

TREATING STRESS-RELATED PAIN IN A CLINICAL SAMPLE WITH FLOTATION-REST: A FURTHER REPORT ON IMPROVEMENTS IN PAIN ASSESSED BY THE PAIN AREA INVENTORY (PAI)

ANNIKA LANDSTRÖM

Community Health Care Centre, Lidköping, Sweden

SVEN Å. BOOD, ANETTE KJELLGREN AND TORSTEN NORLANDER
Karlstad University, Sweden

Keywords: stress, pain, flotation-REST, PAI, clinical sample.

Thirty-two patients (29 women and 3 men) with stress-related ailments were recruited through the Community Health Care Centre in the city of Lidköping, Sweden. The mean age was 47.75 years ($SD = 8.30$).

Pain Area Inventory (PAI; Bood, Sundequist, Kjellgren, Nordström, & Norlander, 2005) was used. The test consists of anatomical images of a human being on which the participants indicate their areas of pain with a color pen. The number of colored squares is calculated (total 1,666). Participants were randomized in equal numbers to either a control group or a flotation-REST group (twelve flotation sessions during six weeks). For more information on standard procedures see Bood et al.

A mixed ANOVA with PAI (before, after) as within-subjects factor and Group (control, flotation-REST) as between-subjects factor showed a significant interaction effect for Test and Group [$F(1, 29) = 7.10, p = 0.012, \eta^2 = 0.20, power = 0.73$] indicating no change in regard to pain for the control group (before:

Annika Landström, MA, Community Health Care Centre, Lidköping, Sweden; Sven Å. Bood, PhD, Anette Kjellgren, PhD, and Torsten Norlander, PhD, Prof., Department of Psychology, Karlstad University, Sweden.

The study was supported by grants from the County Council (Landstinget) in Värmland (LiV), Sweden.

Please address correspondence and reprint requests to: Dr. T. Norlander, Department of Psychology, Karlstad University, SE-651 88 Karlstad, Sweden. Phone: +46 54 700 1178; Fax: +46 54 83 9165; Email: Torsten.Norlander@kau.se

$M = 46.59$, $SD = 41.68$; after: $M = 54.22$, $SD = 57.21$) but an improvement for the flotation group (before: $M = 60.94$, $SD = 57.96$; after: $M = 40.07$, $SD = 48.36$). There were no other significant effects.

REFERENCE

Bood, S. Å., Sundequist, U., Kjellgren, A., Nordström, G., & Norlander, T. (2005). Effects of flotation-REST (Restricted Environmental Stimulation Technique) on stress related muscle pain: What makes the difference in therapy, attention-placebo or the relaxation response? *Pain Research and Management*, **10**, 201-209.