

Trait Mindfulness Moderates the Relationship between Symptoms of Pain and Posttraumatic Stress Disorder in Veterans

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- **PTSD and pain are prevalent and highly comorbid in veterans**
(Fulton et al., 2015; Stecker et al., 2010; Shipherd et al., 2007)
- **Pain exacerbates PTSD through multiple symptom pathways**
(Sharp & Harvey, 2001; Asmundson et al., 2002)
- **Trait mindfulness improves symptomology in veterans with PTSD**
(Dahm et al., 2015; Polusny et al., 2015; Possemato et al., 2016)
- **Little is known regarding the effect of mindfulness on PTSD in the context of pain**

PROCEDURES

- Veterans (N = 1,230) recruited on social media for a cross-sectional study of health behavior
- Assessed trait mindfulness, PTSD, and pain along multiple dimensions (intensity, mobility, activities of daily living (ADL), vitality, negative affect, and fear)

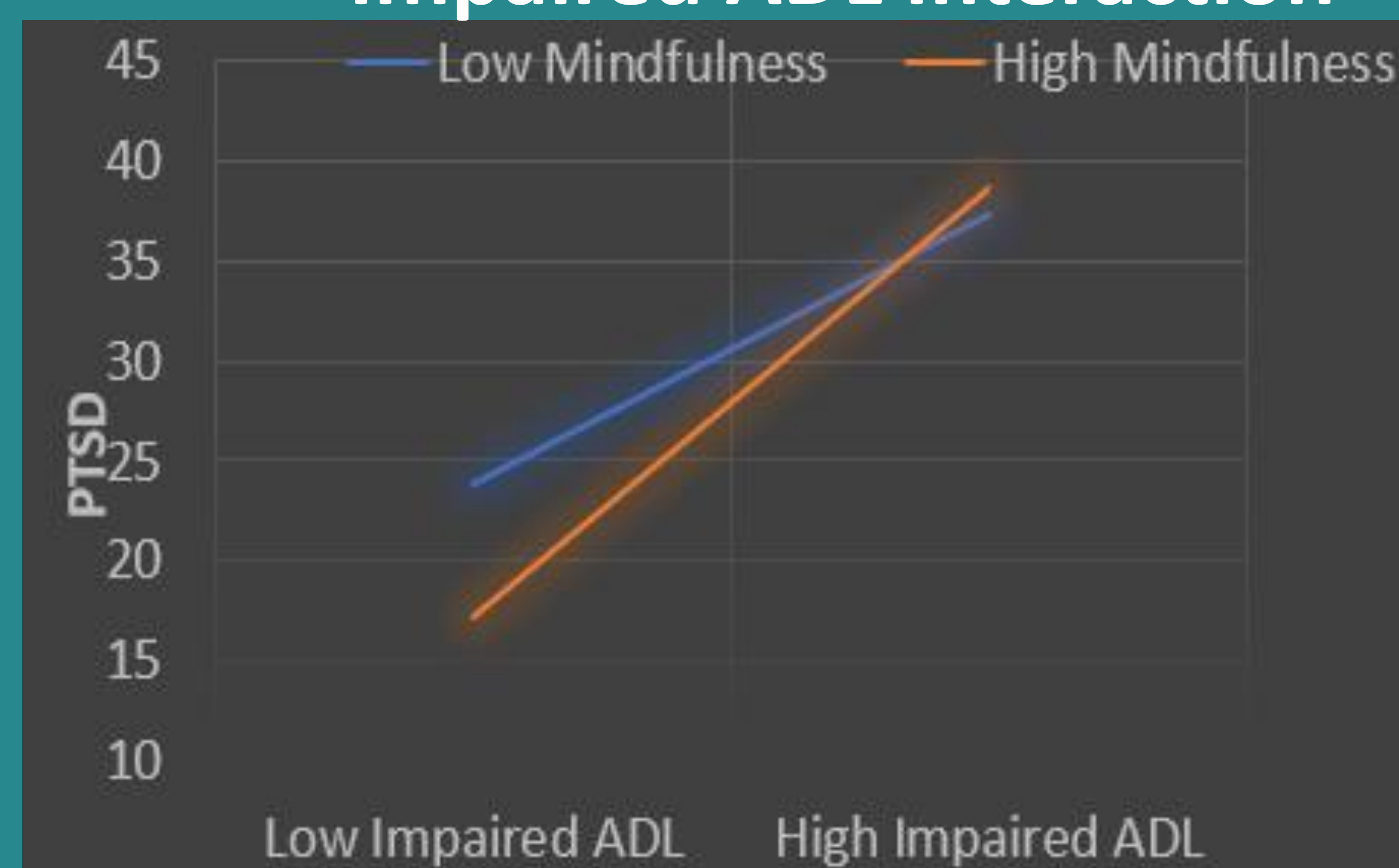
ANALYSES

- Linear regression models were used with sex, race/ethnicity, and age as covariates
- Tested for main and interaction effects of trait mindfulness and pain/dimensions of pain on PTSD

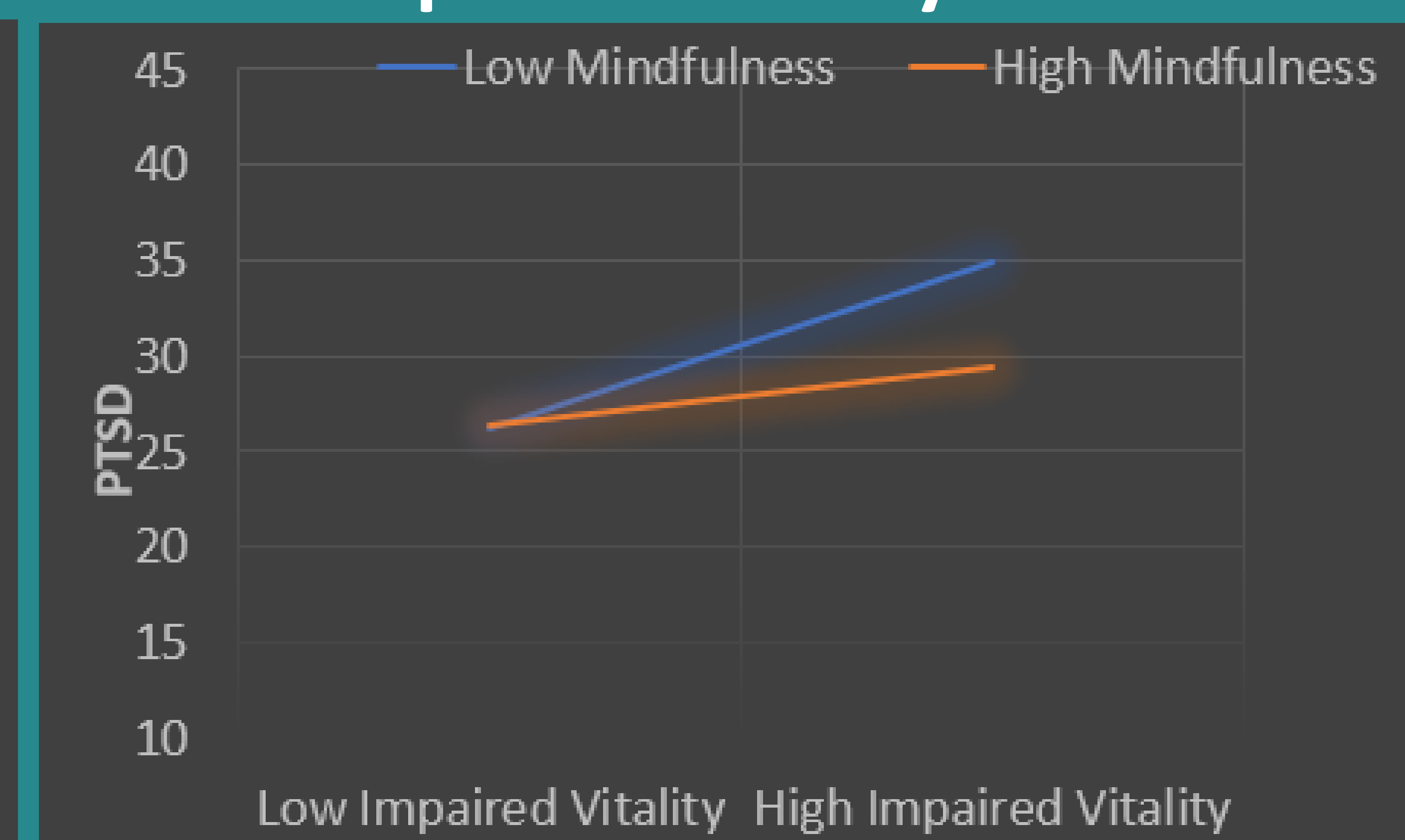
Total Pain Interaction



Impaired ADL Interaction



Impaired Vitality Interaction



RESULTS

- Trait mindfulness negatively associated with PTSD.
- Total pain, impaired vitality, impaired ADL, negative affect positively associated with PTSD; pain intensity and impaired mobility negatively associated
- Interaction effects between mindfulness and impaired vitality/impaired ADL

DISCUSSION

- Adds to literature on relationship between pain and PTSD.
- Trait mindfulness appears to mitigate the effect of pain on PTSD.
- Mindfulness may be particularly relevant for veterans with impairments in vitality.

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