

Americans Living With Pain Survey

Executive Summary of Results

**Survey conducted on behalf of the
American Chronic Pain Association
Sponsored by Endo Pharmaceuticals
*April 2004***



NOP World
United Business Media

Methodology and Introduction

- **The findings presented in this report are based on telephone interviews with a random cross section of 800 adults who suffer from chronic pain.**
- **For this study, chronic pain was defined as pain that occurs constantly/flares up frequently, is not caused by cancer and is experienced at least once a month.**
- **The sampling frame for this study was a random digit dialing system (RDDS) that includes all telephone households in the U.S., both listed and unlisted.**

Methodology and Introduction (Cont.)

- **The margin of sampling error of the total sample is +/- 3 percentage points, for subgroups the margin of error will be greater.**
- **Interviewing was conducted during March and April of 2004.**
- **The purpose of the survey is to ascertain:**
 - How pain impacts quality of life for people living with pain
 - The extent of their communication with doctors
 - Perceptions and use of various treatment options

The occurrence of chronic pain is more common among women and varies directly by age.

Sex:

Male	39%
Female	61%

Education:

High school graduate or less	46%
Some college	24%
College graduate	30%

Employment:

Employed full- or part-time	45%
Not employed	55%

Age:

18 – 34	15%
35 – 50	31%
51 +	53%

Marital status:

Married	53%
Single, living with partner	6%
Single, never married	12%
Separated/divorced	15%
Widowed	13%

Executive Summary

- **Chronic pain is a serious health condition that some have been living with for a relatively long time and, in most cases, facing it daily. A significant number rate their pain as being very severe, especially those who say it is ever present.**
 - 72% have been experiencing pain for more than 3 years, including 34% who have had chronic pain for over 10 years
 - 76% experience pain daily, including 48% who say it is ever present
 - 26% rate their pain as very severe; 34% of those whose pain is ever present rate it as very severe
- **More importantly, nearly half say their pain is not under control – in particular, those whose pain is ever present, men, and those who are middle aged.**
 - 47% say their pain is not under control
 - 59% of those whose pain is ever present say it is not under control
 - 55% of those 35 to 50 say it is not under control

Executive Summary (Cont.)

- **Among those who report having chronic pain, age does not play a significant role in reporting back pain – the most prevalent type of pain. Similar proportions of younger (56% of 18 – 34 year olds), middle aged (50% of 35 – 64 year olds) and older (49% of 65 + year olds) report their back is where they feel the most pain.**
- **Those with chronic pain experience difficulties on the job and their personal relationships suffer due to their condition.**
 - 51% of those employed say it adversely affects their productivity at work and 41% their ability to put in a full day's work
 - One in six (16%) say their chronic pain has adversely affected their advancement opportunities
 - 45% say their pain has had an unfavorable effect on a personal relationship, specifically their relationship with either their spouse/partner (28%), children/grandchildren (25%) or close friends (24%)

Executive Summary (Cont.)

- **Chronic pain adversely affects quality of life for people with pain – both in terms of their day-to-day activities and their emotional well-being.**
 - Over half report that their pain prevents them from doing a wide variety of their normal activities, with around three fourths saying it impacts their quality of sleep and ability to exercise or play sports
 - Women report that their pain has an impact on their ability to do everyday activities more than men. In fact, almost three fourths of women (73%) say their pain has prevented them from doing chores around the home (vs. 57% of men) and two thirds of women (65%) say their daily routine has been affected (vs. 55% of men)
 - Two thirds of people with pain say pain causes them irritable behavior and stress; for over half (52%), pain causes a loss of desire or motivation
 - More women are affected emotionally by their pain than men, with many reporting that it causes them stress (70%), loss of desire or motivation (55%), a feeling of being unable to cope (39%) and a decreased desire for sex (36%).



Executive Summary (Cont.)

- **However, people's attitude toward their pain when it first develops is quite casual. Although, nearly half talk to a doctor about it within a month, nearly as many wait longer with a significant number waiting for over 3 months. The barrier to more immediate action is the casual attitude toward pain i.e., it will go away or it is not a serious health condition. What finally gets the majority of people with pain to see a doctor is the pain becoming more severe.**
 - 92% have talked to a doctor about their pain; 44% waited over a month before doing so, including 30% who delayed over 3 months
 - 71% were not immediately proactive about seeking medical advice due to a casual attitude toward their pain
 - 53% went to a doctor because their pain was becoming too severe

Executive Summary (Cont.)

- **Those with chronic pain are just as likely to be taking an OTC medication as an Rx medication; relatively few are only using alternative treatments.**
 - 53% are taking a Rx medication – 27% only and 26% along with an OTC
 - 55% are taking an OTC medication – 29% only and 26% along with an Rx
 - 15% are using alternative treatments only
- **Exclusive OTC usage is mainly a function of the nature of the user's pain, product performance and financial considerations.**
 - People taking only OTC rate their pain as less severe – with 21% rating it as very severe compared to 36% of exclusive Rx users
 - With these people, pain is less likely to be ever present – 40% of people taking only OTC say their pain is ever present versus 63% of exclusive Rx users
 - 22% say their OTC medication works fine; 19% say they take only OTC because of financial considerations



Executive Summary (Cont.)

- **Nearly all of those with chronic pain turn to alternative treatments regardless of the medications they are using or the nature of their pain. This would indicate that current Rx and OTC medications by themselves are not providing as much relief as desired or that such usage helps ease the financial burden of treatment.**
 - 89% of those with chronic pain use alternative treatments
 - Usage is high among those whose pain is ever present (87%) and among those whose pain flares up (90%)
 - 86% of of those taking only Rx medication and 91% of those taking only OTC medication also use alternative treatments

Executive Summary (Cont.)

- **Significant numbers of those with chronic pain have concerns about taking pain medications; their concerns range from potential side effects, the medications being addictive, the need for increased usage over time and the possibility of having to take them for the rest of their lives. Such concerns are higher among women and those who are not exclusive Rx users and vary based on the age of the individual.**
 - 56% are concerned about potential side effects, 50% are concerned about addiction or need for higher dosage over time and 49% are worried about having to take it the rest of their lives
 - Women's concerns on these four issues range from 53% to 59% vs. 43% to 51% among men
 - 35% to 45% of exclusive Rx users have such concerns vs. 53% to 66% among exclusive OTC users
 - The majority of adults under 50 are more concerned about increases in dosage over time and having to take it the rest of their lives than older adults, while concerns about potential side effects and being addictive are highest among 35 to 50 year olds

Executive Summary (Cont.)

- **There is a hesitancy to take a narcotic pain reliever among a significant number of those currently taking a Rx medication for their pain, especially among women and those taking an OTC medication along with their prescription medication.**
 - 44% of those using a Rx medication say they would be hesitant to take a narcotic pain reliever; 49% of women feel this way vs. 36% of men and 50% of Rx and OTC users vs. 39% of exclusive Rx users
- **Those using both Rx and OTC medications for their pain are more likely to be experiencing side effects from the medication than exclusive Rx users.**
 - 86% experience side effects vs. 70% of exclusive Rx users
 - The most significant differences are found in the percentage of people experiencing side effects of drowsiness (52% vs. 39%) and upset stomach/nausea (41% vs. 24%)

Executive Summary (Cont.)

- **But, this dual treatment (both Rx and OTC) may be required, since the pain being treated this way affects a wider range of everyday activities and relationships with other people than the pain being treated differently.**
 - Over 75% taking both Rx and OTC say their pain has affected their daily routine, doing chores, exercising, getting a good night's sleep and doing outdoor activities
 - Over one-third taking both Rx and OTC say their pain has adversely affected almost all people they come in contact with on a regular basis; the range among exclusive Rx users is 8% to 31% and among exclusive OTC users 9% to 23%

Executive Summary (Cont.)

- **Other factors affecting treatment include the high incidence of taking Rx medication for other health conditions, the belief or possibility that their access to Rx pain medication might be more difficult in the future, as well as currently not getting their Rx prescriptions filled due to financial considerations, especially among those with ever present pain.**
 - 59% currently taking Rx medication for pain are also taking an oral Rx medication for another health condition; this causes concern with almost half of these dual users
 - 61% say their access to Rx pain medication in the future will either become more difficult (28%) or they are not sure it will be the same (33%)
 - Current problems preventing getting prescriptions filled include no prescription coverage (22%), co-pay being too expensive (22%), and no health insurance (19%) among those whose pain is ever present
- **Most of those with chronic pain do not know if a prescription patch product can provide the same amount of relief as a Rx oral pain medication, primarily because they do not know enough about them and how they work.**
 - 26% of those with chronic pain believe the patch would provide the same amount of relief, 31% say it would not and 43% don't know



Executive Summary (Cont.)

- **Non-compliance is a major issue in taking Rx medication for pain, especially among those taking both Rx and OTC medications. Side effects and financial factors are the primary causes.**
 - 61% of those taking Rx medication for pain are non-compliant in taking it exactly as prescribed; 69% of those taking both Rx and OTC are non-compliant versus 54% of exclusive Rx users
 - 83% of the non-compliant experienced side effects from their medication vs. 68% of the compliant
 - Non-compliant are more concerned about potential side effects (55% vs. 34%) and higher dosage over time (52% vs. 38%) than the compliant, and less concerned about having to take it for the rest of their lives (34% vs. 51%) and being addictive (34% vs. 51%)
 - Non-compliant are currently more likely to be prevented from filling a prescription because the co-pay was too high (24% vs. 12%), meds not covered by insurance (23% vs. 14%), and not having health insurance (21% vs. 10%)