

Mental Wellbeing and Shoulder Treatment

 **Duke Orthopaedic Surgery**
Duke University School of Medicine

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Are patients experiencing shoulder pain at a high risk for poor mental wellbeing?

Why We Did This Study

Non-surgical treatments like injection or physical therapy may be effective for some people with shoulder pain, while others may require surgery to manage their condition. Shoulder pain can be difficult to live with, so we wanted to evaluate mental wellbeing among people undergoing surgical and non-surgical treatment for their shoulder condition.

Questions? Please contact us at sportsmed_research@dm.duke.edu

Who We Studied



- 277 people with an average age of 58 from 2019-2021 seeing a shoulder surgeon. 57% ultimately had shoulder surgery.
- At the time of their office visit, people reported their shoulder pain and problems, and answered questions related to their mental well-being.
- Mental well-being questions measured characteristics like anxiety, depression, beliefs about pain, and the ability to cope with pain.

Study Results

- Nearly 85% of people seeking care for shoulder pain reported difficulties with their ability to cope with pain.
- Over half of people studied reported symptoms related to depression or anxiety
- People that ultimately had shoulder surgery had higher levels of pain and disability, and more difficulty coping with pain than did those not undergoing surgery.



What Do These Results Mean?

People seeking care for shoulder pain commonly experience difficulties coping with pain. Careful evaluation of each person's mental wellbeing may help to improve treatment outcomes.

The study results may not affect or apply to each person. This study is one “piece of the puzzle” for this treatment; additional information may be available from other studies now or in the future

You can read more about this study in the [Journal of Shoulder and Elbow Surgery](#).