



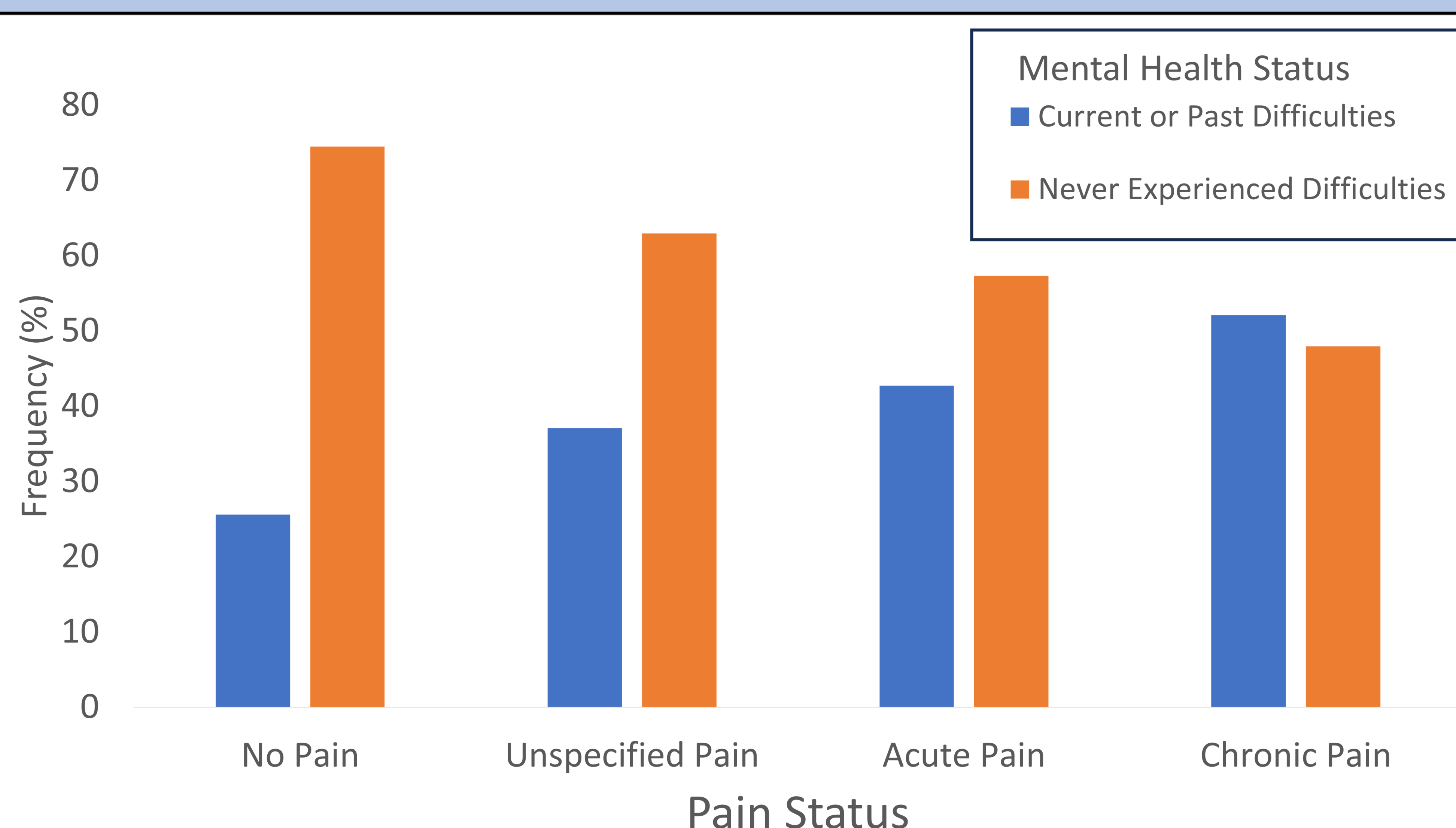
## Intro

- Approximately 12% of emerging adults experience chronic pain.
- Chronic pain impacts psychosocial functioning and functional abilities.
- Anxiety and depression symptoms are associated with worse pain outcomes.
- It is unclear how frequently mental health disorders arise in emerging adults with chronic pain.

## Methods

- Participants ( $N = 419$ ;  $m_{age} = 19.44$ ,  $SD_{age} = 1.51$ ), enrolled at a Midwestern United States university completed an online survey about their health.
- Participants were predominantly assigned female sex at birth ( $n = 332$ , 79.2%) and identified their gender as woman ( $n = 309$ , 73.7%).
- Responses to questions regarding pain, mental health, and demographics are assessed.
- Chi-square test of independence analyzed if the likelihood of reporting a current mental health condition varied based on pain status.

How frequently do mental health diagnoses arise in a non-clinical sample of EAs with chronic, acute, and no pain?



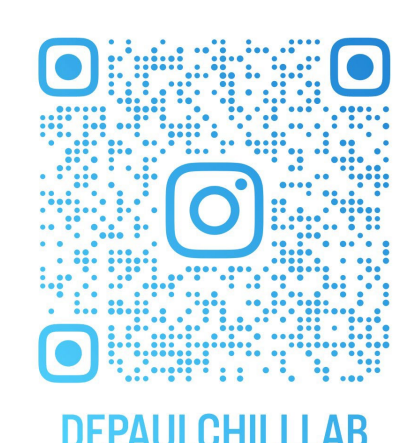
Emerging adults with chronic pain disclosed mental health concerns twice as frequently as those without pain.

## Results

- Pain reported as chronic (34.8%), acute (21.2%), or unspecified duration (21.2%).
- About one-quarter of participants reported no pain (22.7%).
- Current or past mental health condition was reported by 40.6% of participants.
- Chi-square results suggest an association between pain status and mental health ( $\chi^2 (3, N = 414) = 16.91, p = 0.001$ ).
- Current or past mental health concerns were reported most by those with chronic pain (52.05%) and half as frequently in those without pain (25.56%).

## Discussion

- Chronic pain is prevalent in emerging adults.
- Mental health concerns reported more frequently by those with chronic pain.
- More research is needed in non-clinical samples to explore the prevalence of chronic pain in this demographic.
- The relationship between mental health and chronic pain needs to be explored more thoroughly.



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