



Impact of Self-Reported Musculoskeletal Pain on Health-Related Quality of Life among Young Adults.

<https://arctichealth.org/en/permalink/ahliterature99680>

Author: Markus Paananen
Simo Taimela
Juha Auvinen
Tuija Tammelin
Paavo Zitting
Jaro Karppinen

Author Affiliation: Finnish Institute of Occupational Health, Oulu Department of Physical Medicine and Rehabilitation, University of Oulu, Oulu Department of Public Health, University of Helsinki, Helsinki Institute of Health Sciences, University of Oulu, Oulu, Finland.

Source: Pain Med. 2011 Jan;12(1):9-17

Date: Jan-2011

Language: English

Publication Type: Article

Abstract: Objective. To investigate how self-reported musculoskeletal pain and health-related quality of life (HRQoL) are associated among young adults. Design and Setting. The study population consisted of a subgroup of the Northern Finland Birth Cohort 1986 at the age of 19 (N = 874), who completed the 15-dimensional (15D) HRQoL questionnaire (score 0 to 1) and answered questions about six-month period prevalence of musculoskeletal pain in neck, shoulder, low back, and peripheral location. Results. Half of the males and one third of the females reported a 15D score of at least 0.98 and were selected as the reference group in the multinomial logistic regression analysis. Young adults who reported multiple pains had significantly lower 15D scores than those reporting pain in only one location or no pain at all. After adjustments for other health problems, psychosocial distress, parental occupation, and the young adults' own employment status, the reporting of single musculoskeletal pain odds ratio (OR) 2.6 and multiple pains (ORs up to 11.9) among females, and multiple pains (ORs up to 4.6) among males were associated with a 15D score of 0.94 or less. Conclusions. The number of involved sites of self-reported musculoskeletal pain was associated with the level of reduction in HRQoL among young adults.

PubMed ID: 21223492 [View in PubMed](#) 