



Sedentary Behavior, Depression, and BMI in Older Adults with Chronic Pain

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Background

- Fibromyalgia (FM): chronic musculoskeletal pain, fatigue, poor physical functioning, poor mental health
- Symptoms found in ~ 2-7%; prevalence increases with age, >7% in women 60-79 years
- FM often concurrent with other ailments (e.g., arthritis, lupus, irritable bowel syndrome)
- Significant relationships between:
 - Chronic pain and sedentary behavior
 - Chronic pain and obesity
 - Chronic pain and depression
 - Sedentary behavior and depression
- Current study evaluates the relationship between FM, depressive symptoms, BMI, and sedentary behavior
- Hypothesis: individuals with FM will have higher sedentary behavior scores, higher BMI and greater depressive symptomology than those without FM

Method

- 2016 cross-sectional data derived from ongoing longitudinal study
- $N = 71$, $M_{age} = 67.4$, 77% female, 54% FM
- Participants completed psychological and physical assessments

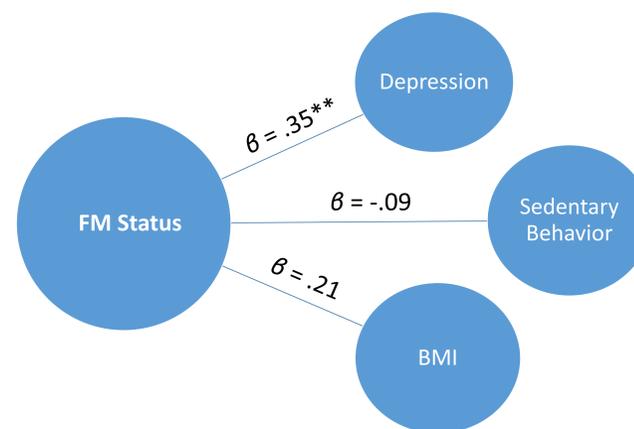
Measures

- Demographics (Age, Gender, Education)
- Beck Depression Inventory II
 - 21-item self-report inventory measuring the severity of depression in adolescents and adults
- Sedentary Behavior Questionnaire; SBQ
 - 18-item self-report questionnaire measuring length of stationary activities done on a typical weekday and a typical weekend day
- Body Mass Index; BMI
 - Calculated by height and weight

Analysis

- Series of linear regression analyses (controlling for age and gender)

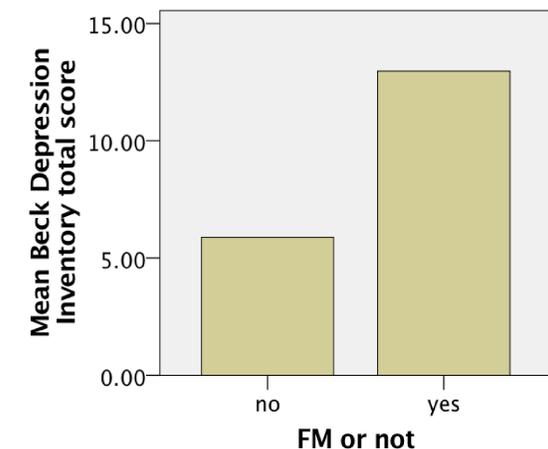
FM Status Predicting BMI, Depression, and Sedentary Behavior ($N = 71$)



** $p < .01$

Results

- FM status only predictive of depressive symptoms ($p < .01$)



- Neither BMI nor sedentary behavior varied by FM status, after controlling for age and gender

Conclusions

- Findings contrary to expectations
- Results likely explained by methodological considerations
- Selective attrition in larger longitudinal study could be responsible for healthier FM participants and the consequential null results

Future Research

- Continued longitudinal study and cross-comparison of results
- Use activity trackers in combination with SBQ to compare self-report and performance measures