

# Heterogeneity in the experience of chronic pain

Citation for published version (APA):

Waardenburg, S. (2022). *Heterogeneity in the experience of chronic pain: unravelling the biopsychosocial context and the quantification of treatment success*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20221214sw>

**Document status and date:**

Published: 01/01/2022

**DOI:**

[10.26481/dis.20221214sw](https://doi.org/10.26481/dis.20221214sw)

**Document Version:**

Publisher's PDF, also known as Version of record

**Please check the document version of this publication:**

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- The final published version features the final layout of the paper including the volume, issue and page numbers.

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STELLINGEN behorende bij het proefschrift:

# **Heterogeneity in the experience of chronic pain**

## **Unravelling the biopsychosocial context and the quantification of treatment success**

Door Sophie Waardenburg

1. The influence of sociocultural status on pain outcomes is, in general, more pronounced in men than in women. Chapter 3 - this thesis
2. Being a complex pain patient, with pain severity, pain catastrophizing and depression or anxiety, affects possibilities to improve on pain outcomes after treatment. Chapter 4 - this thesis
3. When women experience fear-avoidance, their pain intensity increases; this does not happen in men. Chapter 5 - this thesis
4. Many chronic pain patients are not satisfied with a two point decrease on the Numeric Pain Rating Scale as clinically important improvement. Chapter 6 - this thesis
5. There is no 'one size fits all' in chronic pain.
6. Assessing chronic pain patients with the experience sampling method, is a demanding technique that needs to be well reasoned before being applied. (Discussion - this thesis)
7. "The more you know about chronic pain, the more you realize you don't know about chronic pain." Adapted from Aristotle
8. Incorporating social workers in the multidisciplinary care of chronic pain patients can improve healthcare decisions on the psychosocial aspect of pain (Discussion - this thesis)
9. Quien no arriesga, no gana!