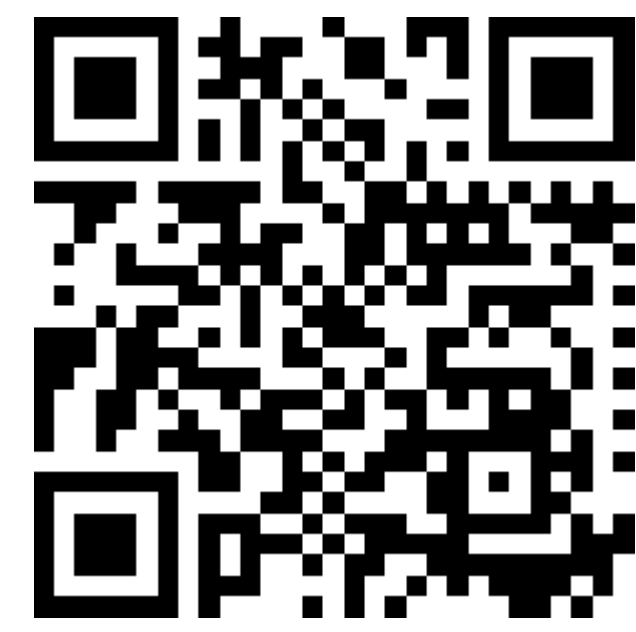


# Factors Associated With Physical Function in Adults With Fibromyalgia

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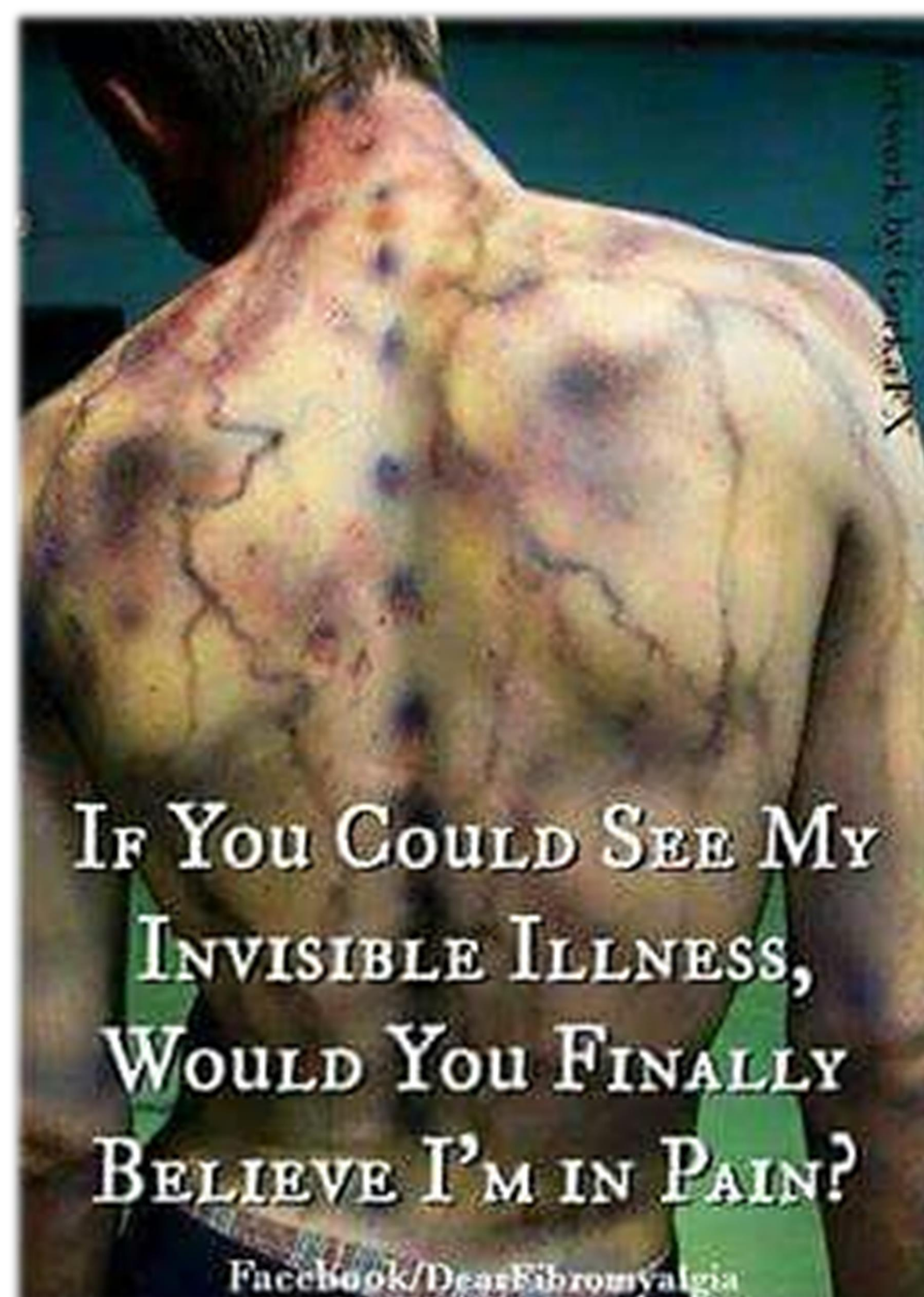
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## Introduction

**Fibromyalgia (FM):** A chronic pain condition that also causes poor sleep quality, frequent headaches/migraines, fatigue, decreased physical function, increased anxiety and depression, and a higher level of comorbid health conditions compared to individuals with other types of chronic pain.<sup>1</sup>

## Research Objective

To examine factors associated with physical function among adults living with fibromyalgia.



## Methods

Two hundred participants from the Autoimmune Registry (501c3 non-profit organization serving over 800 individuals with autoimmune disorders, presently including FM) completed online surveys measuring the following variables: age, sex, race, education, work status, depression, pain intensity, comorbidities, psychological resilience, and physical function. Bivariate correlations and linear regressions were utilized to analyze the relationships between variables.

## Results

**Psychological resilience, pain intensity, depression, comorbidities, age, and employment status all significantly correlate with physical function.** The linear regression suggests pain intensity ( $R^2=0.23$ ,  $F=54.32$ ,  $p<0.001$ ), comorbidities ( $R^2=0.13$ ,  $F=26.85$ ,  $p<0.001$ ), and psychological resilience ( $R^2=0.05$ ,  $F=8.73$ ,  $p=0.004$ ) have significant effects on physical function.

*Correlations between resilience, pain, depression, comorbidities, physical function, age, employment status, and education (N=200)*

	1	2	3	4	5	6	7	8
1. Resilience	--							
2. Pain	-.21**	--						
3. Depression	-.45**	.12	--					
4. Comorbidities	.37**	.29**	-.12	--				
5. Physical Function	.22**	-.48**	-.19*	-.36**	--			
6. Age	.32**	.20**	-.20**	.24**	-.25**	--		
7. Employment Status	.30**	.15*	-.08	.41**	-.27**	.20**	--	
8. Education Completed	.09	.17*	-.17*	.15*	-.08	.10	.23**	--

\* $p<0.05$  \*\* $p<0.01$

## Conclusions

This study supports previous findings that age, psychological resilience, depression, pain intensity, comorbidities, age, and employment status are all associated with physical function. Furthermore, this study demonstrates that **resilience, comorbidities, and pain intensity have significant impacts on physical function.** More research is needed to examine how variables interact with one another to impact physical function in individuals with FM.

## Key Takeaways

- 1) Pain intensity, co-morbidities, and psychological resilience significantly impact physical function in adults with FM.
- 2) Nursing interventions should focus on strengthening resilience, thereby enhancing physical function in these populations.
- 3) Nurses caring for patients with FM are in an ideal position to improve a patient's physical function by providing individualized evidence-based care that fosters resilience.

## Bibliography

1. Casale R, Sarzi-Puttini P, Botto R, et al. Fibromyalgia and the concept of resilience. *Clin Exp Rheumatol.* 2019;37:S105-S113.