A STUDY ON CHRONIC PAIN, FINANCIAL STRESS, AND SUICIDAL THOUGHTS



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Content







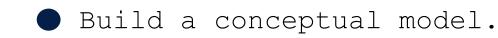
Background

- Rates of death by suicide in the US have increased 35% in the last twenty years¹
- People with chronic pain have about twice the risk of dying by suicide compared to those without chronic pain²
- Stress³ and job loss⁴ can contribute to risk of suicidality



Research aims

- To explore how chronic pain and financial stress influence suicidal thoughts.
- Identify and describe experiences, feelings, and ways of coping with financial stress, chronic pain, and suicidal thoughts.





Why this study?

- Suicide research often focuses on individual level risk factors and neglects the socioeconomic context people live within⁵
- There is no qualitative research exploring the intersection of chronic pain, financial stress, and suicidal thoughts



Study team: Kate

Interviews, analysis, and dissemination will be led by Kate LaForge:

- PhD student in Medical Sociology at UCSF
- Background in public health
- Crisis Text Counselor
- Big fan of cats, playing guitar, dance, and running around outside
- Born and raised in Kansas





Next

Steps

Study team: Advisors

- Dr. Howard Pinderhughes, UCSF, sociologist with 25+ years of experience researching community violence and trauma
- Dr. Tony Yang, UCSF, board certified psychiatrist with 10+ years researching depression and suicide
- Colleagues at Comagine Health, mental health care providers across Oregon, and classmates at UCSF





Logistics

- Aim to interview ~25 people experiencing suicidal thoughts, chronic pain, and financial stress
- Data collection began in early 2022

 Will analyze data using constructivist grounded theory⁶



Participant involvement

🔵 One interview via phone or Zoom

\$30 gift card to Amazon or Walmart which can be sent via email, text, or mail

Interview guide will cover:

- Chronic pain
- Suicidal thoughts
- Financial stress and work



Eligibility

Included if participants:

- Have chronic pain
- Suicidal thoughts within past 2 years
- Experience financial stress
- Have a healthcare provider
- Live in Oregon
- 18+

Excluded if participants:

- Are currently experiencing serious suicidal thoughts
- Have been hospitalized for psychiatric reasons in the past 30 days



Participant safety

- Previous research on suicide tell us that asking about suicide does NOT increase intent⁷
- Participants will be required to have a health care provider and provide their contact info
- Participants will be followed up with 1 day and
 3 days after the interview (optional)
- Interview guide will include strength-based questions throughout and at the end to return participant to neutral ground⁸







Participant respect

- Participants will be offered opportunities to become involved in suicide prevention efforts via research or advocacy
- Participants will be offered to receive all future dissemination materials
- Participants will be treated non-judgmentally and their privacy and autonomy will be prioritized
- Communication will be guided by participant preference



Sharing results

- Publish an academic article in a sociology journal
- Create and disseminate a one-pager with study results
- Submit to present at a local conference
- Present at local community meetings





Next

Steps

R Next steps

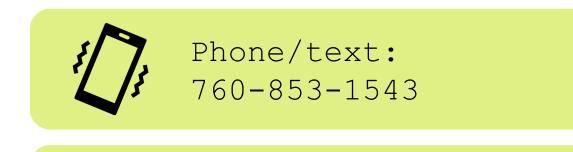
Interested in participating or helping with recruitment??

I'm looking for participants!

- Interested in helping me recruit? This could involve:
 - Telling others about the study by word of mouth
 - Posting the study on a website
 - Including study flyer in a newsletter



Let's talk!





All conversations confidential.

References

1.Hedegaard H, Curtin SC, Warner M. Increase in suicide mortality in the United States, 1999-2018. 2020 2. Tang NK, Crane C. Suicidality in chronic pain: a review of the prevalence, risk factors and psychological links. Psychol Med. 2006;36(5):575. 3. Chang, S. S., Stuckler, D., Yip, P., & Gunnell, D. (2013). Impact of 2008 global economic crisis on suicide: time trend study in 54 countries. Bmj, 347. 4. Duberstein, P. R., Conwell, Y., Conner, K. R., Eberly, S., & Caine, E. D. (2004). Suicide at 50 years of age and older: perceived physical illness, family discord and financial strain. Psychological medicine, 34(1), 137-146. 5. Chandler, A. (2020). Socioeconomic inequalities of suicide: Sociological and psychological intersections. European Journal of Social Theory, 23(1), 33-51. 6.Charmaz, K. (2017). Constructivist grounded theory. The Journal of Positive Psychology. 7.Littlewood, D. L., Harris, K., Gooding, P., Pratt, D., Haddock, G., & Peters, S. (2021). Using my demons to make good: The short-and long-term impact of participating in suicide-related research. Archives of suicide research, 25(2), 315-339. 8. Thompkins, C. N., Sheard, L., & Neale, J. (2008). Methodological reflections on closing qualitative interviews with women drug users. Methodological Innovations Online, 2(3), 18-29.