



## Rückenschulen - Back Schools

By Arno Krause

GRIN Verlag Apr 2010, 2010. Taschenbuch. Book Condition: Neu. 210x148x10 mm. This item is printed on demand - Print on Demand Neuware - Diplomarbeit aus dem Jahr 2004 im Fachbereich Psychologie - Klinische u. Gesundheitspsychologie, Psychopathologie, Note: 1,1, Leopold-Franzens-Universität Innsbruck (Institut für Psychologie), Sprache: Deutsch, Abstract: In industrialized countries chronic pain, especially chronic back pain, has become a frequent problem with high rates of morbidity which in turn has various medical and social-economical effects. Intensive research during the last decades has brought a shift from a somatic determined acceptance of disease and disorders to a more psychological perspective. Therefore research in chronic low back pain can be regarded as a challenge not only for medical but for diverse scientific disciplines. A widely used form of intervention is the back school, which is practised successfully for more than 20 years in Western Europe and North America. At the Innsbruck University State Hospital a back school program (interdisciplinary group therapy IGT) was started with 42 chronic low back pain patients aged between 27 and 70 years; the study is still in progress. A descriptive metaanalysis (narrative review) of 29 back schools which are based on the Swedish back school is used as...



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