Title: Psychological Stressors in the Pain Experience: The Development of a Pain-Validation Scale.
Where: The Loft (425.3.001)
When: 13:00 – 14:00, Friday 16th August 2019
Host: Dr Helen Correia

Abstract:
Many people with chronic pain report distress at the experience of being disbelieved or disparaged with regards to their pain, across a number of domains in the social community. At the other extreme, over-validation may be problematic, with excessive interference by well-meaning others potentially impacting on the functional rehabilitation of pain patients. This research was designed to define the pain-validation construct, and to develop a Pain-Validation Scale (P-VS) for measuring levels of pain-invalidation and over-validation in individuals with chronic pain. Analysis revealed that pain-validation could be comprehensively measured across 4 subscales including: Pain-invalidation by the Self, Pain-invalidation by Immediate Others, Pain-invalidation by Healthcare Professionals, and Over-validation. The P-VS is an early assessment tool that may be appropriate for use by clinicians and therapists to detect adverse levels of pain-invalidation or over-validation, such that these issues can be addressed within pain-management interventions.

Biography:
Melinda Nicola is a PhD candidate from the Discipline of Psychology in the College of Science, Health, Engineering, and Education, at Murdoch University. Melinda’s research focuses on understanding the psychological factors related to the experience of chronic pain. She has worked in consultation with subject matter experts, including a range of healthcare professionals in the field of chronic pain. Melinda has also been a co-presenter of the Flying Start workshop series for early-stage PhD students.

Meeting the presenter:
To arrange a meeting with the presenter, please contact the host.