



## Introduction

- Obesity is one of the most important factors that increase the risk of low back pain (LBP) due to disruption of normal body mechanics and inflammatory effects.
- Low back pain can occur as a result of a complex interplay of multiple factors, and the supportive social model provides an important framework for considering and evaluating these interacting elements.

## Objective

- The aim of this study was to examine and compare biopsychosocial factors in obese individuals with and without low back pain.

## Methods

A total of 96 obese individuals, 40 with low back pain and 56 without low back pain, were included in the study.

### Evaluation Parameters

Parameters	Evaluation Tools
<b>Biological/Physical Factors</b>	
<b>Physical and sociodemographic characteristics</b>	age (years), height (m), body weight (kg), sex, and BMI (kg/m <sup>2</sup> )
<b>Level of mobility</b>	"no difficulty walking" "some difficulty walking" "unable to get out of bed" Visual Analog Scale (VAS)
<b>Severity of LBP and leg pain</b>	
<b>Physical performance</b>	Physical Performance Test Battery
<b>Disability level</b>	Oswestry Disability Index (ODI)
<b>Psychological Factors</b>	
<b>Presence of anxiety and depression</b>	a previous anxiety diagnosis was questioned as "yes" or "no"
<b>Quality of life</b>	Nottingham Health Profile (NHP)
<b>Emotion regulation skills</b>	Emotion Regulation Skills Questionnaire (ERSQ)
<b>Social/life style Factors</b>	
<b>Physical activity level</b>	International Physical Activity Questionnaire (IPAQ)
<b>Activity status</b>	"vigorous", "moderate", "sedentary", "no activity"
<b>Occupational status</b>	"not working", "worker", "retired"
<b>Education level</b>	"primary school", "middle school", "high school", "university", "postgraduate"
<b>Smoking status</b>	"yes" or "no"
<b>Self-care and daily activity difficulties</b>	"no difficulty", "some difficulty", "many difficulties"

## Results

- In obese individuals with LBP, **the level of performance determined by the level of mobility, weighted forward reach, timed up-go test and 10-repetition trunk flexion; pain, physical activity, energy and total score sub-dimensions of quality of life, and the sub-dimension of emotion regulation skills** were found to be worse than individuals without LBP ( $p < 0.05$ ); social/life style factors were found to be similar ( $p > 0.05$ ).

## Conclusions

-These findings show that LBP creates biological and psychological differences in obese individuals, and therefore, the presence of low back pain in treatment approaches to obese individuals includes different biological and psychological dimensions. Therefore, biological and psychological dimensions should be taken into account while planning the treatment may guide the relevant clinicians.



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