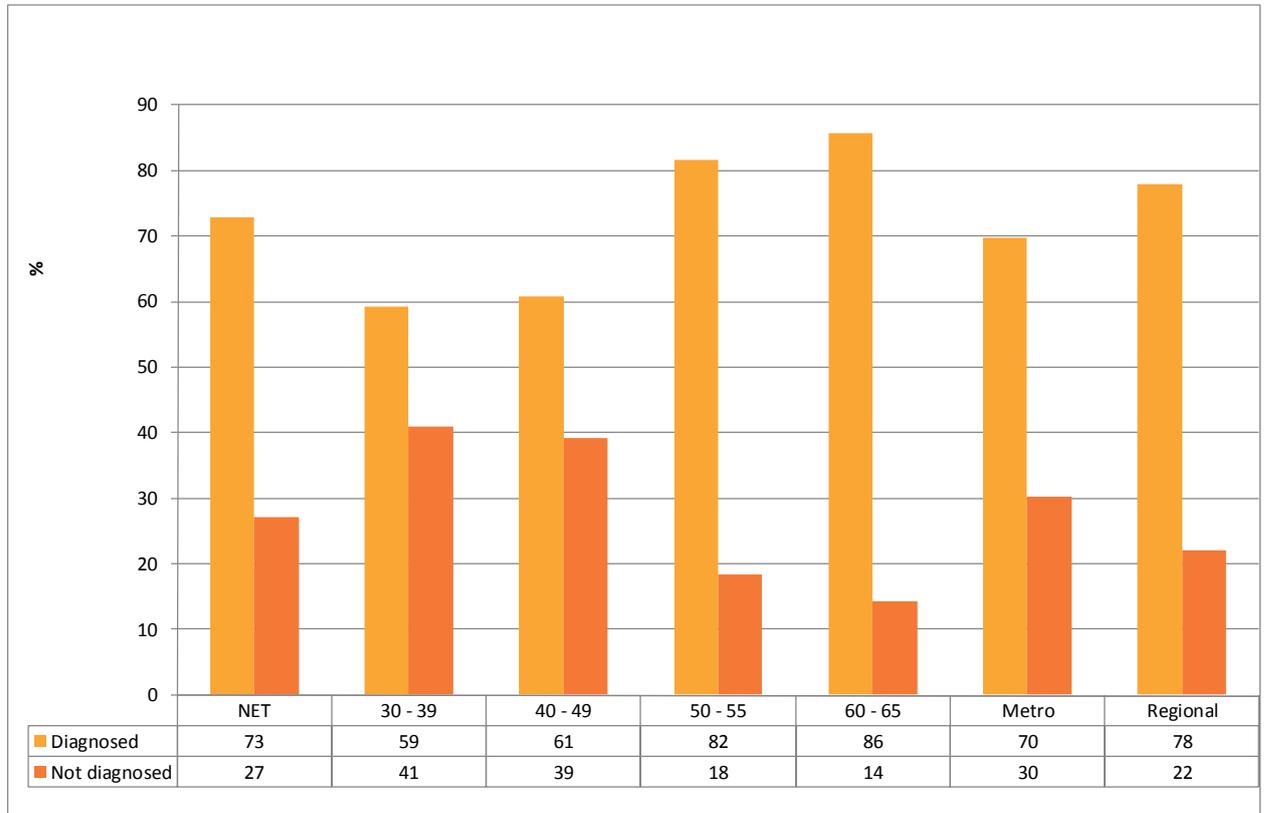
When a GP was consulted twenty-nine percent (29%) visited within a week and a further twenty-eight percent (28%) between one week and a month.

The median length of time to consult a GP is 19 days.

Those with nerve pain are more likely to see a GP within a week (42%).

Chart 6: Q9 Received a diagnosis

Base: 967



Base: those who have seen an HCP

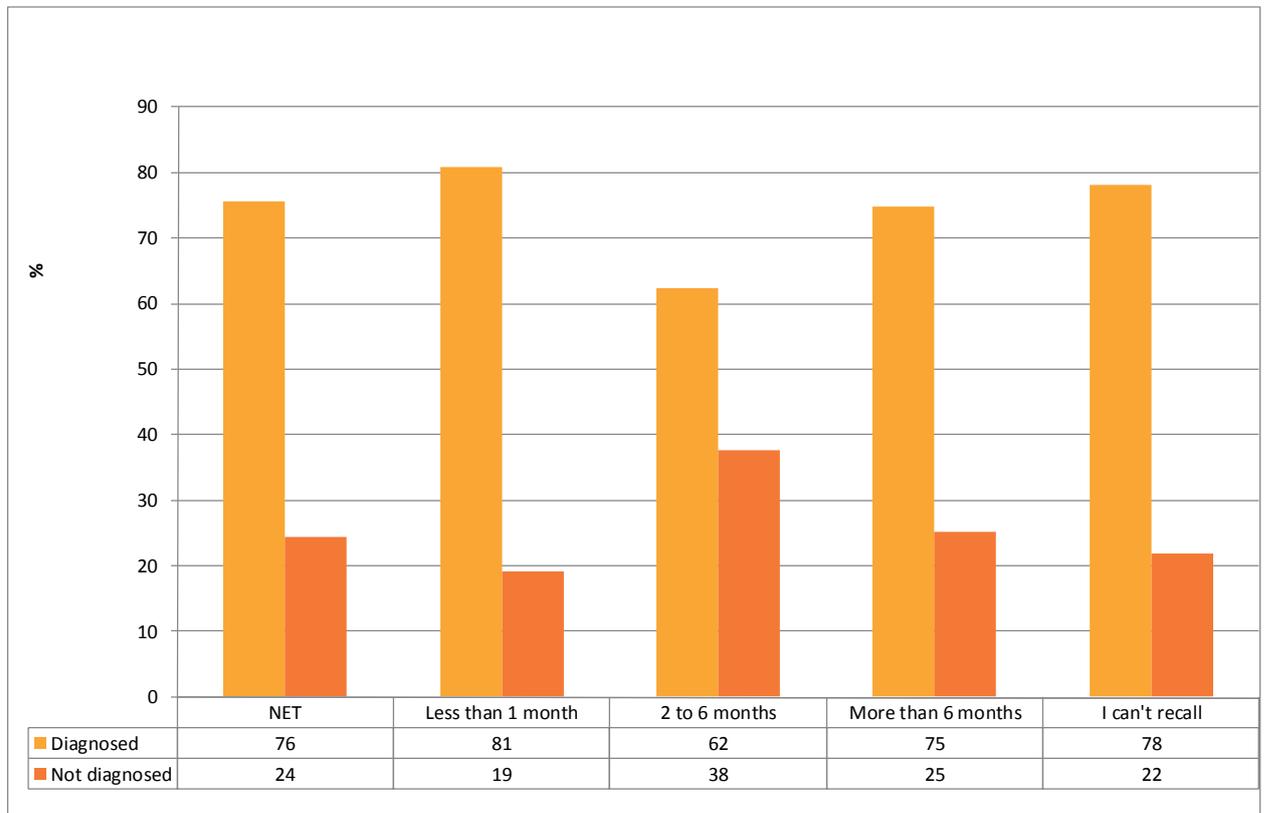
Almost three-quarters (73%) of those with chronic pain have received a diagnosis.

Diagnosed chronic pain increases with age. Fifty-nine percent (59%) of those aged 30 to 39 years have received a diagnosis while eighty-six percent (86%) of those aged 60 to 65 years have received a diagnosis.

Seventy-eight percent (78%) of those living in regional areas have received a diagnosis while seventy percent (70%) of those living in metropolitan areas have received a diagnosis.

Chart 8: Q9 Received a diagnosis by (Q7) time to see a GP

Base: 809

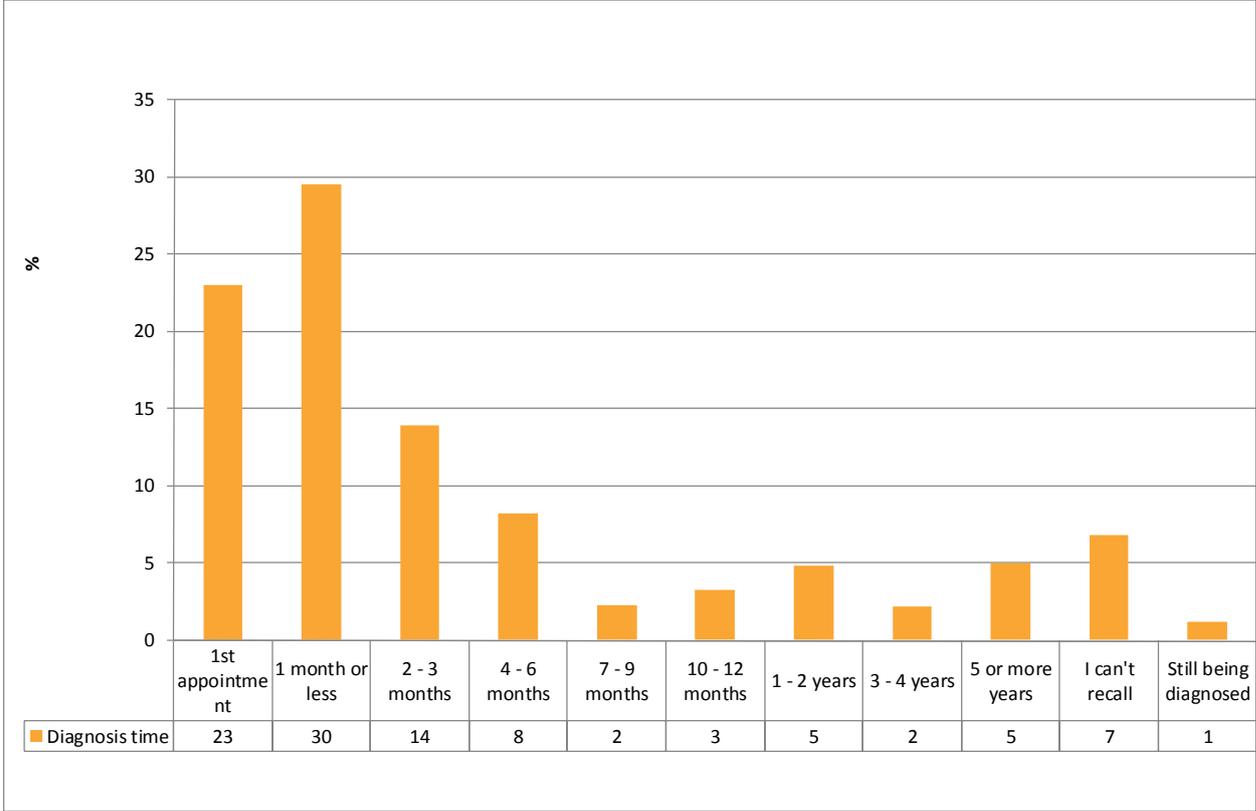


Base: Seen a GP

Those who have seen a GP within one month of the onset of pain are more likely to be diagnosed (81%) than those who have seen a GP after this time. Only sixty-two percent (62%) of those who have seen a GP between two and six months have received a diagnosis.

Chart 9: Q10 Time taken for diagnosis

Base: 705



Base: those who have been diagnosed

Just over one-in-five (23%) were diagnosed at their first appointment while a further thirty percent (30%) were diagnosed within one month. Fourteen percent (14%) were diagnosed within one year and seven percent (7%) in 1 to 5 years.

Table 7: Q11 Specific type of diagnosed pain

Base: 705

	Average	Nerve pain	Other pain
Inflammatory pain	49	53	52
Arthritic pain	42	43	44
Joint pain	40	43	43
Nerve pain / Neuropathic pain	41	100	38
Chronic pain	36	48	38
Persistent pain	24	31	26
Headaches	15	19	16
Migraines	13	16	14
Other	10	3	11

Base: those diagnosed

For all those with chronic pain, the most common form of pain is ‘inflammatory pain’ (49%), followed by ‘arthritic pain’ (42%), ‘joint pain’ (40%), ‘nerve pain’ (39%) and ‘chronic pain’ (36%).

Those diagnosed with nerve pain are made up of forty-one percent (41%) with diagnosed ‘nerve pain’ and or neuropathic pain.

For those with nerve pain there is comorbidity with other types of pain:

- Chronic pain (48%)
- Persistent pain (31%)
- Headaches (19%)

Table 8: Q12 Who made the diagnosis

Base: 705

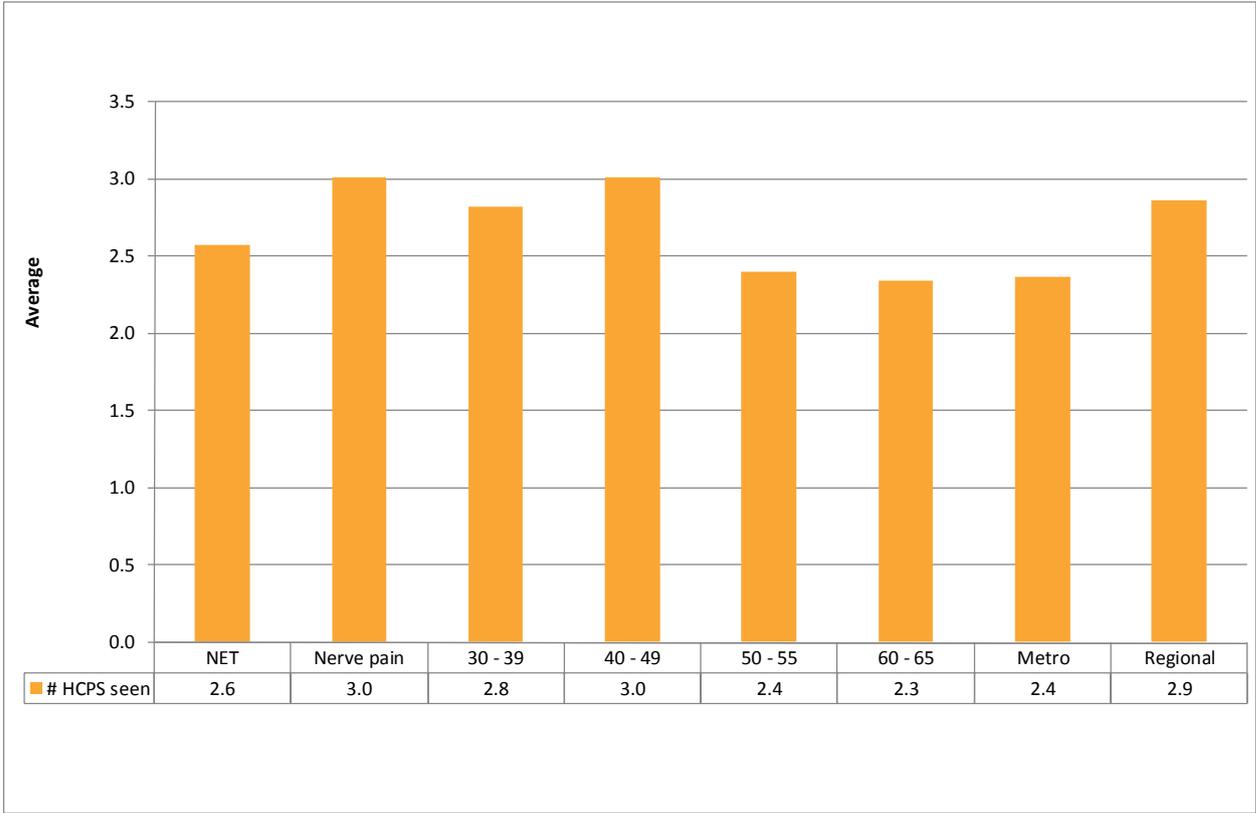
	%
General Practitioner (GP)	61
Medical specialist	22
Orthopaedic surgeon	21
Physiotherapist	16
Pain specialist / pain clinic	12
Neurosurgeon	11
Chiropractor	9
Rheumatologist	8
Osteopath	4
Massage therapist	3
Alternative therapist	3
Radiologist	2
Neurologist	1
Pharmacist / chemist	1
Nurse	1

Base: those with diagnosed pain

A wide range of HCPs diagnosed respondents pain. The most common are GPs (61%), followed by medical specialists (22%), orthopaedic surgeon (21%), physiotherapist (16%).

Chart 10: Q13 Average number of HCPs seen

Base: 705



Base: those with diagnosed pain

On average people saw 2.6 HCPs for diagnosis. This is higher for nerve pain with an average of 3 HCPs seen.

Those 40 to 49 years see an average of 3 HCPs for diagnosis and those in regional areas 2.9 HCPs.

Sixty-three percent (63%) of those with chronic pain had a specific moment that made them seek treatment (Q14). Seventy-five percent (75%) of those with nerve pain had a specific moment that made them seek treatment.

Table 9: Q15 What was the moment that made you seek treatment **Base: 614**

	%
I realised the pain wasn't going away	59
I was unable to carry out a task or activity (Anything from a simple household task to sports)	51
I became distressed by the pain	39
I had difficulty sleeping e.g. broken sleep, waking at night	36
My partner insisted I seek assistance	10
My family and friends insisted I seek assistance	8
I was already seeing a healthcare professional	8
Accident	5
Acute pain	1
Emergency (lost consciousness / paralysed etc.)	1
Couldn't stand	1
Other	1

Base: those who had a specific moment that made them seek treatment

For fifty-nine percent (59%) of those with chronic pain the motivation for treatment was the realisation that their pain was not going away. Just over half (51%) found they could not carry out a common task or activity, while thirty-nine percent (39%) became distressed by the pain and thirty-six percent (36%) had sleeping difficulties.

Table 10: Q15 What was the moment that made you seek treatment

Base: 614

	Average	Nerve pain	Other pain	Not diagnosed
I realised the pain wasn't going away	59	64	58	61
I was unable to carry out a task or activity (Anything from a simple household task to sports)	51	60	52	48
I became distressed by the pain	39	50	38	35
I had difficulty sleeping e.g. broken sleep, waking at night	36	44	37	34
My partner insisted I seek assistance	10	11	9	12
My family and friends insisted I seek assistance	8	8	7	9
I was already seeing a healthcare professional	8	11	9	5
Accident	5	6	5	2
Acute pain	1	1	2	1
Emergency (lost consciousness / paralysed etc)	1	1	2	0
Couldn't stand	1	1	1	1
Other	1	1	1	0

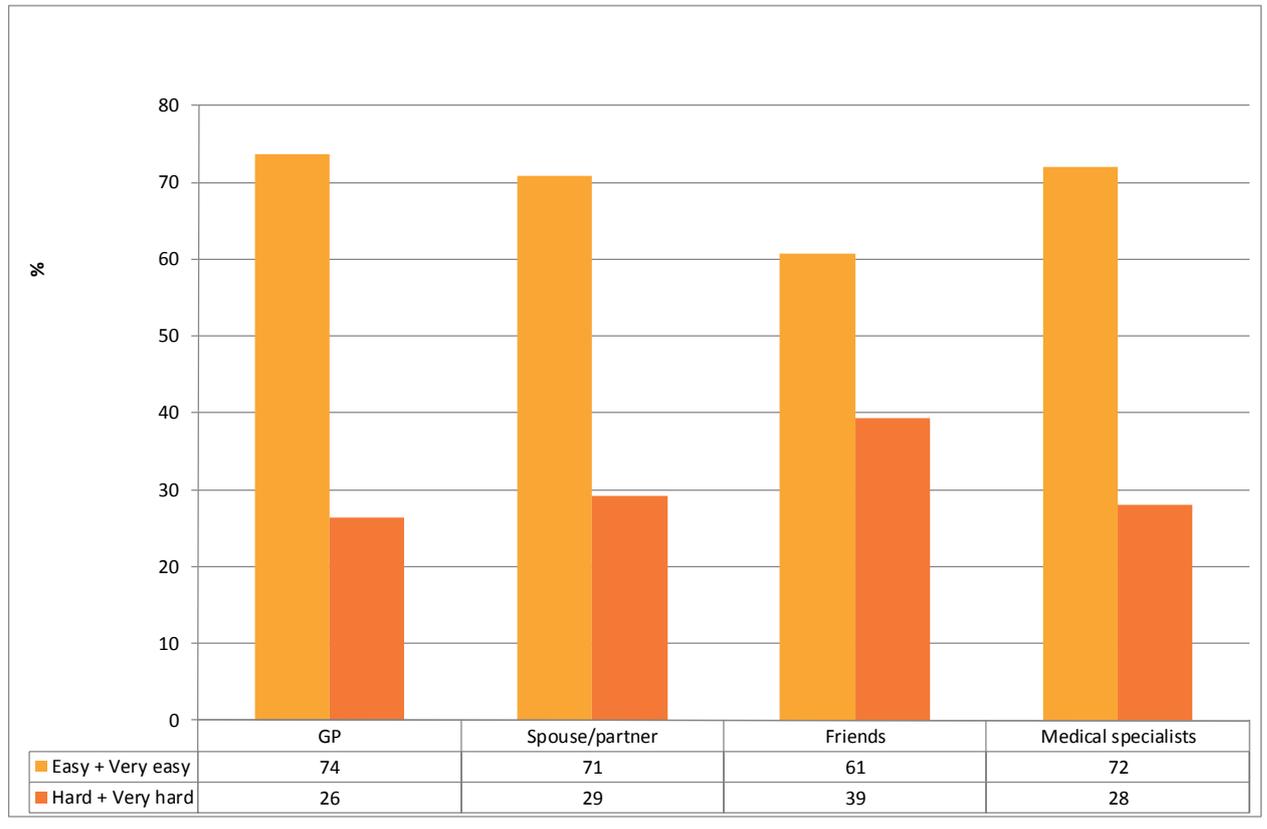
Base: those with a specific moment that made them seek treatment

Almost half (44%) of respondents with nerve pain experienced sleep issues that made them seek treatment.

5 The language of pain

Chart 11: Q16 Ease of describing pain to others

Base: 949



Base: not including 'NA' and 'don't know'

Many find it either 'very hard' or 'hard' to describe pain (combined to 'hard'). Describing pain is 'hard' for over one-quarter (26%) to a GP, twenty-nine percent (29%) to a spouse or partner, twenty-eight percent (28%) to a medical specialist and thirty-nine percent (39%) to friends.

The language of pain

Table 11: Q17 Barriers to describing chronic pain

Base: 1,001

	%
I don't know how to explain the pain	18
It feels different to muscle pain or joint discomfort	17
It's not ordinary pain	15
It's not constant and painful, it just feels different	10
Other	5
I have no problem describing pain	34

While just over one-third (34%) have no barriers to describing pain, there are issues for sixty-six percent (66%).

Just under one-in-five (18%) cannot explain the pain, a similar number (17%) state that it feels different to regular pain, fifteen percent (15%) that it is not 'ordinary pain'.

There is no difference between nerve pain and other types of pain.

The language of pain

Table 12: Q18 Phrases to describe pain

Base: 1,001

	Average	Nerve pain	Other pain	Not diagnosed	Not seen HCP
Dull ache	58	48	56	64	68
Stabbing	48	64	54	38	32
Throbbing	47	54	52	39	29
Burning	34	55	40	24	12
Pins and needles	33	56	36	28	24
Numbing	29	49	31	24	9
Tingling	25	46	28	20	21
Electric shocks	20	37	22	15	12
Crawling	8	15	10	6	3
Freezing	7	9	7	8	3
None of these	3	2	2	3	12

The most common phrases to describe pain are:

- Dull ache (58%)
- Stabbing (48%)
- Throbbing (47%)
- Burning (34%)
- Pins and needles (33%)

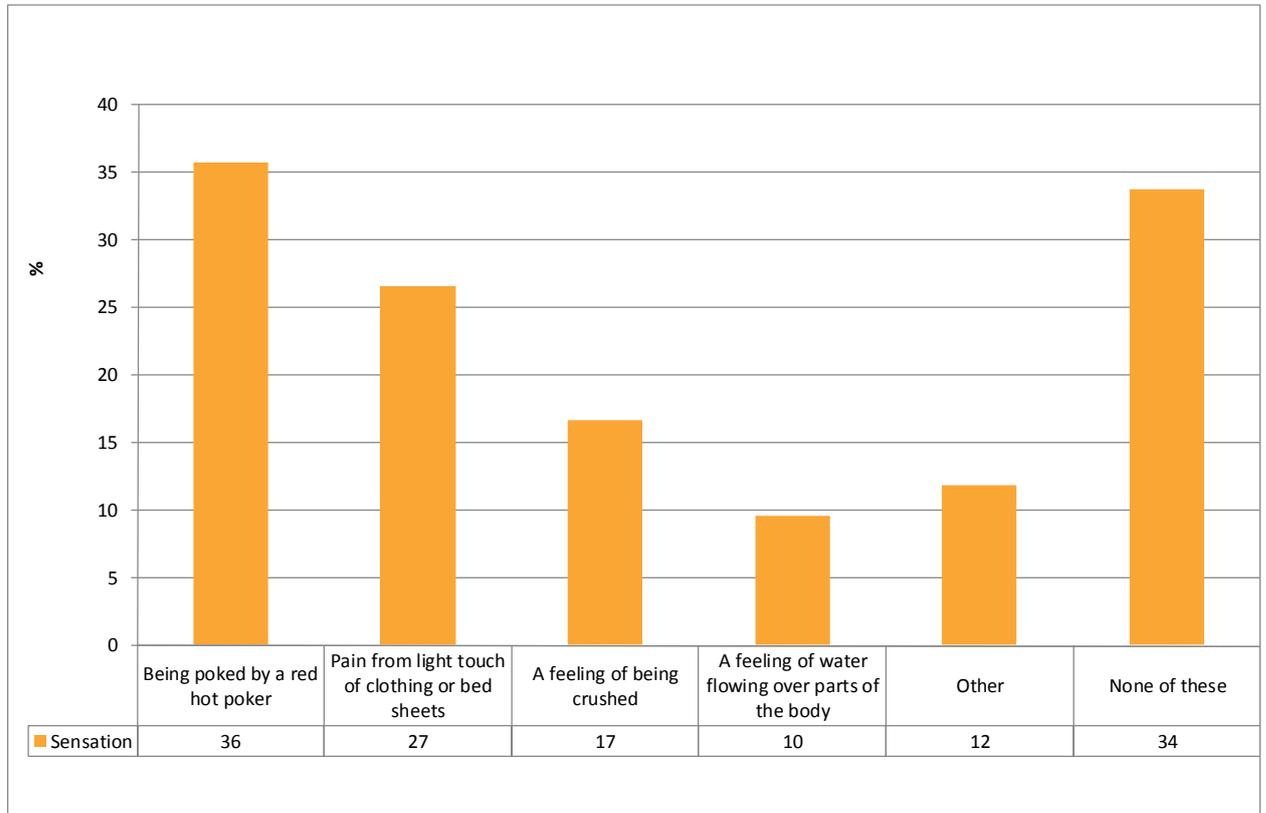
Nerve pain has a much wider range of symptoms and is significantly higher in:

- Stabbing (64%)
- Throbbing (54%)
- Burning (55%)
- Pins and needles (56%)
- Numbing (46%)
- Electric shocks (37%)

The language of pain

Chart 12: Q19 Experience of sensations

Base: 1,001



Over one-third (36%) have experienced feeling like being ‘poked with a red hot poker’, over one-quarter (27%) experienced ‘pain from light touch of clothing or bed sheets’, seventeen percent (17%) experienced feeling like ‘being crushed’ and ten percent (10%) like ‘water is flowing over parts of the body’.

The language of pain

Table 13: Q19 Sensation by type of pain

Base: 1,001

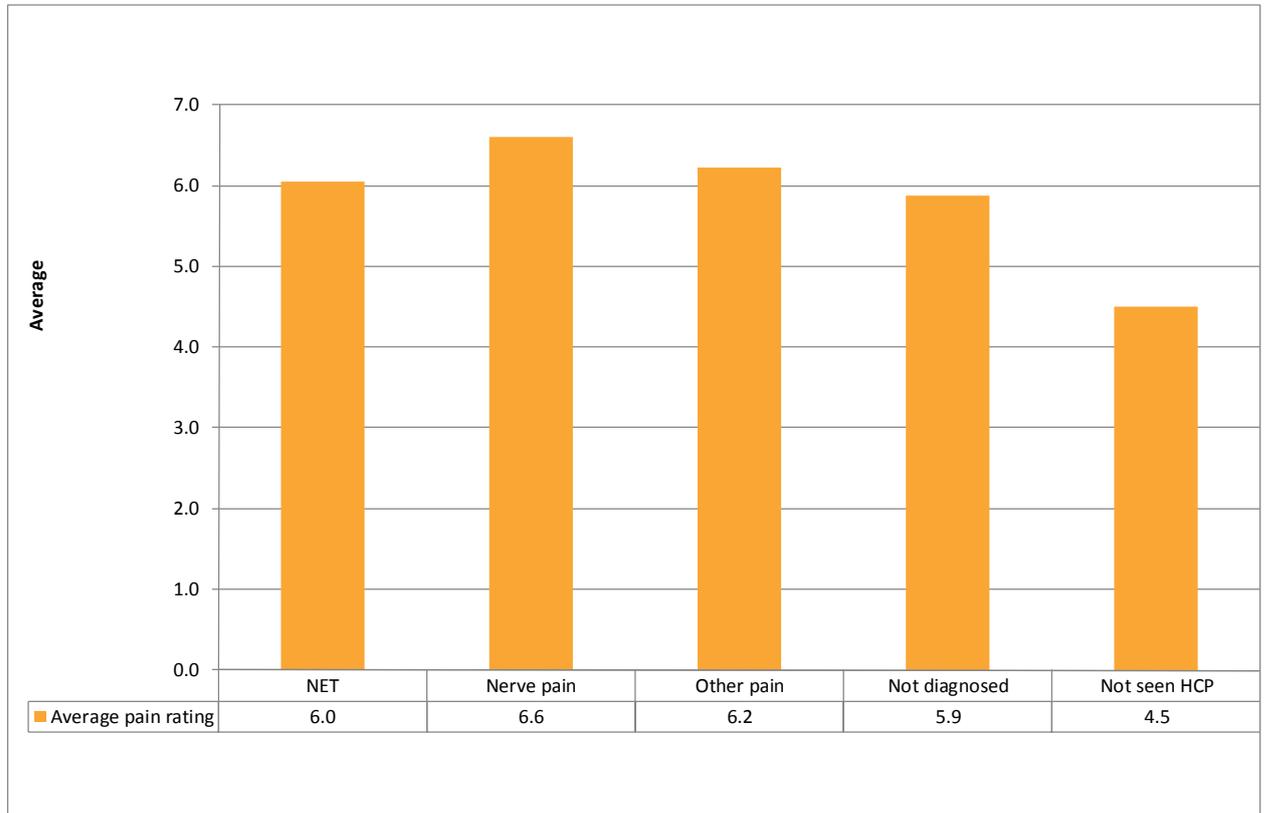
	Average	Nerve pain	Other pain	Not diagnosed	Not seen HCP
Being poked by a red hot poker	36	56	40	26	18
Pain from light touch of clothing or bed sheets	27	38	30	21	6
A feeling of being crushed	17	20	18	16	6
A feeling of water flowing over parts of the body	10	14	10	9	3
Other	12	16	13	8	9
None of these	34	16	30	39	65

Over half of those with nerve pain (56%) feel like they are being poked ‘with a red hot poker’. They are also above average for the sensation of ‘pain from light touch of clothing or bed sheets’ (38%).

The language of pain

Chart 13: Q20 Rating of pain (average)

Base: 1,001



Research participants were asked to rate their pain in the last week on a 0 to 10 scale where 0=no pain at all and 10=the worst you have experienced.

Those with nerve pain have the highest average 6.6, other types of pain 6.2, those not diagnosed 5.9 and those who have not seen an HCP 4.5.

The lower rating of pain for those who have not seen a HCP is explained by this rating, the pain is not strong enough to prompt them to seek treatment.

The language of pain

Table 14: Q20 Rating of pain category

Base: 1,001

Pain rating	Average	Nerve pain	Other pain	Not diagnosed	Not seen HCP
0.0	1	0	1	0	6
1.0	1	1	1	2	0
2.0	4	3	3	5	18
3.0	7	4	6	8	3
4.0	8	8	8	6	18
5.0	17	14	16	19	29
6.0	16	13	14	24	9
7.0	19	20	21	15	12
8.0	17	23	19	13	3
9.0	6	8	6	5	0
10.0	4	7	5	3	3

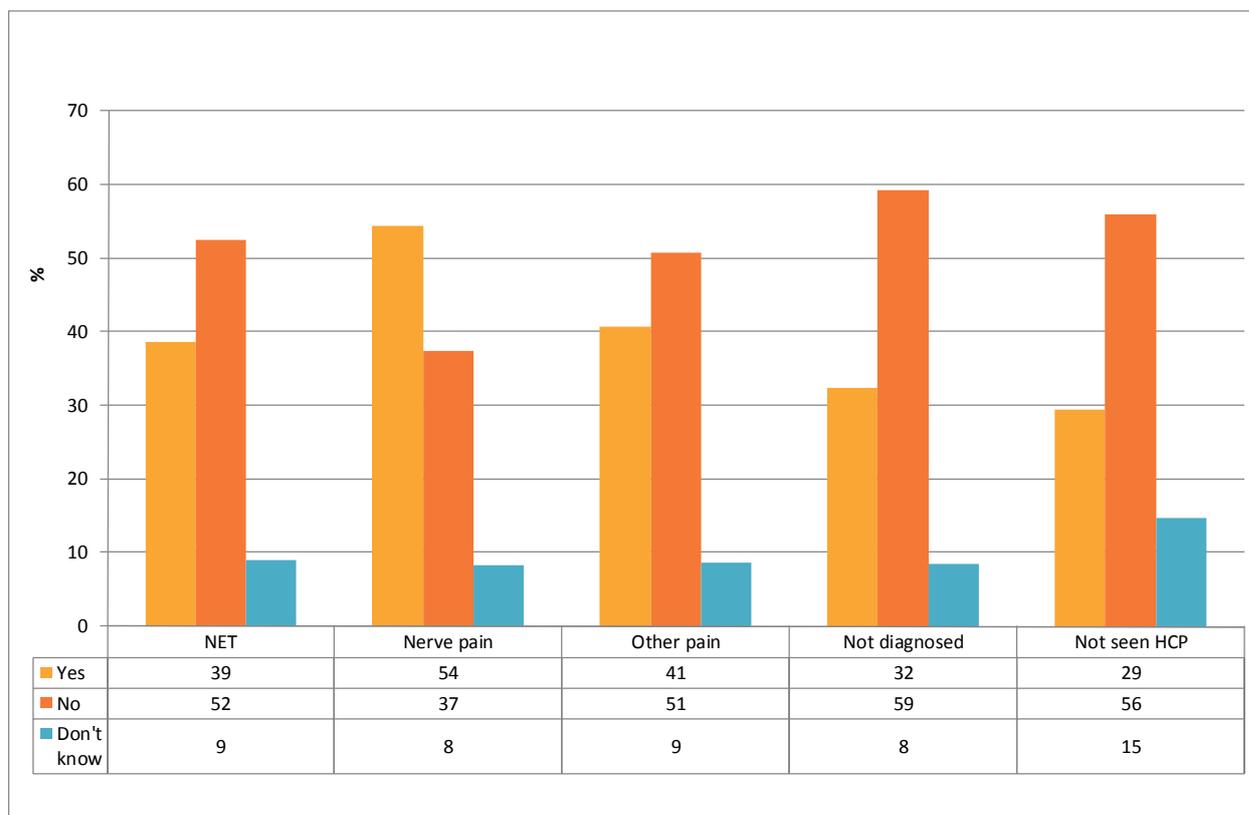
While the average pain rating shows some difference, further analysis shows that those with nerve pain are more likely to rate their pain as an 8 (23%), 9 (8%) or 10 (7%).

Never pain is worse than other types of pain in severity.

The language of pain

Chart 14: Q21 Association of ‘pins and needles’ with pain

Base: 1,001



An issue with the language of pain is whether ‘pins and needles’ are thought of as pain. In earlier questions ‘pins and needles’ has been a promoted response so the findings show the experience of this type of pain. However, when potentially seeking treatment it is important that those with pain understand that ‘pins and needles’ is pain.

The sensation is commonly associated with nerve pain and is well documented in online support information.

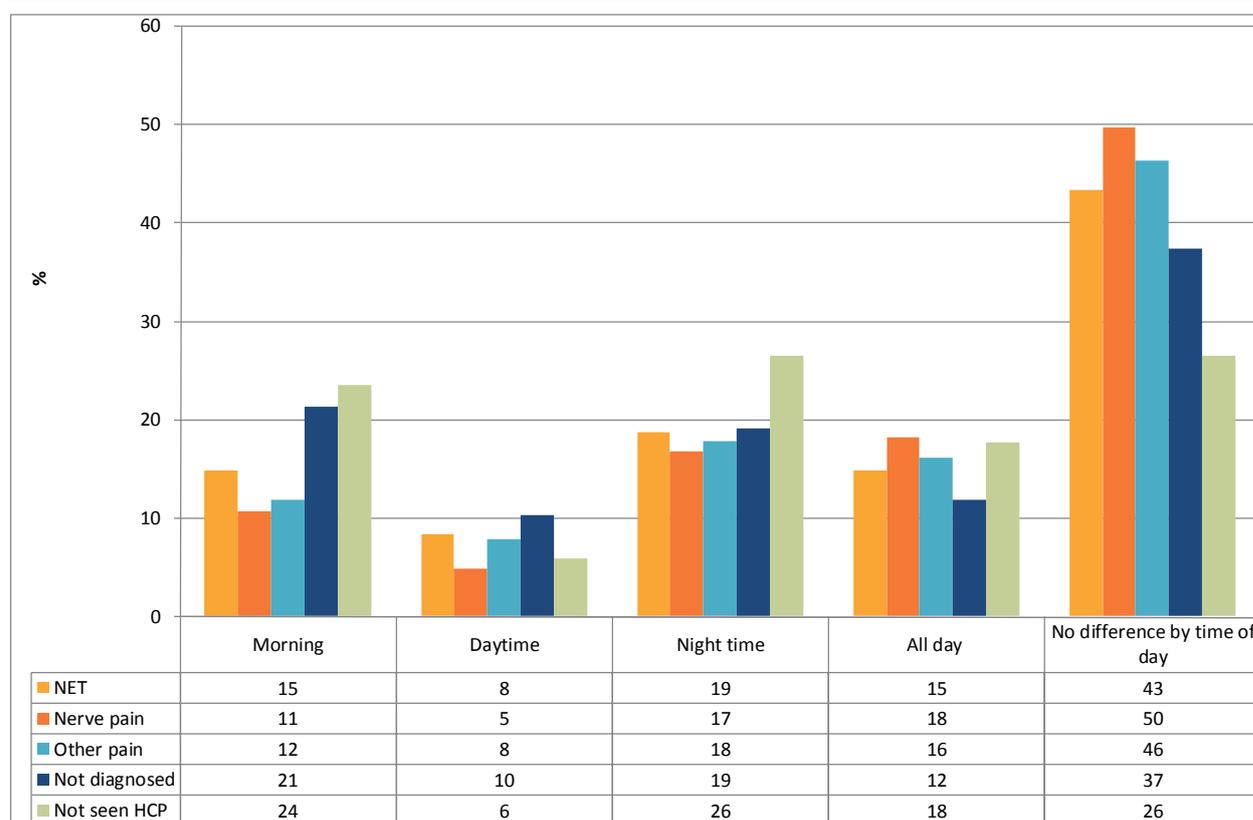
Just under two-in-five people (39%) of people with chronic pain associate ‘pins and needles’ with pain. This is higher for those with nerve pain (54%) but this still means that just under half (45%) are either unsure or do not associate the sensation with pain.

Pain and sleep issues

6 Pain and sleep issues

Chart 15: Q21 Pain and time of day

Base: 1,001



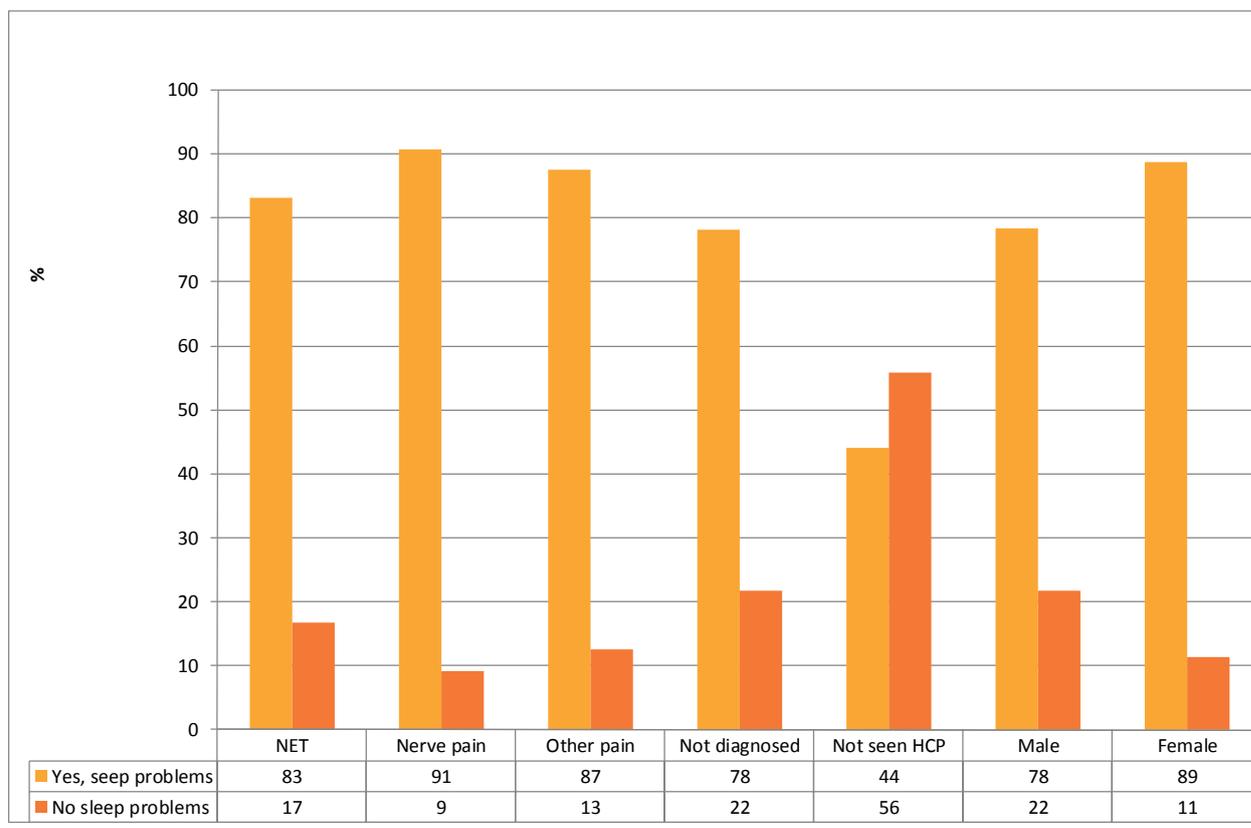
Just over two-in-five (43%) find that their pain has no association with time of day. This is higher for those with nerve pain where half (50%) have pain that can be at any time of day.

Pain is experienced in the evening for around one-in-five (19%).

Pain and sleep issues

Chart 16: Q23 Experience of sleep problems from pain

Base: 1,001



Earlier in the report the findings show that twenty-two percent (22%) of those who have visited and HCP did so because of sleeping issues.⁶ This figure understates the impact of chronic pain on sleep.

Over four-in-five (83%) of those with chronic pain experience sleep problems from pain.

This is higher for those with nerve pain where ninety-one percent (91%) experience sleep problems.

Even for those who have not sought treatment and have lower levels of overall pain, sleep problems affect almost half (44%).

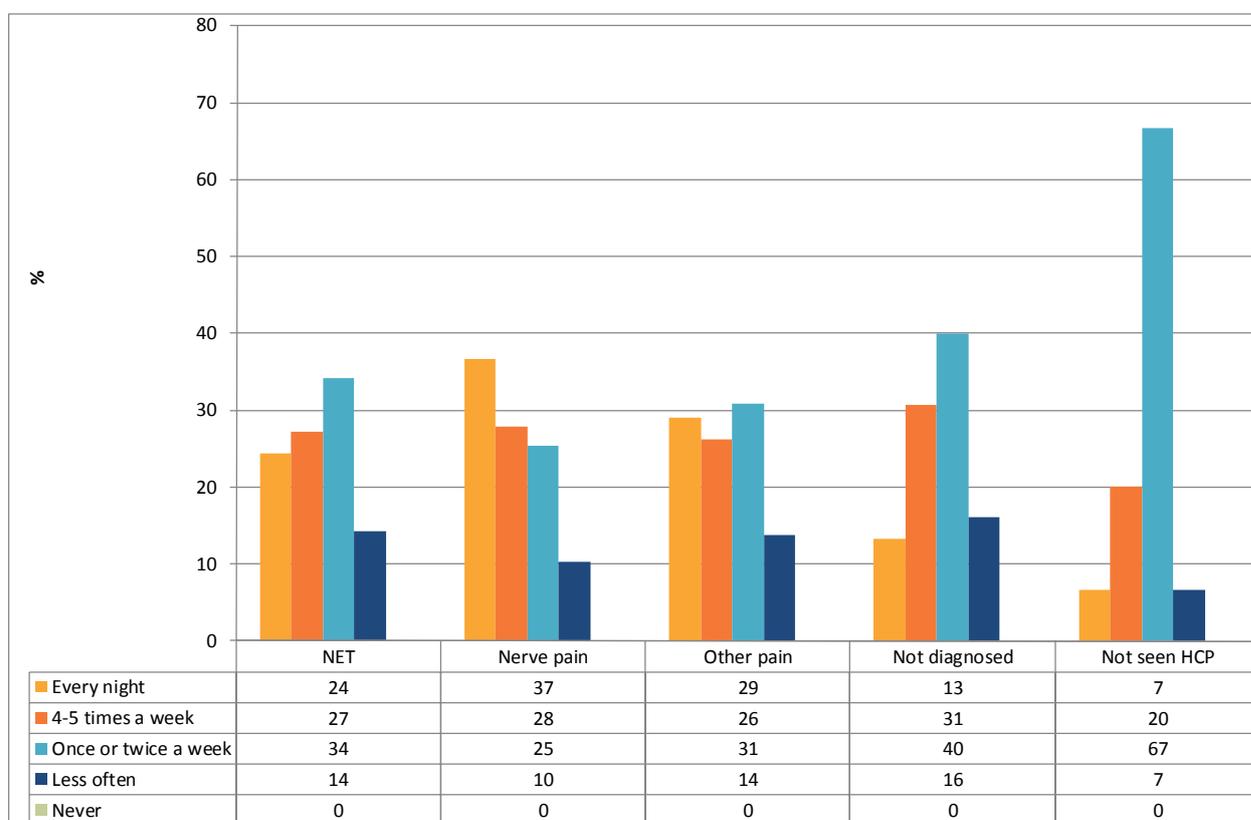
Sleeping problems are higher for women (89%) than men (78%).

⁶ Q14 63% had a 'moment or experience' that make them seek treatment, Q15 of this group 36% had 'difficulty sleeping. This is 22% of all people with chronic pain.

Pain and sleep issues

Chart 17: Q24 Frequency of experiencing sleep problems

Base: 833



Base: those who experience sleep problems

Eighty-six percent (86%) experience sleep problems weekly or more often. This is higher for those with nerve pain where ninety percent (90%) experience sleep problems weekly or more often.

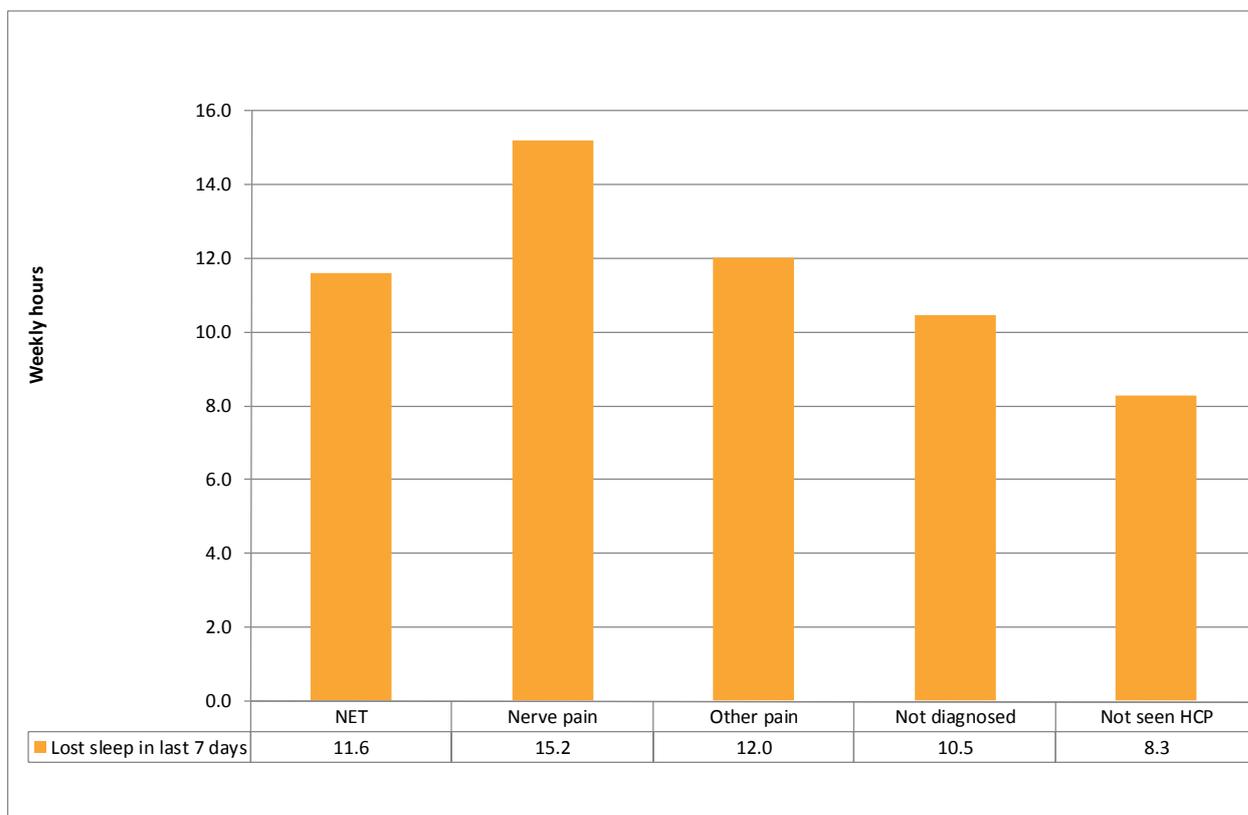
Sleep issues are very common with just under a quarter (24%) of those with chronic pain experiencing sleep problems every night. This increases to thirty-seven percent (37%) of those with nerve pain.

A similar number experience sleep problems four to five times a week; twenty-seven percent (27%) overall and twenty-eight percent (28%) for those with nerve pain.

Pain and sleep issues

Chart 18: Q25 Hours of lost sleep in last 7 days

Base: 833



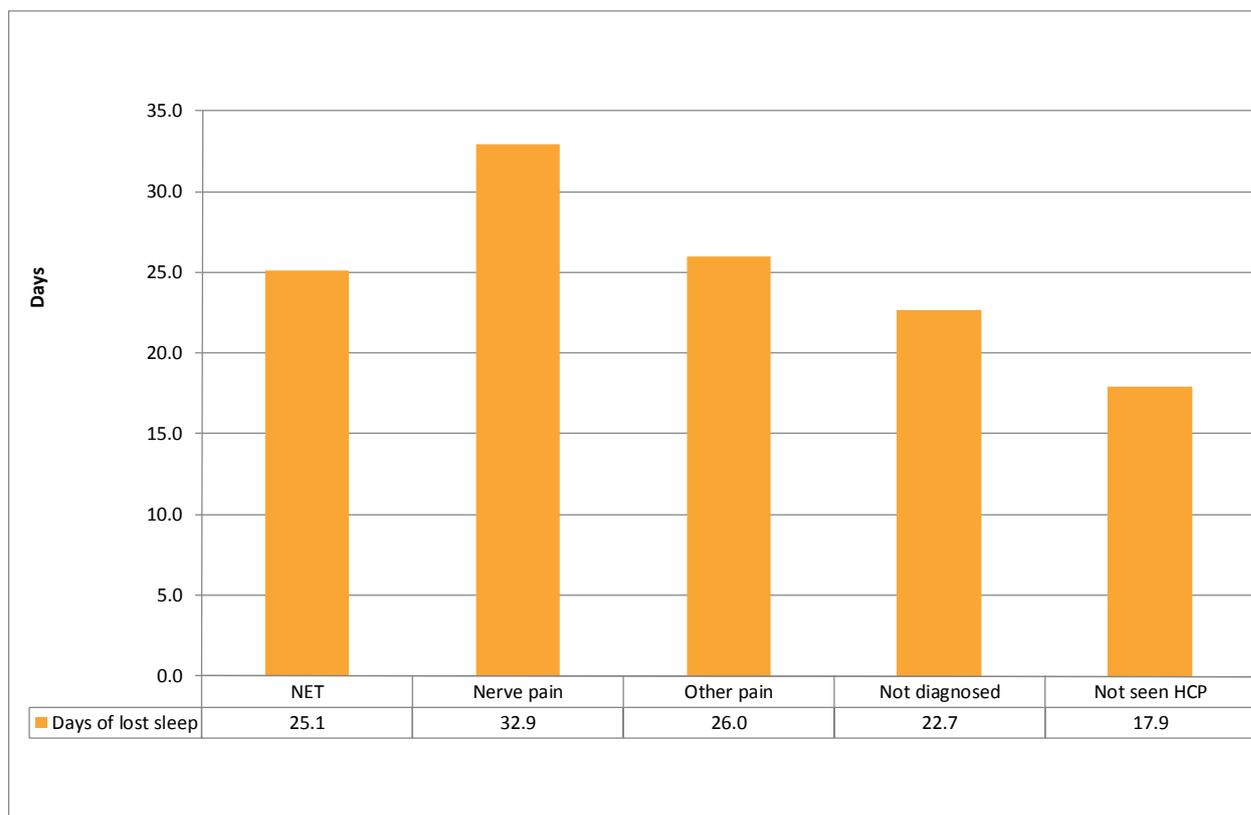
Base: those with sleep problems

Those with chronic pain lose on average 11.6 hours of sleep each week, this increases to 15.2 hours of lost sleep for those with nerve pain.

Pain and sleep issues

Chart 19: Q20 Estimated annual days lost of sleep

Base: 833



Base: those with sleep problems

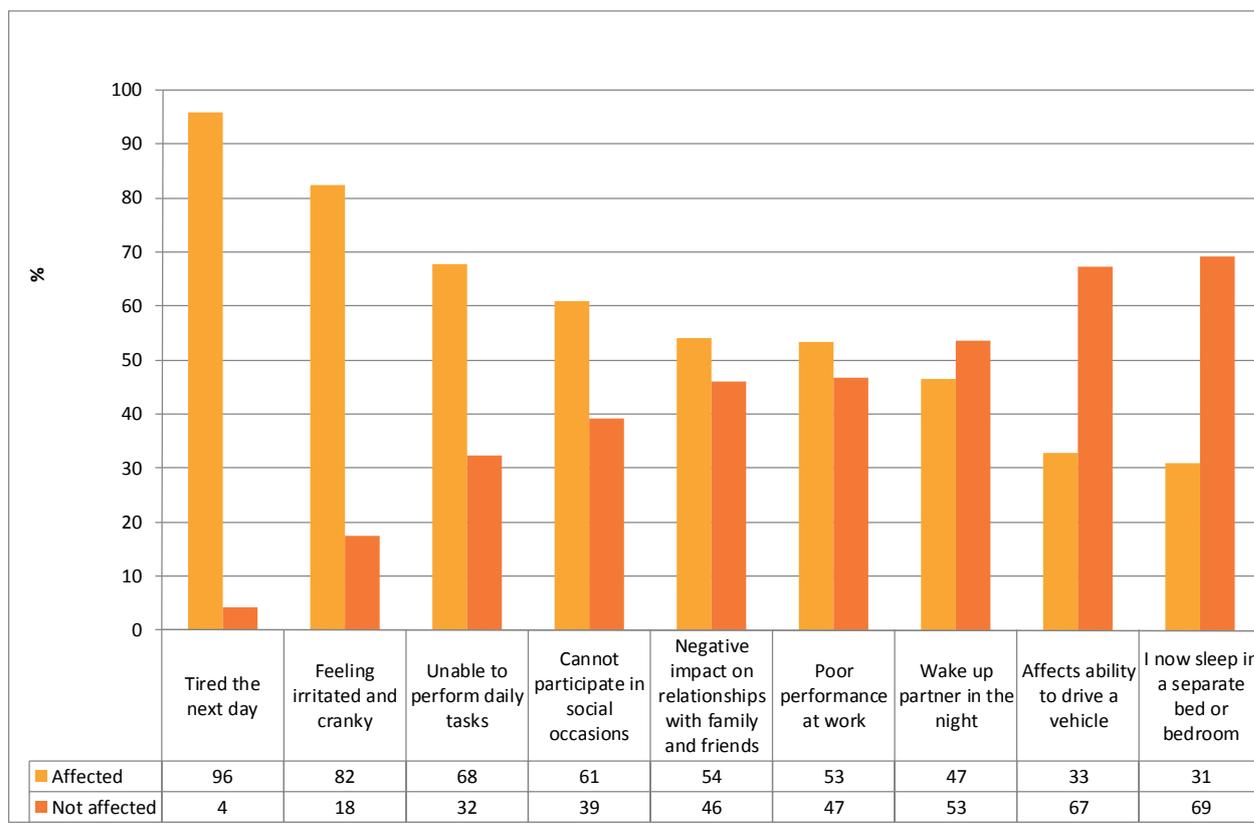
Each year those with chronic pain lose an estimated 25 days of lost sleep. This increases to 33 days for those with nerve pain.

Even those who have not seen an HCP and have lower level pain lose 18 days of sleep.

Pain and sleep issues

Chart 20: Q26 Effect of lost sleep

Base: 833



Base: those with sleep problems

The survey asked the frequency of experiencing a range of issues from lost sleep on a scale of ‘all the time’, ‘sometimes’, ‘rarely’, ‘never’ and ‘not applicable’.

In the above chart ‘not applicable’ has been removed and ‘all the time’ and ‘sometimes’ combined together for ‘affected’. ‘Rarely’ and ‘never’ have been combined for ‘not affected’.

Almost all people (96%) regularly experience being ‘tired the next day’. Other issues are:

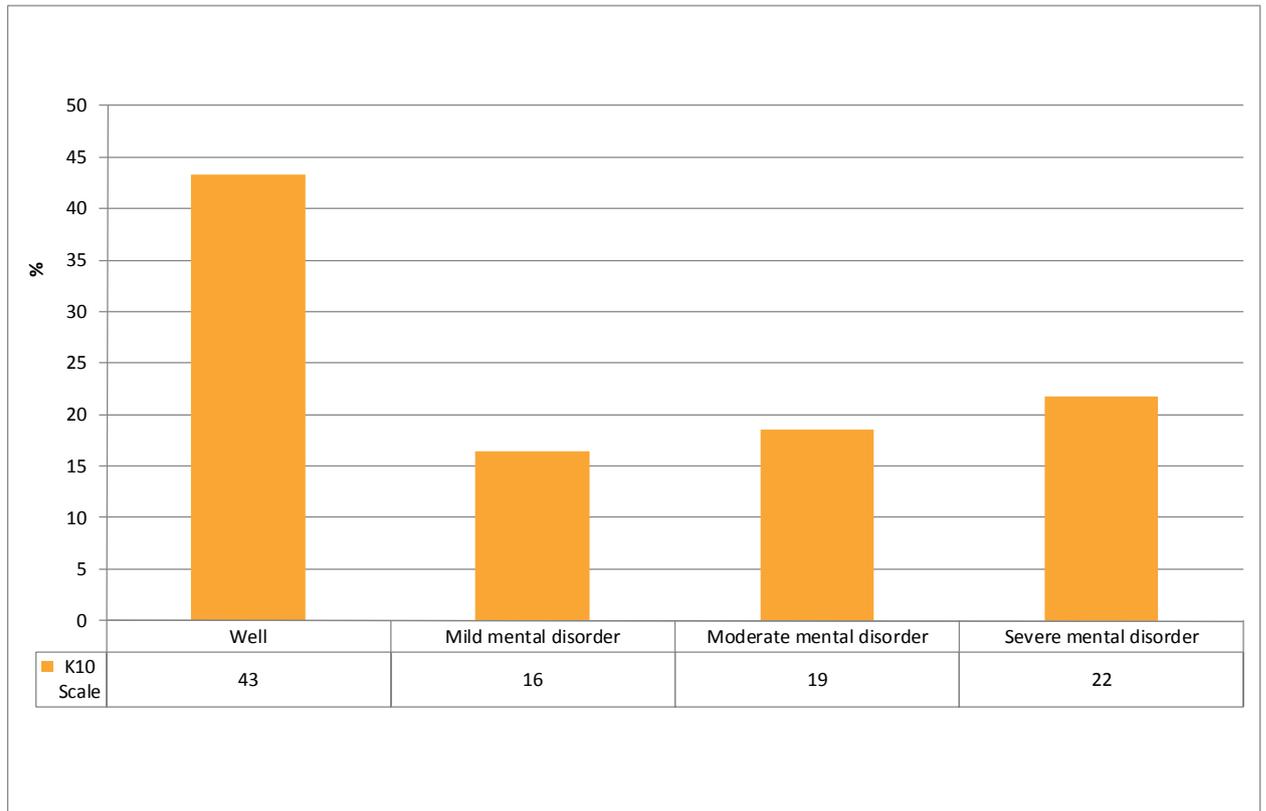
- Feeling tired and cranky (82%)
- Unable to perform daily tasks (68%)
- Cannot participate in social occasions (61%)
- Negative impact on relationships with family and friends (54%)
- Poor performance at work (53%)
- Wake up partner at night (47%)

Only one-third (33%) feel that they have issues driving a motor vehicle.

7 Mental health

Chart 21: Q28 Kessler 10 scale

Base: 1,001



Research participants answered the Kessler Psychological Distress Scale (K10).⁷ This is a 10-item questionnaire intended to yield a global measure of distress based on questions about anxiety and depressive symptoms that a person has experienced in the most recent 4-week period. The K10 is a predictive but not diagnostic scale and is used to determine the likelihood of an individual suffering mental health distress.

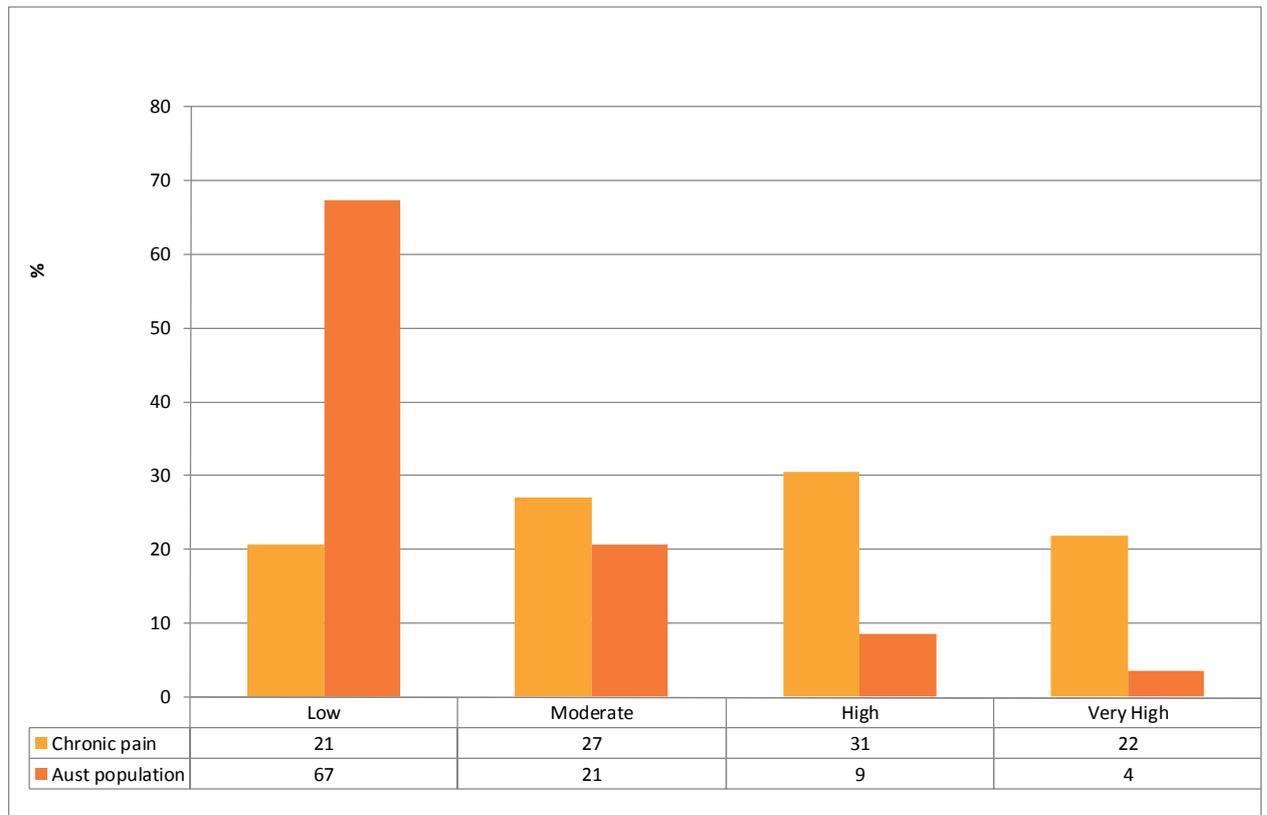
Using this scale those with chronic pain are shown to be likely to suffer mental health conditions.

- Mild mental disorder 16%
- Moderate mental disorder 19%
- Severe mental disorder 22%

⁷ Source: Kessler R. Professor of Health Care Policy, Harvard Medical School, Boston, USA.

Chart 22: Q28 Kessler 10 Scale and the Australian Population

Base: 1,001



The Australian Bureau of Statistics (ABS) uses a slightly different classification of the K10 Scale.⁸ Using the classifications and data from the National Health Survey 2007-2008 we can compare those with chronic pain to the general population 18 years and over.

The chart above shows that those with chronic pain are much more likely to experience mental distress than the general population.

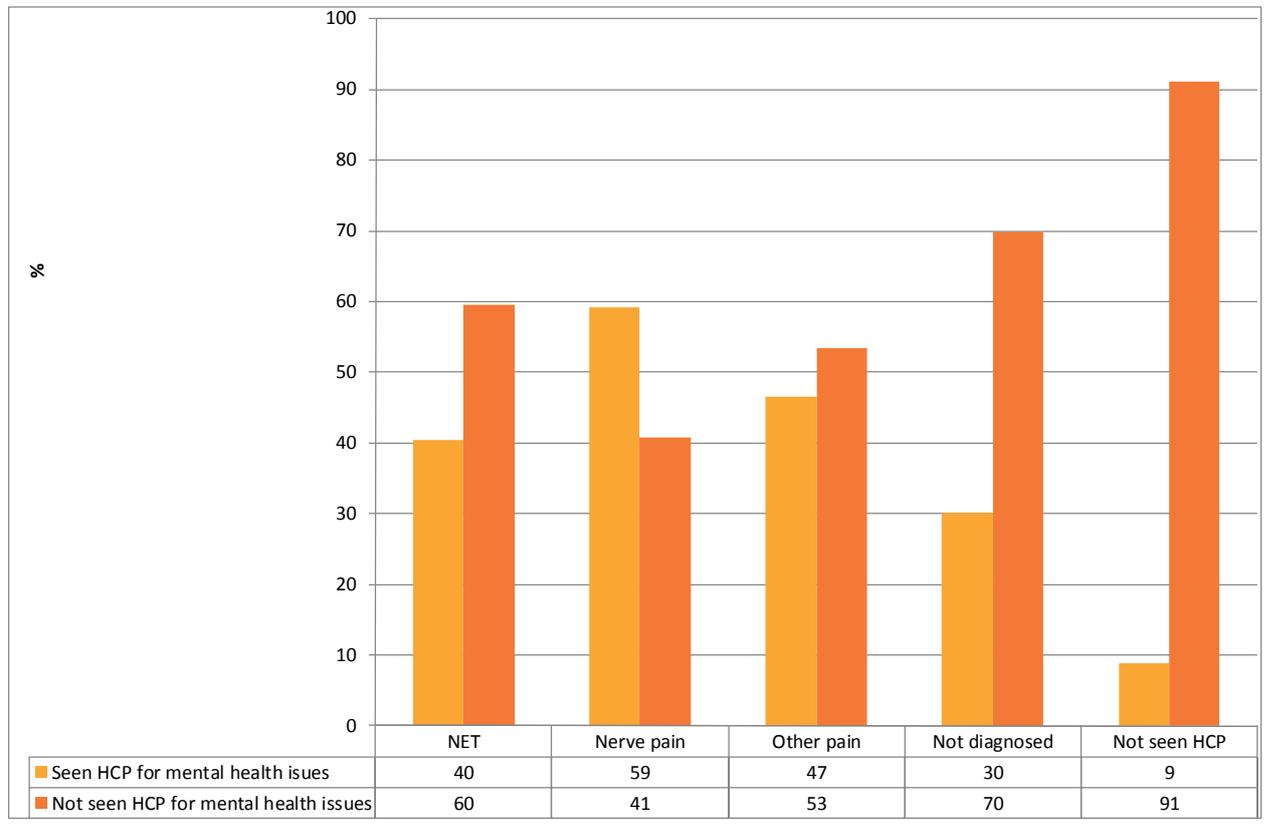
Those with chronic pain are:

- 47% less likely to be 'low'
- 6% more likely to be 'moderate'
- 22% more likely to be 'high'
- 18% more likely to be 'very high'

⁸ 44817.0.55.001 Information Paper: Use of the Kessler Psychological Distress Scale in ABS Health Surveys, Australia, 2007-08, National Health Survey 2007-08

Chart 23: Q28 Seen HCP for mental health issues

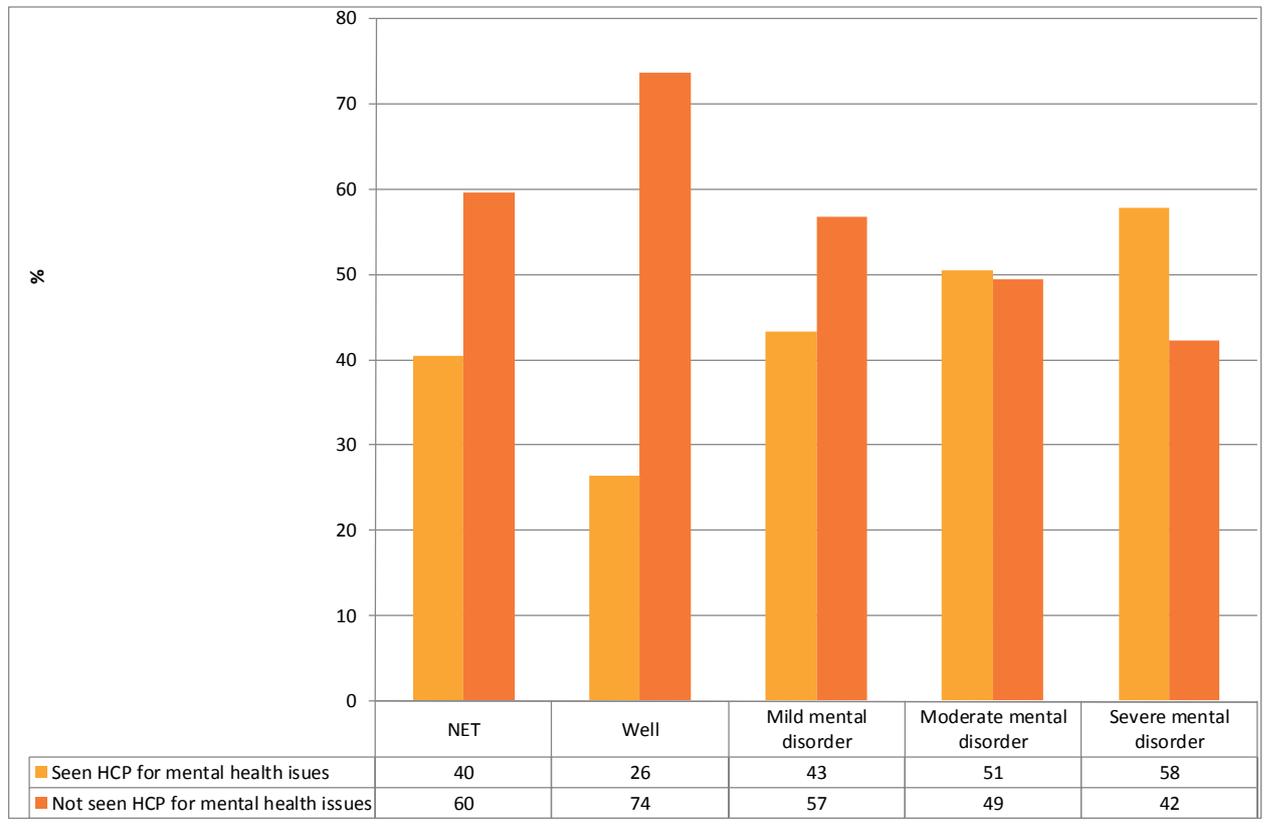
Base: 1,001



Forty percent (40%) have seen a HCP for mental health issues at some time. Over half (59%) of those with nerve pain have seen an HCP for mental health issues.

Chart 24: Q28 Seen HCP for mental health issues

Base: 1,001

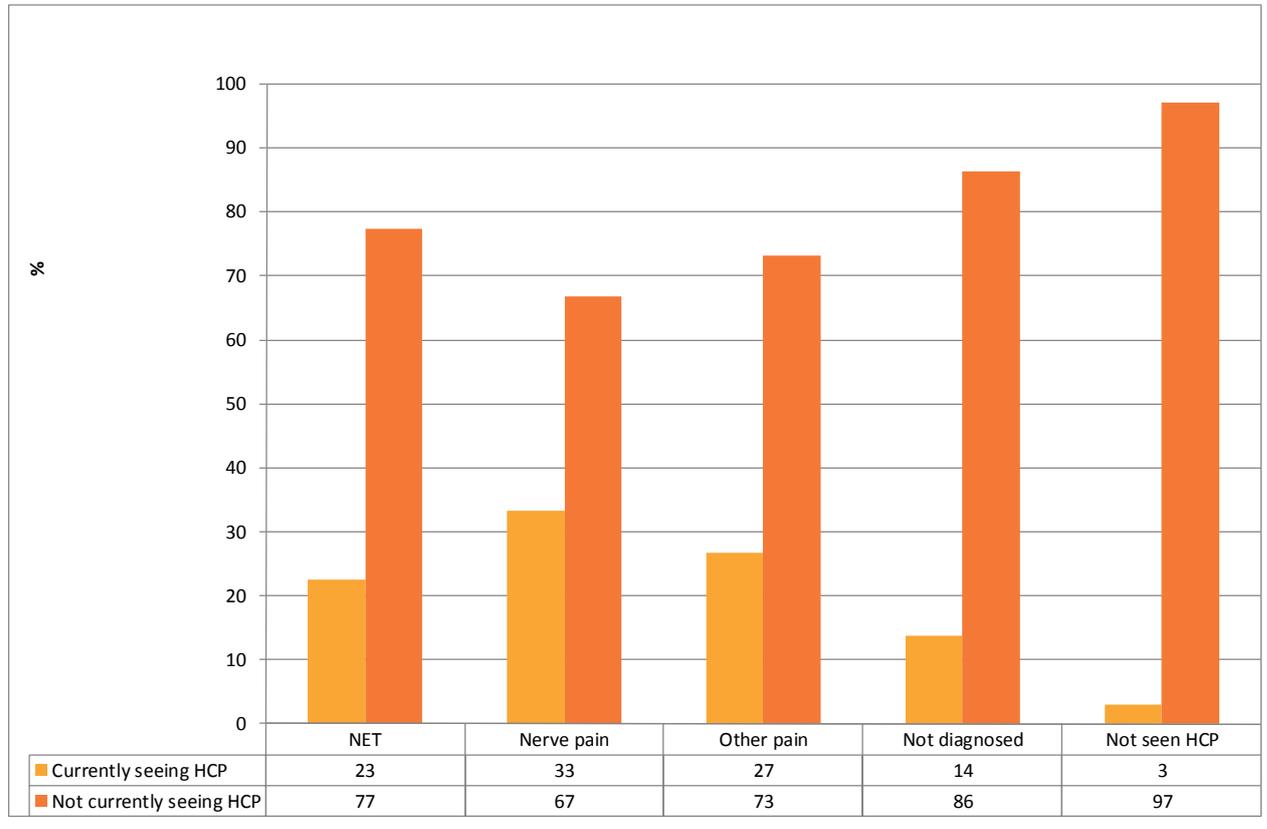


Of those who have seen an HCP for mental health issues fifty-eight percent (58%) are likely be currently experiencing a ‘severe mental disorder’. Though this figure also means that forty-two percent (42%) in this group have not seen an HCP for their mental health.

Fifty-nine percent (59%) of those with nerve pain have seen an HCP for mental health issues at some time.

Chart 25: Q29 Currently seeing HCP for mental health issues

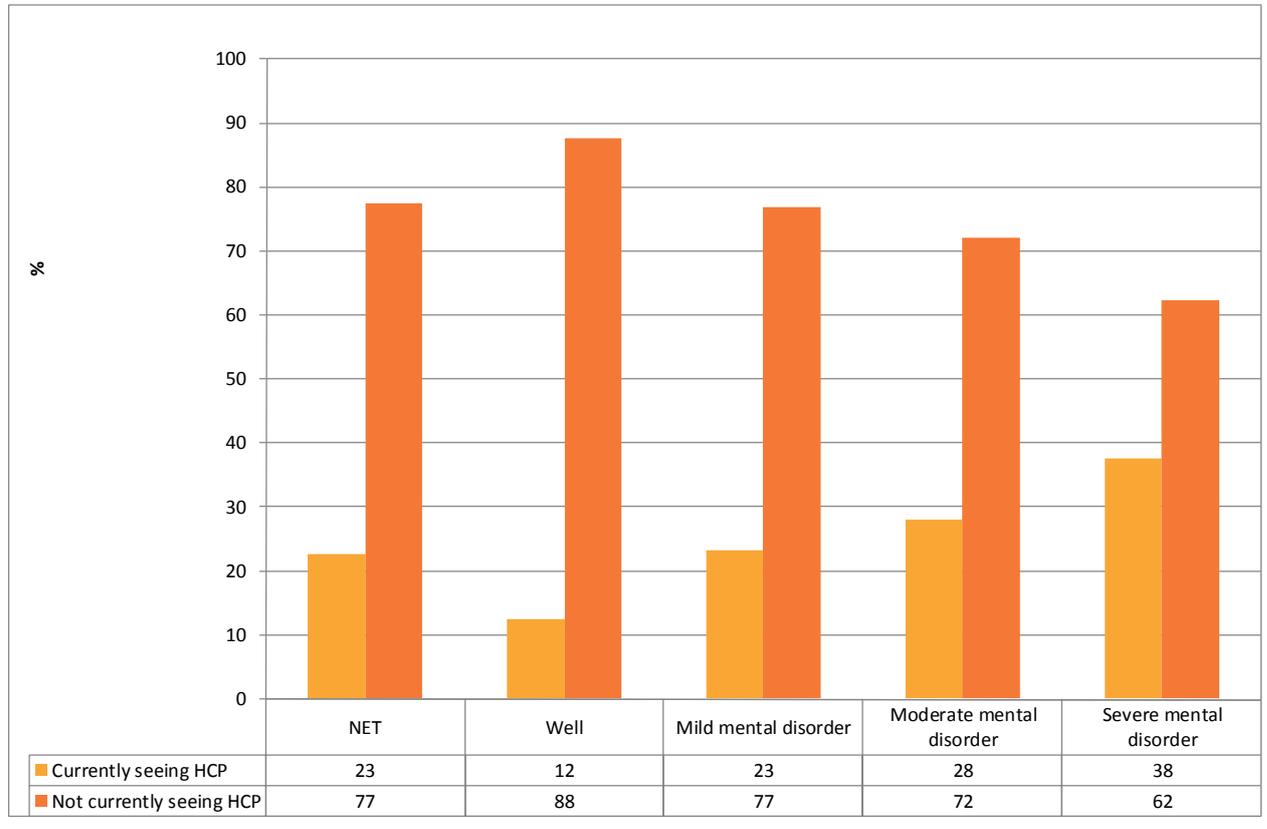
Base: 1,001



Twenty-three percent (23%) are currently seeing an HCP for mental health issues. This is higher for those with nerve pain (33%).

Chart 26: Q29 Currently seeing an HCP for mental health issues

Base: 1,001



Only thirty-eight percent (38%) of those likely to experience a ‘severe mental disorder’ are seeing an HCP. Almost two-thirds (62%) of this group are not currently being treated.

Thirty-three percent (33%) of those with nerve pain are currently seeing an HCP for mental health issues.

8 Questionnaire

S1

Are you...

- Male
- Female

[QUOTA 50%]

S2

Which of the following age groups do you fall into?

- Under 30
 - Screen out
- 30 - 39
- 40 - 49
- 50 - 55
- 60 - 65
- 65 or over
 - Screen out

S3

Where do you currently live?

- Sydney
- Remainder of NSW
- Melbourne
- Remainder of Victoria
- Brisbane
- Remainder of QLD
- Adelaide
- Remainder of SA
- Perth
- Remainder of WA
- Tasmania

- Screen out
- ACT
 - Screen out
- NT
 - Screen out
- Somewhere else
 - Screen out

S4

What is your residential postcode?

NUMBER

S5

Do you currently experience any of the following health issues? [MULTI RANDOMISE]

- Pain
- Diabetes
- High blood pressure
- Menopause
- Depression
- Arthritis
- High Cholesterol
- None of these - SCREEN OUT

SCREEN OUT ANYONE WHO HAS SELECTED ALL HEALTH ISSUES

S6

How long have you been experiencing your pain?

- Less than a month (SCREEN OUT)
- 1-3 months (SCREEN OUT)
- 3 - 6 months
- 6 months - 1 year
- 1 - 2 years
- 2 - 3 years

- 4 - 5 years
- 6 - 9 years
- 10 years or more
- I can't say

INTRODUCTION

Thank you for your time today. This survey is about the pain that you are experiencing; pain that has lasted three months or more, what we will call CHRONIC PAIN for the rest of this survey.

The survey will take between 5 to 10 minutes to complete.

PRIVACY STATEMENT

This survey is being carried out by StollzNow Research on behalf of Pfizer Australia. We are a member organisation of the Australian Market and Social Research Society, the Association of Market and Social Research Organisations. We adhere to the Society's Code of Professional Conduct, and we have been certified to the International Standard ISO20252.

As part of the requirements for research in health Pfizer Australia are required to ask for your email address (below) in the event that there is a health outcome that requires follow up contact. Providing your email address is voluntary and not required to complete this survey. If you do provide your email address this data is removed at the end of the fieldwork from the data once an assessment is made of any events that could require contact.

You may discontinue the survey at any time however you will not receive an incentive if you do not fully complete the survey.

QAE1

Can we get your mailing address in the event our Drug Safety group needs to follow up with yourself?

- Yes
- No - SKIP TO 1

QAE2

What is your email address?

OPEN TEXT

PATHWAY TO DIAGNOSIS

Q1

Where on your body do you currently experience your chronic pain?

- Head
- Neck
- Shoulder
- Spine
- Arm
- Hand
- Upper back
- Lower back
- Buttock
- Leg
- Foot
- Toes
- Fingers
- Other

[IF BACK PAIN]

Q2

Do you experience any of the following symptoms?

- Pain in the lower back with burning, shooting or tingling spreading down the back of the thigh and leg into the foot
- A feeling of numbness in the skin of the thigh, leg or foot
- Occasionally, muscle weakness in the thigh and leg
- None of the above
- Other - please tell us [TEXT INPUT]

Q3

How long after you first experienced the symptoms of your chronic pain did you apply some form of self-medication to try and alleviate the symptoms of the pain (e.g. over the counter medication, heat packs, cold packs etc.)?

- Immediately
- Within a day or two
- Within a Week
- Longer than a week
- Can't remember

Q4

When you first experienced your chronic pain did you think it was...

- Something that would 'clear up' without any assistance
- A minor physical problem that could be fixed by exercise or physiotherapy
- A medical problem that you needed to see someone about
- I didn't know what it was
- I don't recall
- Other - please tell us [TEXT INPUT]

[LESS THAN 5 YEARS]

Q5

Which of these healthcare professionals did you first see about your chronic pain? Which did you see second and which did you see third?

If there is not a second or third person you have seen, select 'None of these/ no other person'.

If there is no other person select 'none of these (bottom of table)

	First seen [SINGLE RESPONSE]	Second seen [SINGLE RESPONSE]	Third seen [SINGLE RESPONSE]
General Practitioner (GP)			
Physiotherapist			
Chiropractor			
Specialist physician			
Nurse			

Questionnaire

Pharmacist / chemist			
Osteopath			
Massage therapist			
Rheumatologist			
Alternative therapist			
Orthopaedic surgeon			
Neurosurgeon			
Neurologist			
Pain specialist / pain clinic			
Other			
None of these / no other person			
Don't recall the order			

[ALL]

Q6

Which of these health care professionals have you EVER SEEN for your chronic pain? [MULTI RANDOMISE]

- General Practitioner (GP)
- Physiotherapist
- Chiropractor
- Specialist physician
- Nurse
- Pharmacist / chemist
- Osteopath
- Massage therapist
- Rheumatologist
- Alternative therapist
- Orthopaedic surgeon
- Neurosurgeon
- Neurologist
- Pain specialist / pain clinic

- None of these
- Other

[IF SEEN GP]

Q7

How long did it take you before you saw a GP about your chronic pain?

- Within a week
- Between 1 week and month
- 2 - 3 months
- 4 - 6 months
- 7 - 9 months
- 10 - 12 months
- 1 - 2 years
- 3 - 4 years
- 5 or more years
- I can't recall

Q8

You said that you have consulted a GP about your chronic pain, how long did it take you from the onset of the pain until you visited the GP?

- Within a week
- Between 1 week and month
- 2 - 3 months
- 4 - 6 months
- 7 - 9 months
- 10 - 12 months
- 1 - 2 years
- 3 - 4 years
- 5 or more years
- I can't recall

Q9

Have you been given a specific diagnosis for your pain? (Note: “diagnosis” for the purpose of this survey refers to the identification and treatment of the cause of your pain).

- Yes
- No - SKIP TO Q14

[IF DIAGNOSED]

Q10

From the first healthcare professional you saw, how long did it take for you to reach a diagnosis?

- I was diagnosed at my first appointment
- 1 month or less
- 2 - 3 months
- 4 - 6 months
- 7 - 9 months
- 10 - 12 months
- 1 - 2 years
- 3 - 4 years
- 5 or more years
- I can't recall
- Still being diagnosed

Q11

Which of the SPECIFIC types of chronic pain have you been diagnosed with? [MULTI RESPONSE]

- Nerve pain
- Arthritic pain
- Chronic pain
- Headaches
- Joint pain
- Migraines
- Neuropathic pain

- Inflammatory pain
- Persistent pain
- Other - please tell us [TEXT INPUT]

Q12

Who made this diagnosis? You can select more than one health care provider. [MULTI RANDOMISE]

- General Practitioner (GP)
- Physiotherapist
- Chiropractor
- Medical specialist
- Nurse
- Pharmacist / chemist
- Osteopath
- Massage therapist
- Rheumatologist
- Alternative therapist
- Orthopaedic surgeon
- Neurosurgeon
- Neurologist
- Pain specialist / pain clinic
- Other - please tell us [TEXT INPUT]

Q13

How many healthcare professionals did you see before you received a diagnosis?

- NUMBER

Q14

Was there a particular moment or experience that made you seek a diagnosis?

- Yes
- No - SKIP TO Q16

[IF YES]

Q15

What was the particular moment or experience that made you seek treatment?

- I realised the pain wasn't going away
- I was unable to carry out a task or activity (Anything from a simple household task to sports)
- I became distressed by the pain
- My partner insisted I seek assistance
- My family and friends insisted I seek assistance
- I was already seeing a healthcare professional
- I had difficulty sleeping e.g. broken sleep, waking at night
- Other - please tell us [TEXT INPUT]

[IF NOT SEEN HCP]

[ALL]

LANGUAGE

Q16

How do you find describing your chronic pain to the following people? [RANDOMISE PEOPLE]

	Very easy	Easy	Hard	Very hard	Varies too much to say	Not applicable to me
GP						
Spouse/partner						
Friends						
Medical specialists						

Q17

What is the main barrier when you try to explain your chronic pain?

- I don't know how to explain the pain

- It's not ordinary pain
- It feels different to muscle pain or joint discomfort
- It's not constant and painful, it just feels different
- Other

Q18

Which of the following phrases would best describe the chronic pain that you experience?
[MULTI RANDOMISE]

- Burning
- Freezing
- Numbing
- Electric shocks
- Stabbing
- Pins and needles
- Dull ache
- Throbbing
- Tingling
- Crawling
- None of these [SINGLE RESPONSE]

Q19

Have you experienced any of the following sensations?

- Pain from light touch of clothing or bed sheets
- A feeling of water flowing over a parts of the body
- A feeling of being crushed
- Being poked by a red hot poker
- Other
- None of these

Q20

On a scale of 0 to 10 where 0=no pain at all and 10=the worst pain you have experienced, what is the number you would give to the worst pain you have experienced in the last week (7 days)?

- NUMBER

Q21

Do you associate feelings of “pins and needles” and “numbness” with being in pain?

- Yes
- No
- Don't know

SLEEP

Q22

At which time of day is your chronic pain the worst

- Morning
- Daytime
- Night time
- All day
- No difference by time of day

Q23

Does your chronic pain ever cause you problems sleeping (e.g. waking up at night, difficulty going to sleep, restless sleep)?

- Yes
- No

[IF SLEEP PROBLEMS]

Q24

How often does your chronic pain cause you sleep problems?

- Every night
- 4-5 times a week
- Once or twice a week
- Less often
- Never

Questionnaire

Q25

In the last 7 days how many hours of sleep do you think you have lost as a result of your chronic pain?

NUMBER

Q26

How often do you experience these feelings or problems as a result of lack of sleep from chronic pain? [RANDOMISE]

	All the time	Sometimes	Rarely	Never	Don't know/ can't say
Tired the next day					
Unable to perform daily tasks					
Feeling irritated and cranky					
Wake up partner in the night					
Poor performance at work					
Cannot participate in social occasions					
Negative impact on relationships with family and friends					
I now sleep in a separate bed or bedroom					
Affects ability to drive a vehicle					

QUALITY OF LIFE

Q27

Questionnaire

These questions concern how you have been feeling over the past 30 days. Tick a box below each question that best represents how you have been.

NOTE: THIS IS THE KESSLER PSYCHOLOGICAL DISTRESS SCALE (K10)

	None of the time	A little of the time	Some of the time	Most of the time	All of the time
During the last 30 days, about how often did you feel tired out for no good reason?					
During the last 30 days, about how often did you feel nervous?					
During the last 30 days, about how often did you feel so nervous that nothing could calm you down?					
During the last 30 days, about how often did you feel hopeless?					
During the last 30 days, about how often did you feel restless or fidgety?					
During the last 30 days, about how often did you feel so restless you could not sit still?					
During the last 30 days, about how often did you feel depressed?					
During the last 30 days, about how often did you feel that everything was an effort?					
During the last 30 days, about how often did you feel so sad that nothing could cheer you up?					
During the last 30 days, about how often did you feel worthless?					

Q28

Have you seen a healthcare professional for mental health support in relation to your chronic pain in the past?

- Yes
- No

Q29

Questionnaire

Are you currently seeing a healthcare professional for mental health support in relation to your chronic pain?

- Yes
- No

END

Thank you for your time today, this research has been carried out on behalf of Pfizer Australia.

If there are any issues this survey has raised and you feel that you need to speak to a counsellor, please call Lifeline Australia on 13 11 14. This confidential service is at no cost to you.