

Chronic Pain Survey Results

Prepared for



September 2021



Section 1:

Research Objective & Method



Research Objective

To examine chronic pain management techniques and preferences, as well as to gain insight on how the COVID-19 pandemic has impacted pain and pain management.

Research Method

This survey was conducted online within the United States by The Harris Poll on behalf of Samueli Foundation from September 21-23, 2021 among 2,063 US adults ages 18 and older, among whom 1,138 currently experience chronic pain (i.e., any pain that has lasted 3 months or longer).

Results were weighted for age within gender, region, race/ethnicity, income, and education and size of household where necessary to align them with their actual proportions in the population. Propensity score weighting was also used to adjust for respondents' propensity to be online.



Section 2:

Key Takeaways



Summary of Key Takeaways

Takeaways

Chronic pain affects more than half of Americans, with majority in pain daily, and many using pharma and non-pharma treatments to manage pain

COVID-19 pandemic has changed how many manage their chronic pain, with increased use of pharma and non-pharma treatments

Stress/Anxiety and lack of sleep have worsened chronic pain, while pain relievers and increased exercise have improved it during the pandemic

Better management of chronic pain could greatly improve quality of life and reduce stress for many

Supportive Findings

- 56% of Americans say they currently experience chronic pain (i.e., any pain that has lasted 3 months or longer)
- About 3 in 4 Americans experiencing chronic pain (73%) say they are in pain every day
- The majority of Americans experiencing chronic pain use pharmacological (70%) and non-pharmacological treatments (78%) to manage their chronic pain, with over-the-counter pain relievers (53%) and exercise (43%) topping the list

- Roughly 1 in 5 Americans experiencing chronic pain say they are speaking with their doctor(s) more often about their pain (21%) or they have tried something new to manage their pain (20%) since the onset of the pandemic
- About 1 in 10 Americans experiencing chronic pain say they are speaking to their doctor(s) less often about their pain (14%), have had issues affording (12%) or accessing (11%) their normal pain management treatment(s), or have increased their doses or frequency of pain medication (11%) since the onset of the pandemic
- Nearly two thirds (65%) have used non-pharmacological treatments more often to manage their chronic pain since the pandemic began, and more than half (53%) say the same of pharmacological treatments

- Roughly 1 in 4 Americans experiencing chronic pain say stress/anxiety regarding that pain (26%) and lack of sleep due to that pain (25%) since the pandemic began have led to their chronic pain getting worse
- Similar proportions say ability to exercise more (26%), eating healthier foods (23%), and the use of pain relievers (22%) since the pandemic began have led to their chronic pain getting better

- More than 4 in 5 Americans experiencing chronic pain (83%) say their quality of life would greatly improve if they were better able to manage their chronic pain
- Nearly two thirds of Americans experiencing chronic pain (64%) say they are under stress because of it
- About 4 in 5 Americans experiencing chronic pain (79%) wish chronic pain was taken more seriously by healthcare providers



Summary of Key Takeaways (cont...)

Takeaways

More resources are needed to guide chronic pain management as majority are ill-equipped to do so

Interest in many non-pharma treatments to manage chronic pain is high, specifically healthy eating, exercise, and massage therapy

Supportive Findings

- Roughly 3 in 5 Americans experiencing chronic pain (62%) don't really know what type of healthcare provider can best help them manage their pain
 - 4 in 5 Americans experiencing chronic pain (80%) have had to find ways to manage their chronic pain on their own
 - About two thirds of Americans experiencing chronic pain (68%) wish they had more information about how to manage their pain
-
- More than 4 in 5 Americans experiencing chronic pain (83%) would like to avoid taking opioids to manage that pain
 - Among those who don't currently use the following treatments to manage their chronic pain:
 - 4 in 5 (80%) would be interested in using healthy eating to manage pain
 - About 7 in 10 (71%) would be interested in using exercise
 - About 2 in 3 (68%) would be interested in using massage therapy
 - Over 3 in 5 (62%) would be interested in using physical therapy



Section 3:

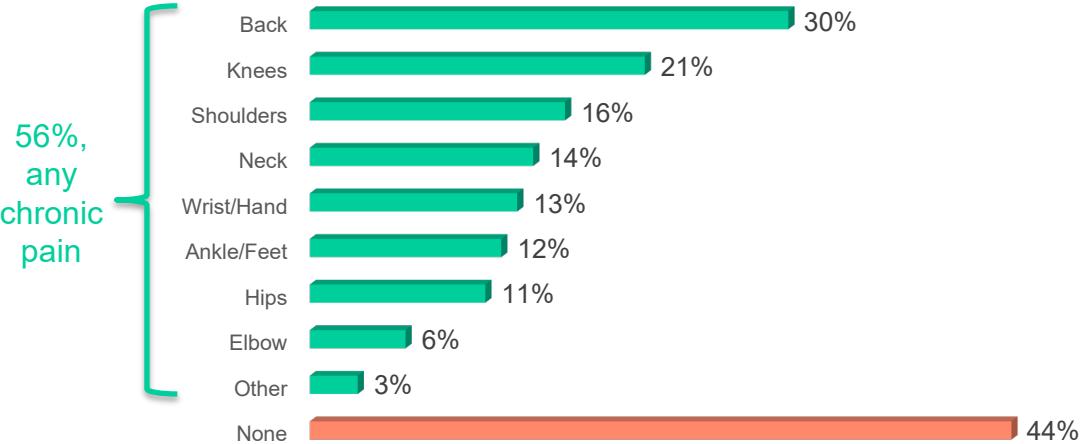
Key Findings By Question



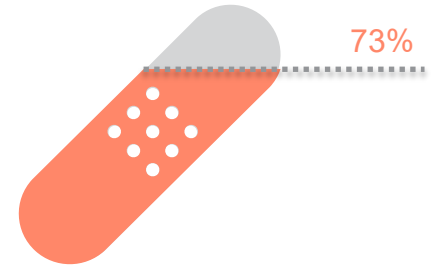
MORE THAN HALF OF AMERICANS CURRENTLY EXPERIENCE CHRONIC PAIN, MAJORITY OF THEM ARE IN PAIN EVERY DAY

56% of Americans currently experience chronic pain (i.e., any pain that has lasted 3 months or longer), with chronic back pain (30%) topping the list. Furthermore, about 3 in 4 of those experiencing chronic pain (73%) are in pain every day.

Types Of Chronic Pain Currently Experiencing



“I’m in pain every day” - % Agree



BASE: ALL RESPONDENTS (n=2,063)

Q1 Do you currently experience chronic pain (i.e., any pain that has lasted 3 months or longer) in any of the following parts of your body? Please select all that apply.

BASE: CURRENTLY EXPERIENCE CHRONIC PAIN (n=1,138)

Q8 How much do you agree or disagree with each of the following statements about chronic pain?



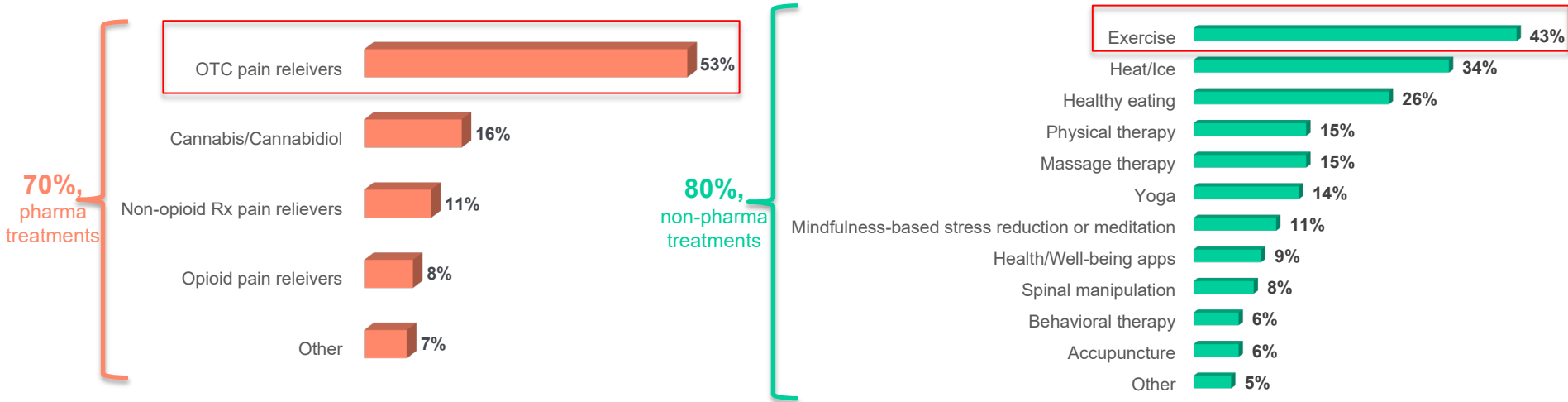
OVER-THE-COUNTER MEDICATIONS AND EXERCISE TOP TREATMENTS TO MANAGE CHRONIC PAIN

The vast majority of Americans experiencing chronic pain (94%) use some form of treatment to manage their pain, with 7 in 10 (70%) using pharmacological treatments and nearly 8 in 10 (78%) using non-pharmacological treatments. The most popular treatments include over-the-counter pain relievers (53%) and exercise (43%).

Treatments Used For Chronic Pain

Pharmacological

Non- Pharmacological



BASE: CURRENTLY EXPERIENCE CHRONIC PAIN (n=1,138)

Q2 Which of the following, if any, do you currently use to manage your chronic pain? Please select all that apply.

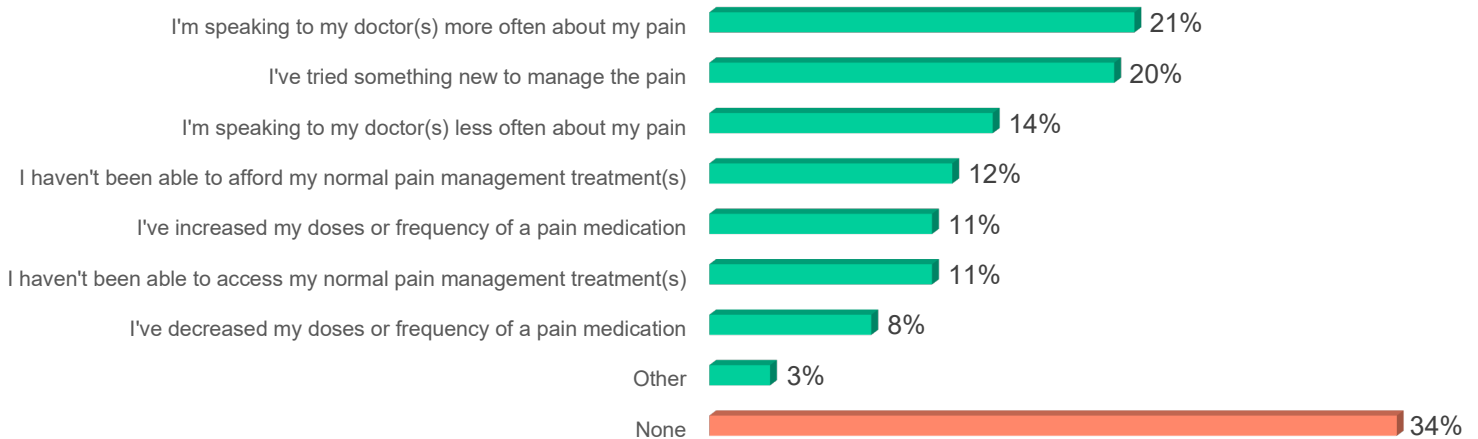


CHRONIC PAIN MANAGEMENT HAS CHANGED FOR MOST SINCE ONSET OF THE COVID-19 PANDEMIC

Nearly two thirds of Americans experiencing chronic pain (66%) say their pain management has changed since the COVID-19 pandemic began, with many saying they've tried something new to manage their pain or are speaking to their doctor more often.

Ways Chronic Pain Management Has Changed

66%,
chronic pain
management
has changed



BASE: CURRENTLY EXPERIENCE CHRONIC PAIN (n=1,138)

Q4 Which of the following, if any, describe how your pain management for chronic pain has changed since the COVID-19 pandemic began? Please select all that apply.

Harris Insights & Analytics LLC, A Stagwell Company © 2018



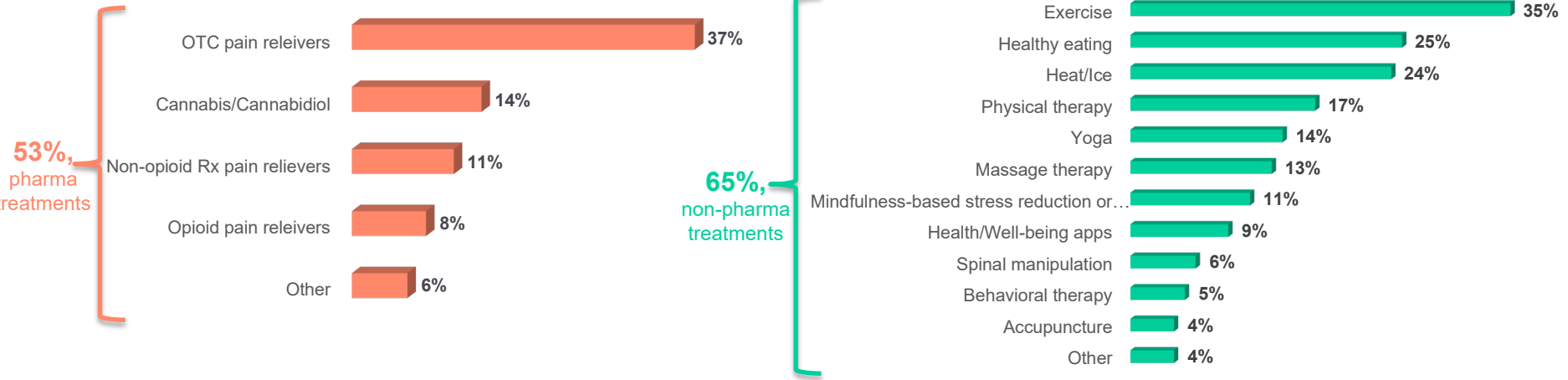
USE OF PHARMA AND NON-PHARMA TREATMENTS TO MANAGE CHRONIC PAIN HAS INCREASED SINCE ONSET OF COVID-19 PANDEMIC

Nearly 2 in 3 Americans experiencing chronic pain (65%) have used non-pharmacological treatments more often to manage their pain since the pandemic began, and more than half (53%) say the same of pharmacological treatments.

Treatments Used More Often Since COVID-19 Began

Pharmacological

Non-Pharmacological



BASE: CURRENTLY EXPERIENCE CHRONIC PAIN (n=1,138)

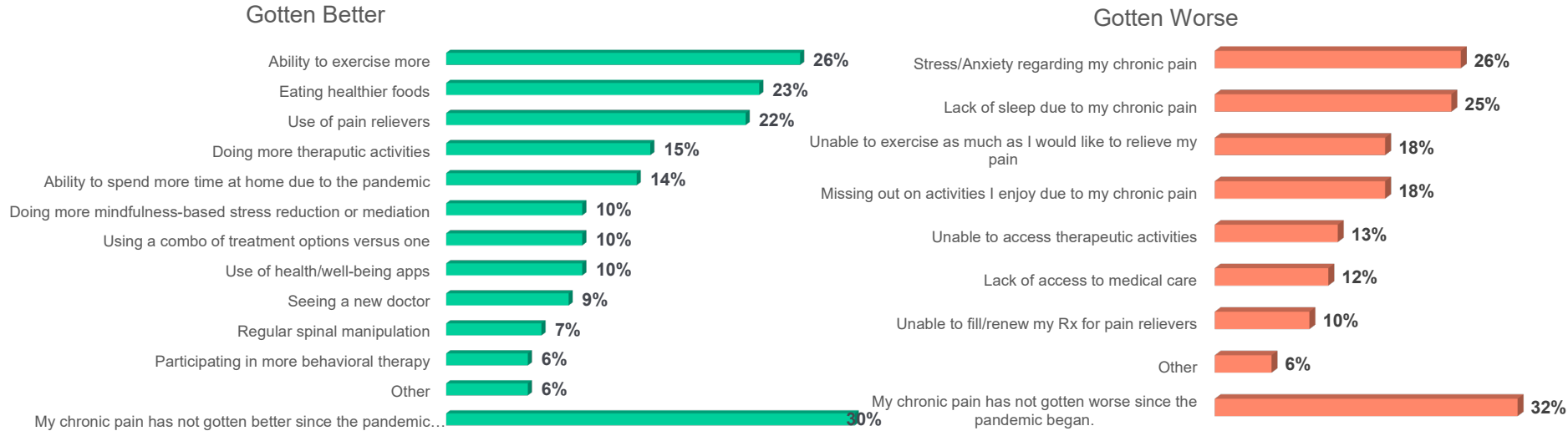
Q5 Compared to before the pandemic, which of the following treatments, if any, have you used more often to manage your chronic pain since the COVID-19 pandemic began? Please select all that apply.



STRESS/ANXIETY, LACK OF SLEEP, AND EXERCISE IMPACTED CHRONIC PAIN SEVERITY DURING PANDEMIC

Roughly 1 in 4 Americans experiencing chronic pain say stress/anxiety regarding that pain (26%) and lack of sleep due to that pain (25%) have led to their chronic pain getting worse during the pandemic. Similar proportions say ability to exercise more (26%), eating healthier foods (23%), and the use of pain relievers (22%) have led to their chronic pain getting better.

How Chronic Pain Has Been Impacted Since COVID-19 Began



BASE: CURRENTLY EXPERIENCE CHRONIC PAIN (n=1,138)

Q6 Which of the following, if any, have led to your chronic pain getting better since the pandemic began? Please select all that apply.

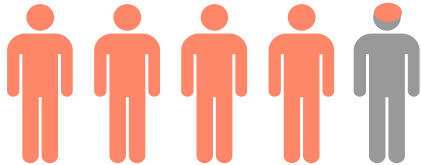
Q7 Which of the following, if any, have led to your chronic pain getting worse since the pandemic began? Please select all that apply.



BETTER MANAGEMENT OF CHRONIC PAIN COULD GREATLY IMPROVE QUALITY OF LIFE

More than 4 in 5 Americans experiencing chronic pain (83%) say their quality of life would greatly improve if they were better able to manage their chronic pain. Additionally, nearly 2 in 3 (64%) say they are under stress due to their chronic pain, and about 4 in 5 (79%) wish chronic pain was taken more seriously by healthcare providers.

83% feel their quality of life would greatly improve if they were better able to manage their chronic pain



64% are under stress due to their chronic pain

79% wish healthcare providers took chronic pain more seriously

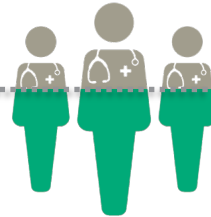




MORE RESOURCES ARE NEEDED TO GUIDE CHRONIC PAIN MANAGEMENT AS MAJORITY FEEL UNKNOWLEDGEABLE TO DO SO

Roughly 3 in 5 experiencing chronic pain (62%) don't really know what type of healthcare provider can best help them manage their pain, about two thirds (68%) wish they had more info on how to manage their chronic pain, and 4 in 5 (80%) have had to find ways to manage their chronic pain on their own.

62% don't really know what type of provider can best help them manage their chronic pain



80% have had to find ways to manage their chronic pain on their own



68% wish they had more info how to manage their chronic pain

BASE: CURRENTLY EXPERIENCE CHRONIC PAIN (n=1,138)

Q8 How much do you agree or disagree with each of the following statements about chronic pain?

Harris Insights & Analytics LLC, A Stagwell Company © 2018



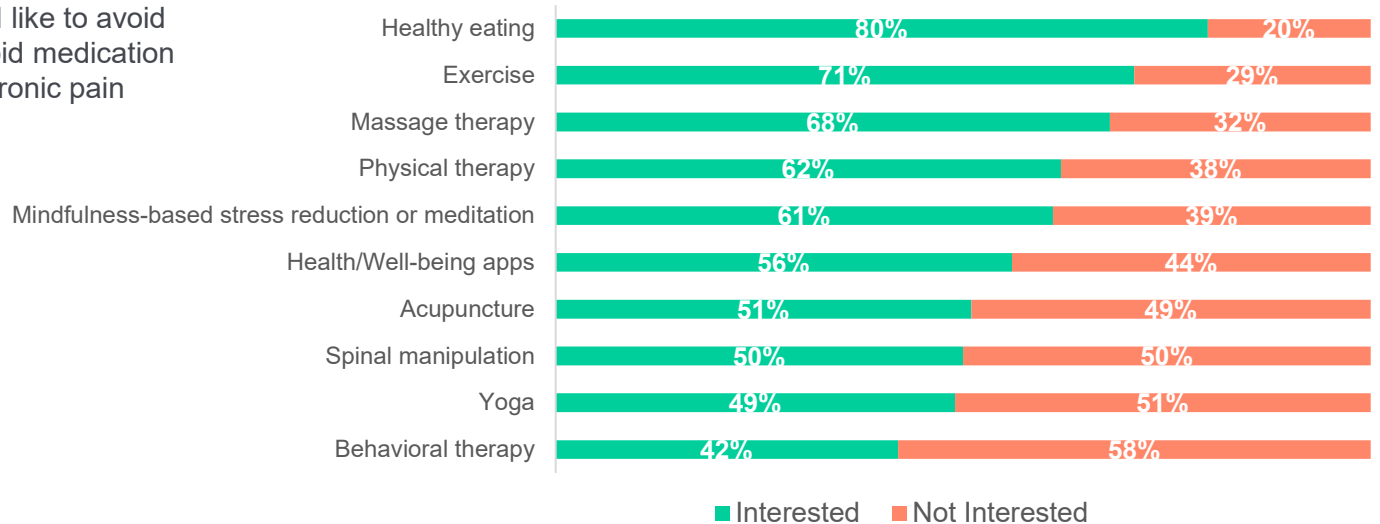
INTEREST IN MANY NON-PHARMACOLOGICAL TREATMENTS TO MANAGE CHRONIC PAIN IS HIGH, MAJORITY WANT TO AVOID OPIOIDS

More than 4 in 5 (83%) want to avoid opioids to manage chronic pain. Among those who don't currently use listed non-pharmacological treatments to manage their pain, a majority would be interested in using healthy eating (80%), exercise (71%), massage therapy (68%), or physical therapy (62%), among other non-pharma ways, to manage the pain.



83% would like to avoid taking opioid medication for their chronic pain

Interest In Non-Pharma Treatments



BASE: CURRENTLY EXPERIENCE CHRONIC PAIN & DO NOT USE LISTED TREATMENT TO MANAGE PAIN (variable bases)

Q3 How interested would you be in using each of the following non-pharmacological treatments to manage your chronic pain?



Section 4:

Demographics

Demographic Breakdown



Currently Experience Chronic Pain (n=1,138)

Gender	
Male	50%
Female	49%

Age	
18-34	33%
35-44	16%
45-54	15%
55-64	16%
65+	21%

Region	
Northeast	17%
Midwest	21%
South	38%
West	24%

Education	
High School or Less	31%
Some College	35%
College Grad+	34%

HH Income	
Less than \$50k	29%
\$50k-\$74.9k	15%
\$75k-\$99.9k	12%
\$100k+	41%

Parent Of Kid(s) Under 18	
Yes	34%
No	66%

Demographic Breakdown



Currently Experience Chronic Pain & Using Pharma Treatments (n=843)

Gender	
Male	46%
Female	52%

Region	
Northeast	18%
Midwest	22%
South	38%
West	22%

HH Income	
Less than \$50k	31%
\$50k-\$74.9k	18%
\$75k-\$99.9k	11%
\$100k+	38%

Age	
18-34	27%
35-44	14%
45-54	15%
55-64	19%
65+	25%

Education	
High School or Less	32%
Some College	34%
College Grad+	34%

Parent Of Kid(s) Under 18	
Yes	31%
No	69%

