

June 2022

Analyzing the Variable Pain

Payton Ruediger
plrkkm@mail.umsl.edu

Ryan W. Carpenter
ryancarpenter@umsl.edu

Melissa Nance
melissanance@mail.umsl.edu

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Recommended Citation

Ruediger, Payton; Carpenter, Ryan W.; and Nance, Melissa, "Analyzing the Variable Pain" (2022).
Undergraduate Research Symposium. 97.
Available at: <https://irl.umsl.edu/urs/97>

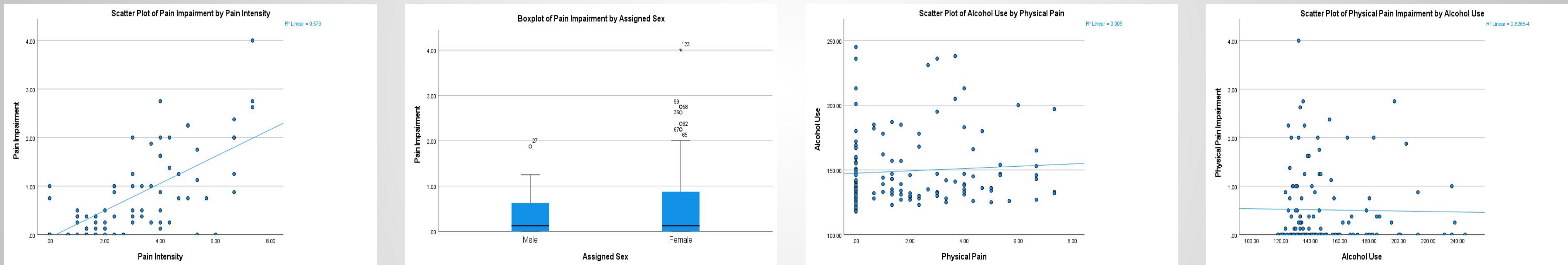
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Analyzing the Variable Pain

Payton Ruediger, Ryan W. Carpenter, Melissa Nance

Introduction:

- Previous Studies:
 - Zale et al. (2015) study: Moderate drinking associated with greater quality of life. Excessive drinking associated with greater pain
 - Witkiewitz et al. (2015) study: Correlation between negative affect and pain. Correlation between negative affect and drinking. Negative affect attributed to the association between pain and drinking alcohol
- Hypothesis:
 - Those who experience pain, will drink more frequently
 - Participants experience more pain when they report drinking to reduce negative affect
 - Males report experiencing more pain



Method:

- A survey was given to college students by using the online apps Qualtrics and TigerAware. Participants were recruited by giving SONA extra credit for their class.
- Descriptives:
 - Participants: N=141
 - Ages: 19-59 ($M=25$)
 - Assigned Sex:
 - Male: N=13, Female: N=113
 - Race:
 - Asian: N=5, Black: N=26, White: N=91, Multiple: N=4

Results:

- Males: Average pain: $M=2.38$
- Females: Average pain: $M=2.01$
- Average pain: $M= 2$
- Max pain reported: $M=7$ (reported by female)
- Average pain impairment: 0.5
- Max pain impairment: 4 (reported by female)
- Correlations
 - Pain intensity and pain impairment $r=0.761$
 - Correlation between serving in the military and those who are impaired by their pain: $r=0.224$
 - Those with more pain drink more to cope with anxiety $r=0.156$ ($p= 0.087$)
 - Age: more pain impairment with increased age but not quite significant $r=0.174$ ($p= 0.057$)

Conclusion:

- The more pain someone experiences, the more impairment they will have
 - Those who serve in the military have a greater chance of being impaired by their pain
 - The more pain reported, the more someone will drink (Not sig.)
 - The more someone drinks, the less physical impairment they have (Not sig.)
 - Those with more pain may experience more drinking to cope with anxiety (Not sig.)
 - Men experience more pain on average, women report higher effects when in pain (Not sig.)
- Future:
- Analyze acute vs chronic pain (pain impairment)
 - What is causing pain/the most pain
 - Redesign questions for intensity and impairment when drinking
 - More males in future study
 - Analyze anxiety with pain and impairment in depth