



Association of Self-Efficacy and Self-Regulation with Lifestyle in Chronic Musculoskeletal Pain



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Background

Self-efficacy

Individual's confidence in their ability to successfully complete tasks

Self-regulation

A dynamic process in which individuals align emotions, cognitive strategies, and behaviors to achieve specific goals

Lifestyle

However, there remains a gap in understanding the relationship of these factors with lifestyle

Aim

This study aimed to investigate the association between self-efficacy, self-regulation, and lifestyle in patients with chronic musculoskeletal pain

Methods

Research Ethics Committee CAAE:
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This cross-sectional observational study recruited **73** individuals with **chronic musculoskeletal pain**

From a secondary-level physiotherapy service



- Pain Self-Efficacy Questionnaire (PSEQ)
- Short Self-Regulation Questionnaire (SSRQ)
- Fantastic Lifestyle Questionnaire (FANTASTIC)
- Demographic data sheet

Statistical analysis

Simple linear regression

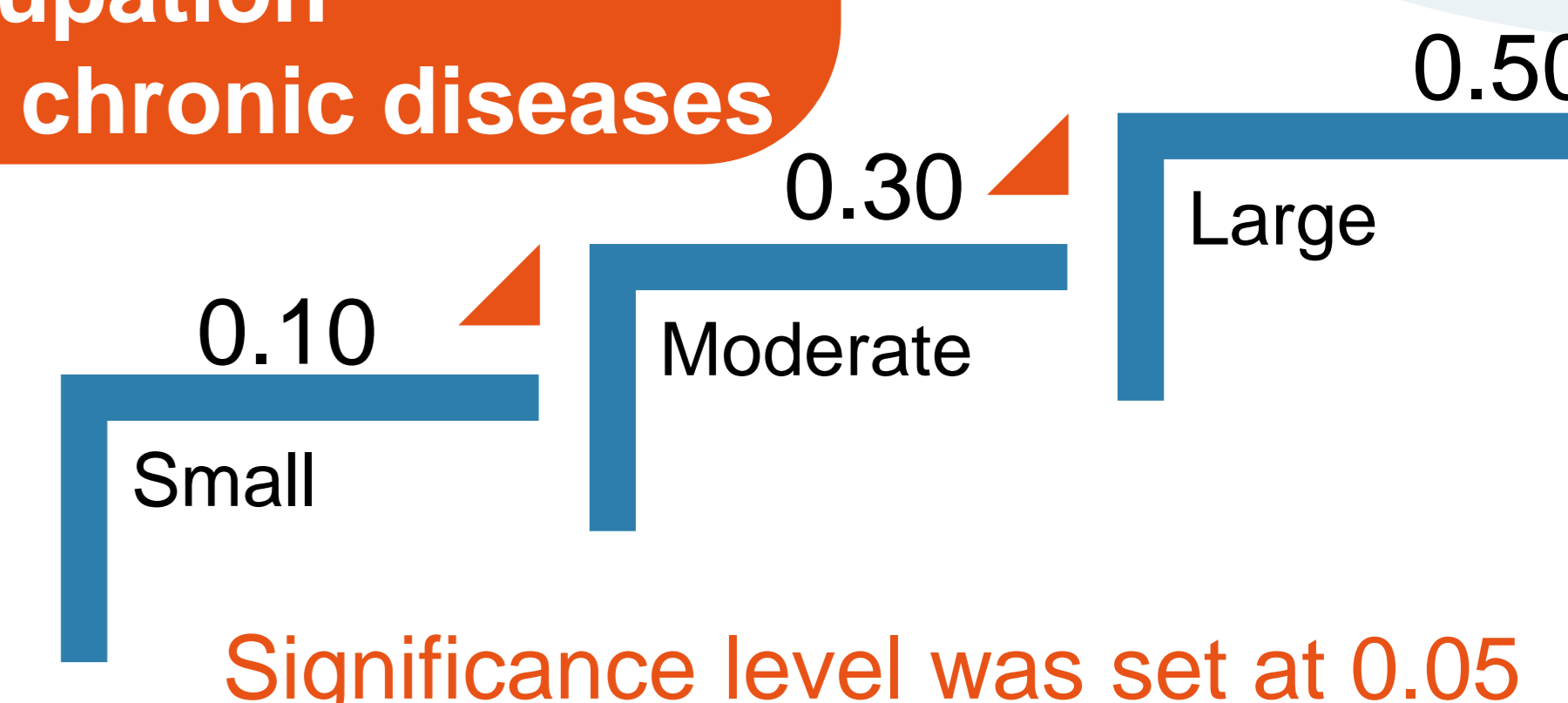
Dependent variable

Lifestyle

Independent variables

Age
Gender
Duration of chronic musculoskeletal pain
Education level
Occupation
Satisfaction with occupation
Presence of non-communicable chronic diseases

The variable showing an association ($p \leq 0.20$) with lifestyle was included in **multiple linear regression** along with the independent variables of **self-efficacy** and **self-regulation** using the backward method



Results

Simple linear regression

Lifestyle

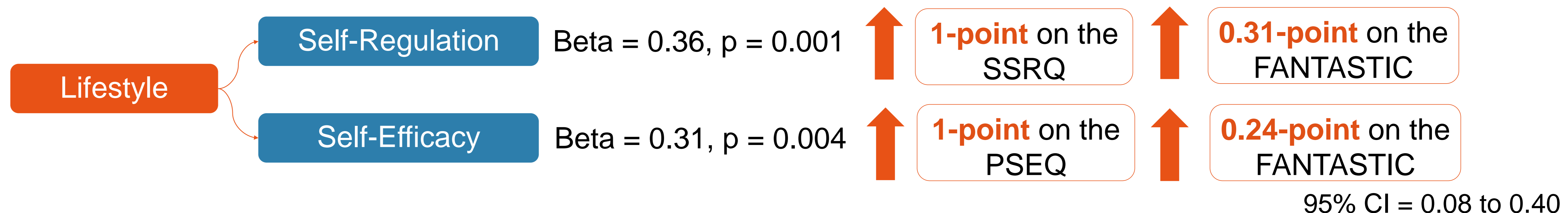
Satisfaction with occupation

adjusted $r^2 = 0.041$, $p = 0.049$

Presence of NCDs

adjusted $r^2 = 0.023$, $p = 0.105$

The final model explained **27%** (adjusted r^2) of the total variation in **lifestyle score** and showed an **association** of **self-regulation** and **self-efficacy** with lifestyle



Conclusions: This study demonstrates an association of **self-efficacy** and **self-regulation** with **lifestyle** in patients with chronic musculoskeletal pain

Relevance to Patient Care: The study findings emphasize the importance of assessing and understanding factors such as self-efficacy and self-regulation for the development of individualized and intentional interventions. A specific approach to enhancing self-efficacy and promoting effective self-regulation may foster choices towards a healthier lifestyle, facilitating the maintenance of benefits obtained through rehabilitation

Conflict of Interest

The authors declare no conflict of interest in this study

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