

**Abstract****Original Article****Association between the Fear of Pain, the Response Strategies and the Sense of Coherence in Workers in Primary Health Care****Paraskevi Verouli, RN**

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E-mail: voulver@yahoo.com**Abstract**

**Introduction:** Pain is one of the greatest human fears. People with strong Sense of Coherence (SOC) manage to deal effectively with stressful situations, such as pain and maintain good physical and mental health.

**Purpose:** The assessment of the fear of pain in primary health care workers and the detection of possible correlations between the fear of pain, the coping strategies and the Sense of Coherence.

**Material and Method:** The sample consisted of 94 employees in Primary Health Care. For data collection were used: the FPQ-III, the BRIEF-COPE and the Sense of Coherence scale (SOC).

**Results:** The analysis of FPQ-III showed the highest mean score in the subscale FPQ-III major ( $34.29 \pm 6.78$ ). Analyzing the BRIEF-COPE inventory, the highest score was found in Planning ( $3.37 \pm 0.61$ ), Positive Reframing ( $3.20 \pm 0.71$ ), Acceptance and Active Coping ( $3.10 \pm 0.66$  and  $3.04 \pm 0.69$  respectively). Examining the possible existence of correlations between dimensions of the FPQ-III and the BRIEF-COPE, a positive correlation was observed between the subscale FPQ-III minor and Self-distraction ( $p < 0.05$ ), as well as a positive correlation between the subscale FPQ-III major with Self-distraction ( $p < 0.01$ ), Religion ( $p < 0.01$ ), Emotional support ( $p < 0.05$ ), Denial ( $p < 0.05$ ) and Self-blame ( $p < 0.05$ ). In FPQ-III medical, a positive correlation was found between Self-distraction ( $p < 0.05$ ) and Denial ( $p < 0.05$ ), while there was a positive correlation between the FPQ-III total and the dimensions: Self-distraction ( $p < 0.01$ ), Denial ( $p < 0.01$ ), Religion ( $p < 0.05$ ), Venting ( $p < 0.05$ ) and Emotional support ( $p < 0.05$ ). In Sense of Coherence scale (SOC) a fairly high mean score ( $138.79 \pm 21.41$ ) was observed. Regarding the correlations between the BRIEF-COPE with the SOC, a positive correlation was found with the so-called "adaptive" mechanisms and negative correlations with the "maladaptive" mechanisms.

**Conclusions:** The participants seemed to have a high Sense of Coherence, which positively influences the adoption of adaptive coping strategies. However, when tested for possible correlations between the FPQ-III and the BRIEF-COPE, it was found that the scores of FPQ-III are positively correlated with 'maladaptive' mechanisms such as the Self-distraction and Denial, which probably means that the fear of pain motivates different coping strategies.

**Keywords:** Fear of pain, coping strategies, sense of coherence, Primary Health Care.