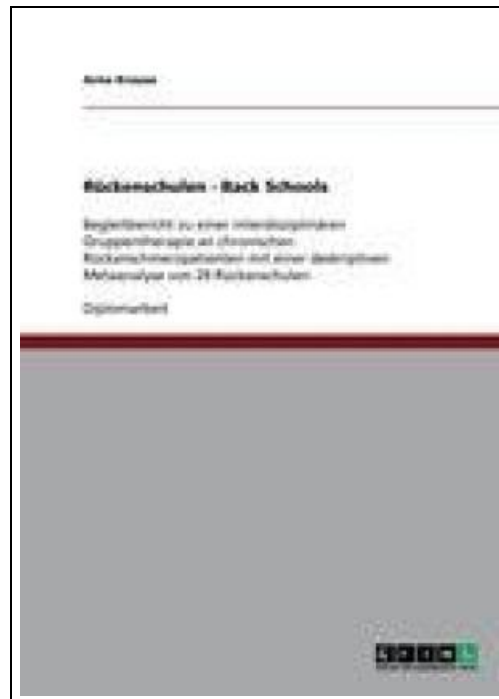


## Rückenschulen - Back Schools



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GRIN Verlag Apr 2010, 2010. Taschenbuch. Book Condition: Neu. 210x148x10 mm. This item is printed on demand - Print on Demand Neuware - Diplomarbeit aus dem Jahr 2004 im Fachbereich Psychologie - Klinische u. Gesundheitspsychologie, Psychopathologie, Note: 1,1, Leopold-Franzens-Universität Innsbruck (Institut für Psychologie), Sprache: Deutsch, Abstract: In industrialized countries chronic pain, especially chronic back pain, has become a frequent problem with high rates of morbidity which in turn has various medical and social-economic effects. Intensive research during the last decades has brought a shift from a somatic determined acceptance of disease and disorders to a more psychological perspective. Therefore research in chronic low back pain can be regarded as a challenge not only for medical but for diverse scientific disciplines. A widely used form of intervention is the back school, which is practised successfully for more than 20 years in Western Europe and North America. At the Innsbruck University State Hospital a back school program (interdisciplinary group therapy IGT) was started with 42 chronic low back pain patients aged between 27 and 70 years; the study is still in progress. A descriptive metaanalysis (narrative review) of 29 back schools which are based on the Swedish back school is used as a comparison to the Innsbruck version of a psychological pain therapy. Zusammenfassung Chronischer Schmerz - darunter besonders der chronische Rückenschmerz - gehört zu jenen Störungen, die in den industrialisierten Ländern eine der höchsten Morbiditätsraten aufweisen. Die intensive Forschung der letzten Jahrzehnte brachte eine Abkehr von somatisch orientierten Ätiologiemodellen; vielmehr ist bei benignen chronischen Rückenschmerzen (chronic low back pain CLBP) von einer multifaktoriellen Genese (somatische, psychische und soziale Faktoren) auszugehen. Chronischer Rückenschmerz und seine Therapie stellen daher eine bedeutende interdisziplinäre Herausforderung dar. In einem derzeit laufenden, an der Univ.-Klinik für Medizinische Psychologie und Psychotherapie gemeinsam mit der Univ.-Klinik für Orthopädie in...

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