

## How does Positive Outlook affect my pain treatment?

Mary was starting treatment for her chronic pain.

While completing her pre-appointment questionnaires, she noticed there were questions about her **positive outlook** (outlook on life). She rated her outlook as positive, although she had a lot of pain and sometimes felt down about it.



She asked her doctor why the positive outlook questions were on her pain questionnaire. She also noticed her outlook ratings were different from her ratings of sadness/depression.

Mary and her pain management specialist used the positive outlook questions to talk about the importance of her attitude and discussed how it could help her toward her treatment goals.

Mary and the pain management specialist discussed the current treatment plan, how her positive outlook helped her stay active and engaged in his treatment, and the benefits of talking about the mind-body connection.

## Frequently Asked Questions (FAQs)

New questions about your outlook on life are in your pre-appointment questionnaires.

**Q: Do I really need to answer these? They seem similar to the depression questions.**

A: Research shows that positive and negative outlooks are different from depression and sadness. Your positive outlook can affect treatment outcomes differently. Your answers to these questions can jump start a conversation with your doctor that can help you during treatment.

**Q: Will my doctor talk about these with me?**

A: Yes. Patients and doctors in this clinic have said they are interested in discussing the “whole self.”

**Q: Are you sure these are relevant? We usually only talk about my pain treatment.**

A: Although your pain treatment will still be the main talking-point during your visit, your general outlook can help you during treatment and is an important part of your care.