Indian Journal of Basic and Applied Medical Research; June 2015: Vol.-4, Issue- 3, P. 129-136

**Original article
Fear and avoidance behaviour in chronic low back pain
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**Abstract**

 Low back pain is a commonest musculoskeletal symptom among individuals and is considered as a major health problem in modern society. Psychosocial factors are significant as biomedical factors in the onset, maintenance and treatment of chronic low back pain (CLBP). The most common psychological symptoms include depression, emotional distress, and illness behavior. Some studies have evaluated the fear and avoidance behavior in CLBP using a validated fear avoidance belief questionnaire (FABQ) but no studies are reported in Indian population. Hence the purpose of this study is to analyze the presence of fear and avoidance beliefs among patients with chronic low back pain using FABQ. The FABQ (Waddell, 1993) consists of two subscales, namely physical activity subscale (FABQ-PA,score less than or equal to 15 is normal) and work subscale (FABQ-W, score less than or equal to 34 is normal ). Simple random sampling method was used. A sample of thirty chronic low back pain subjects, who are receiving physiotherapy treatment with the ability to read and understand English, was included and FABQ was administered once during the study. Subjects with neurological deficits, rheumatoid arthritis and sero-negative arthopathies were excluded. The questionnaire revealed mean physical activity subscale score is 22.27±7.041 (males=18.64±9.983, females=24.37±3.435) and mean work subscale is 42.8±12.888 (males=36.91±17.450, females=46.21±8.059). Age was found to have significant correlation with physical activity (p=0.002) and work subscales (p=0.006). The FABQ-PA has significant correlation with the FABQ-W (p=0.000).The study concludes the presence of fear and avoidance behavior in females is greater than in males of both subscales in chronic low back pain patients.

 Key words: Chronic low back pain and Fear avoidance belief questionnaire