

Den nervøse patient: Sprog, afledning og nocebo/placebo

Pernille Opstrup

17. april 2024



Observational Study > Int J Obstet Anesth. 2017 Feb;29:57-63. doi: 10.1016/j.ijoa.2016.10.004.

Epub 2016 Oct 13.

Persistent pain after caesarean section and its association with maternal anxiety and socioeconomic background

B Daly¹, S Young², R Marla³, L Riddell¹, R Junkin¹, N Weidenhammer¹, J Dolan¹, J Kinsella³, R Zhang⁴

Affiliations + expand

PMID: 27884667 DOI: 10.1016/j.ijoa.2016.10.004

Meta-Analysis > J Clin Psychiatry. 2018 Sep 4;79(5):17r12011. doi: 10.4088/JCP.17r12011.

Maternal Anxiety During Pregnancy and the Association With Adverse Perinatal Outcomes: Systematic Review and Meta-Analysis

Sophie Grigoriadis^{1 2}, Lisa Graves³, Miki Peer⁴, Lana Mamisashvili⁴, George Tomlinson⁵, Simone N Vigod⁶, Cindy-Lee Dennis⁷, Meir Steiner⁸, Cara Brown⁹, Amy Cheung², Hiltrud Dawson¹⁰, Neil A Rector², Melanie Guenette¹¹, Margaret Richter²

Affiliations + expand

PMID: 30192449 DOI: 10.4088/JCP.17r12011

> Eur J Obstet Gynecol Reprod Biol. 2020 May;248:252-256. doi: 10.1016/j.ejogrb.2020.03.045.

Epub 2020 Mar 28.

Perioperative anxiety and length of hospital stay after caesarean section – A cohort study

N K Schaal¹, P Hepp², M Heil³, O T Wolf⁴, C Hagenbeck⁵, M Fleisch⁶, T Fehm⁵

Affiliations + expand

PMID: 32283431 DOI: 10.1016/j.ejogrb.2020.03.045

Observational Study > Am J Addict. 2020 Nov;29(6):463-470. doi: 10.1111/ajad.13028.

Epub 2020 Apr 6.

Association of Mood and Anxiety Disorders and Opioid Prescription Patterns Among Postpartum Women

Nichole Nidey^{1 2}, Ryan Carnahan³, Knute D Carter⁴, Lane Strathearn^{5 6}, Wei Bao³, Andrea Greiner⁷, Laura Jelliffe-Pawlowski^{8 9}, Karen M Tabb¹⁰, Kelli Ryckman³

Affiliations + expand

PMID: 32249527 DOI: 10.1111/ajad.13028



Smertelæge på udebane

Emotionel regulering

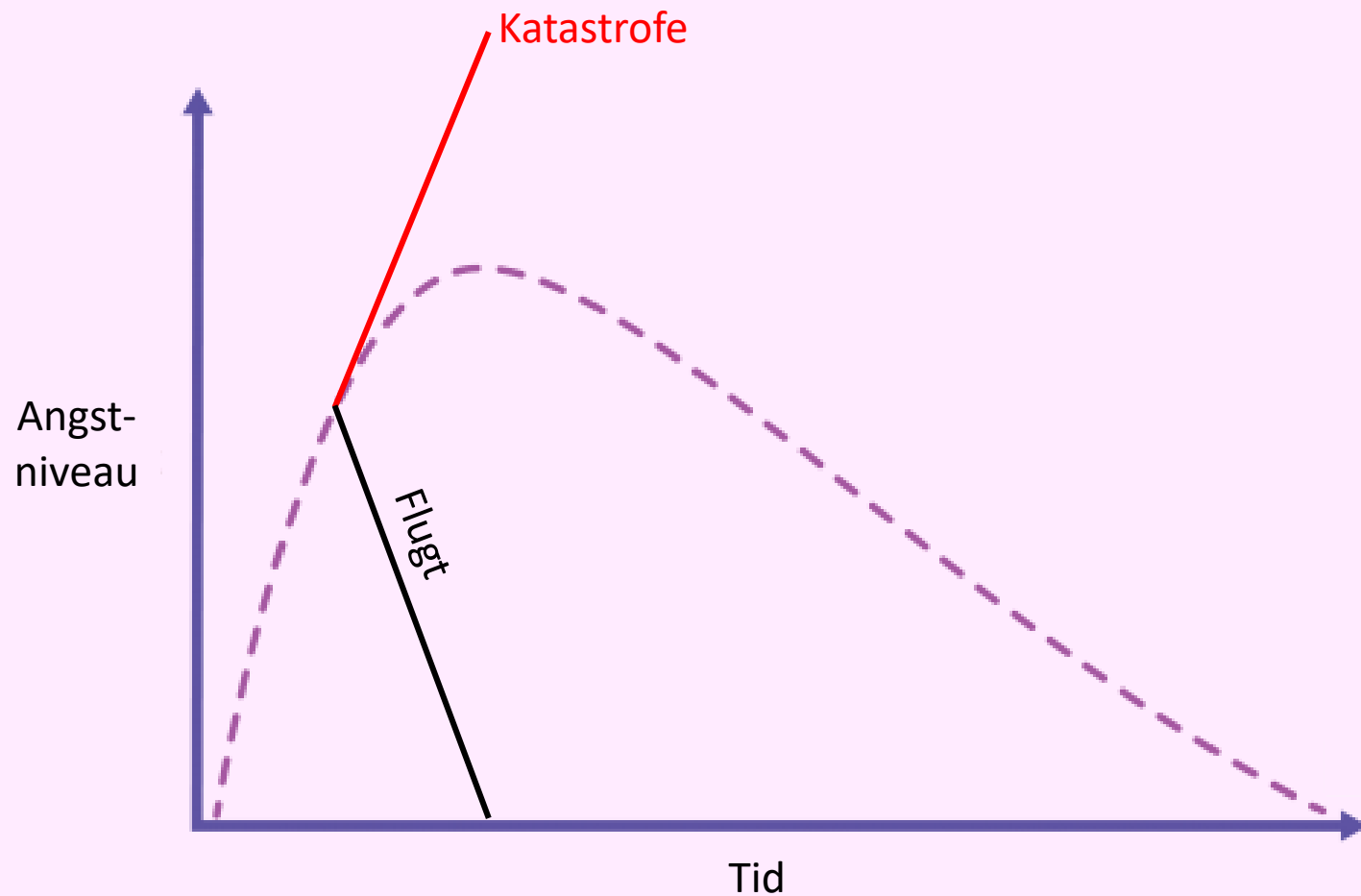
Hvad er angst?

Angst består af fysiske, følelsesmæssige, tankemæssige og adfærdsmæssige symptomer.

- Overvurderer risici
- Undervurderer kompetencer

Angstkurven

Angst er en følelse som alle andre følelser, der kommer og går helt af sig selv, hvis man ikke gør noget ved den



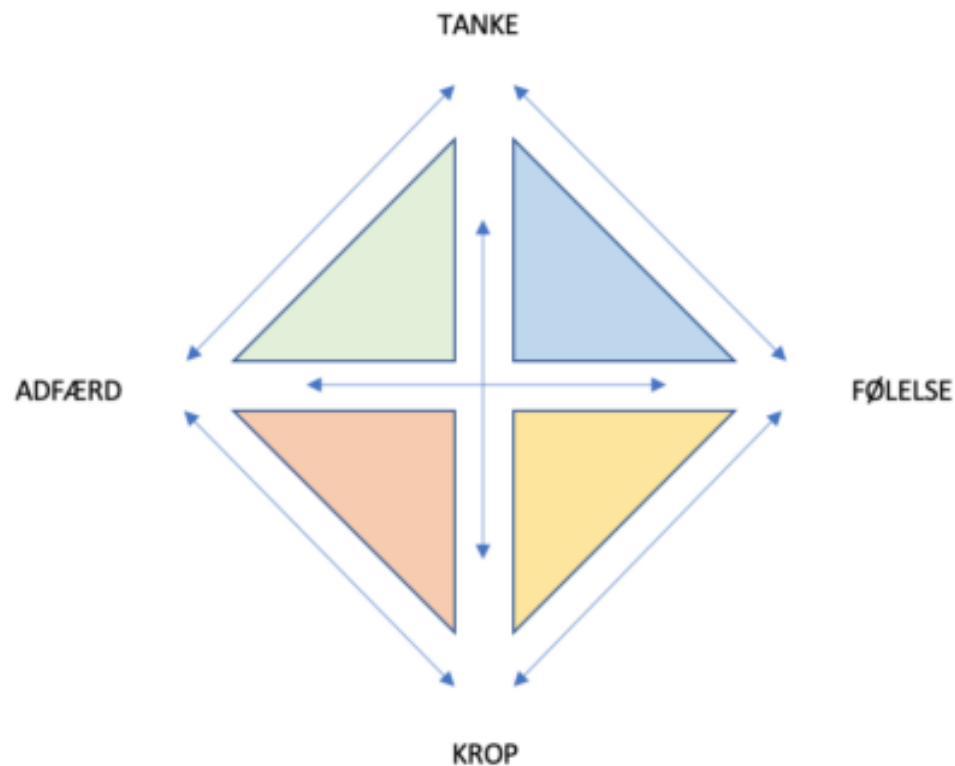
Sprog og relation som arbejdsredskab



Logiske niveauer – Gregory Bateson



Den kognitive diamant



Negative automattanker:

"Åhhh nej ..."

Levereregler:

"Hvis ... så ..."

Overbevisninger
/Kerneantagelser:

"Man ..."

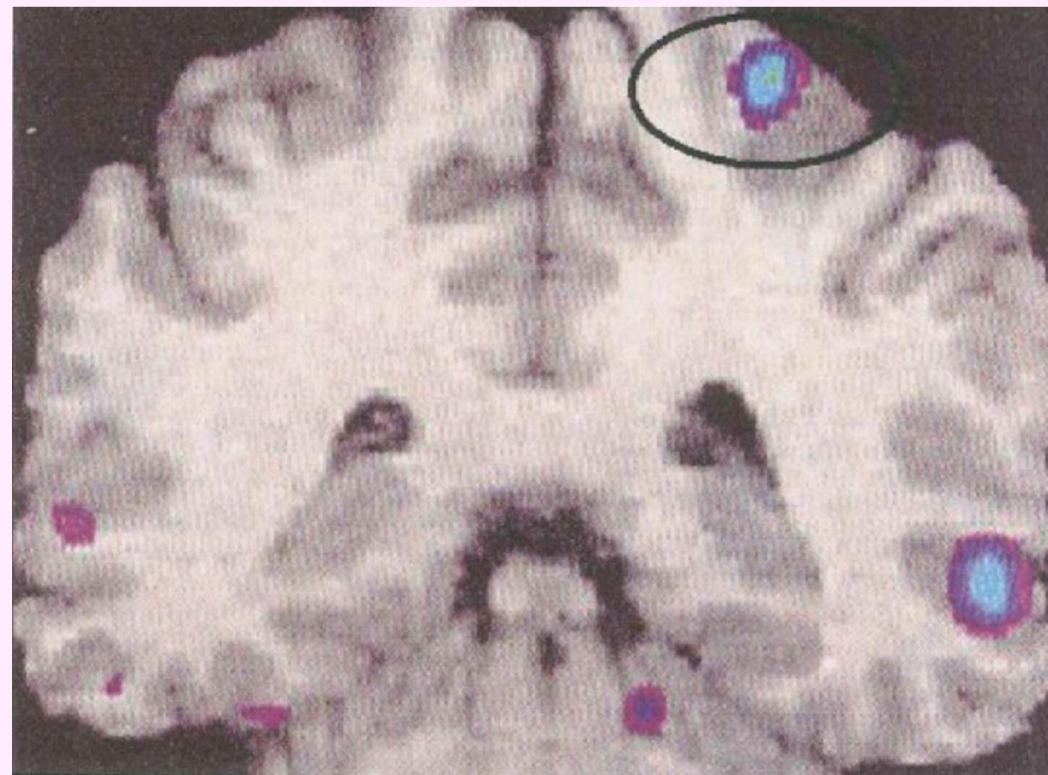
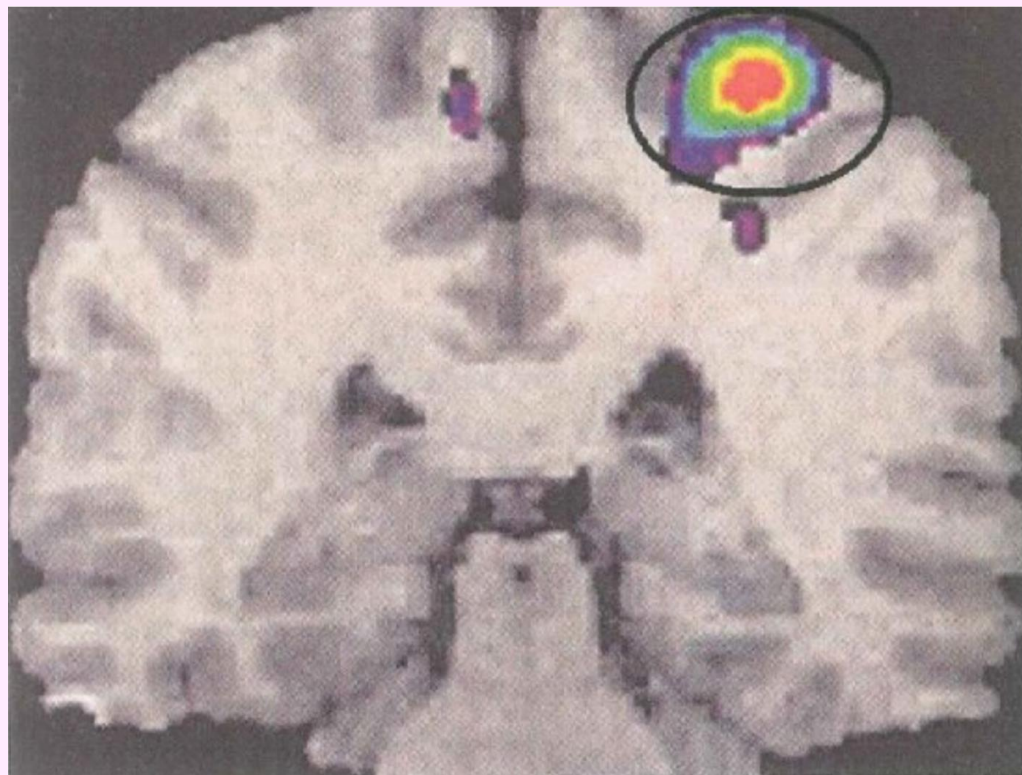
Den angste hjerne

- Forhandlinger
- Særregler SKAL føre til succes
- Særregler fastholder overbevisningen om at være "særlig"
- Mange særregler er undgåelse

Sprog som arbejdsredskab

- Forudsætningsbærende sætninger/spørgsmål
- Kvalificerede gæt – assisterede gæt
- Narrativet – hjælp med at genfortælle den gode historie

Afledning



Nocebo og placebo

[Transl Psychiatry](#). 2020; 10: 17.

Published online 2020 Jan 21. doi: [10.1038/s41398-020-0712-2](https://doi.org/10.1038/s41398-020-0712-2)

PMCID: PMC7026171

PMID: [32066692](https://pubmed.ncbi.nlm.nih.gov/32066692/)

Reward and empathy in the treating clinician: the neural correlates of successful doctor–patient interactions

[Karin Jensen](#),¹ [Randy L. Gollub](#),² [Jian Kong](#),² [Claus Lamm](#),³ [Ted J. Kaptchuk](#),⁴ and [Predrag Petrovic](#)¹

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► [Pain](#). 2024 Feb 1;165(2):383–391. doi: [10.1097/j.pain.0000000000003025](https://doi.org/10.1097/j.pain.0000000000003025). Epub 2023 Nov 16.

The desire for side-effect information in pain treatment: an experimental analysis of contextual and individual difference factors

[Kelly S Clemens](#)¹, [Michael Vang](#)², [Luana Colloca](#)³, [Mette Sieg](#)⁴, [Lene Vase](#)⁴, [Abigail Ruble](#)⁵, [Andrew L Geers](#)²

► [Pain](#). 2024 Feb 1;165(2):383–391. doi: [10.1097/j.pain.0000000000003025](https://doi.org/10.1097/j.pain.0000000000003025). Epub 2023 Nov 16.

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Affiliations + expand

PMID: 37975871 DOI: [10.1097/j.pain.0000000000003025](https://doi.org/10.1097/j.pain.0000000000003025)

► [Pain Rep](#). 2019 Jun 7;4(3):e717. doi: [10.1097/PR9.0000000000000717](https://doi.org/10.1097/PR9.0000000000000717). eCollection 2019 May–Jun.

Placebo analgesia effects across central nervous system diseases: what do we know and where do we need to go?

[Susan Tomczak Matthiesen](#)¹, [Sigrid Juhl Lunde](#)¹, [Sophie Wohlert Kjær](#)¹, [Elisa Carlino](#)², [Lene Vase](#)¹

Affiliations + expand

PMID: 31583343 PMCID: [PMC6749922](https://pubmed.ncbi.nlm.nih.gov/PMC6749922/) DOI: [10.1097/PR9.0000000000000717](https://doi.org/10.1097/PR9.0000000000000717)

Review ► [Am J Med](#). 2014 Jun;127(6):484–8. doi: [10.1016/j.amjmed.2014.02.002](https://doi.org/10.1016/j.amjmed.2014.02.002).

Epub 2014 Feb 8.

The placebo effect: the good, the bad, and the ugly

[Morton E Tavel](#)¹

Affiliations + expand

PMID: 24518105 DOI: [10.1016/j.amjmed.2014.02.002](https://doi.org/10.1016/j.amjmed.2014.02.002)

► [Pain](#). 2024 Feb 1;165(2):383–391. doi: [10.1097/j.pain.0000000000003025](https://doi.org/10.1097/j.pain.0000000000003025). Epub 2023 Nov 16.

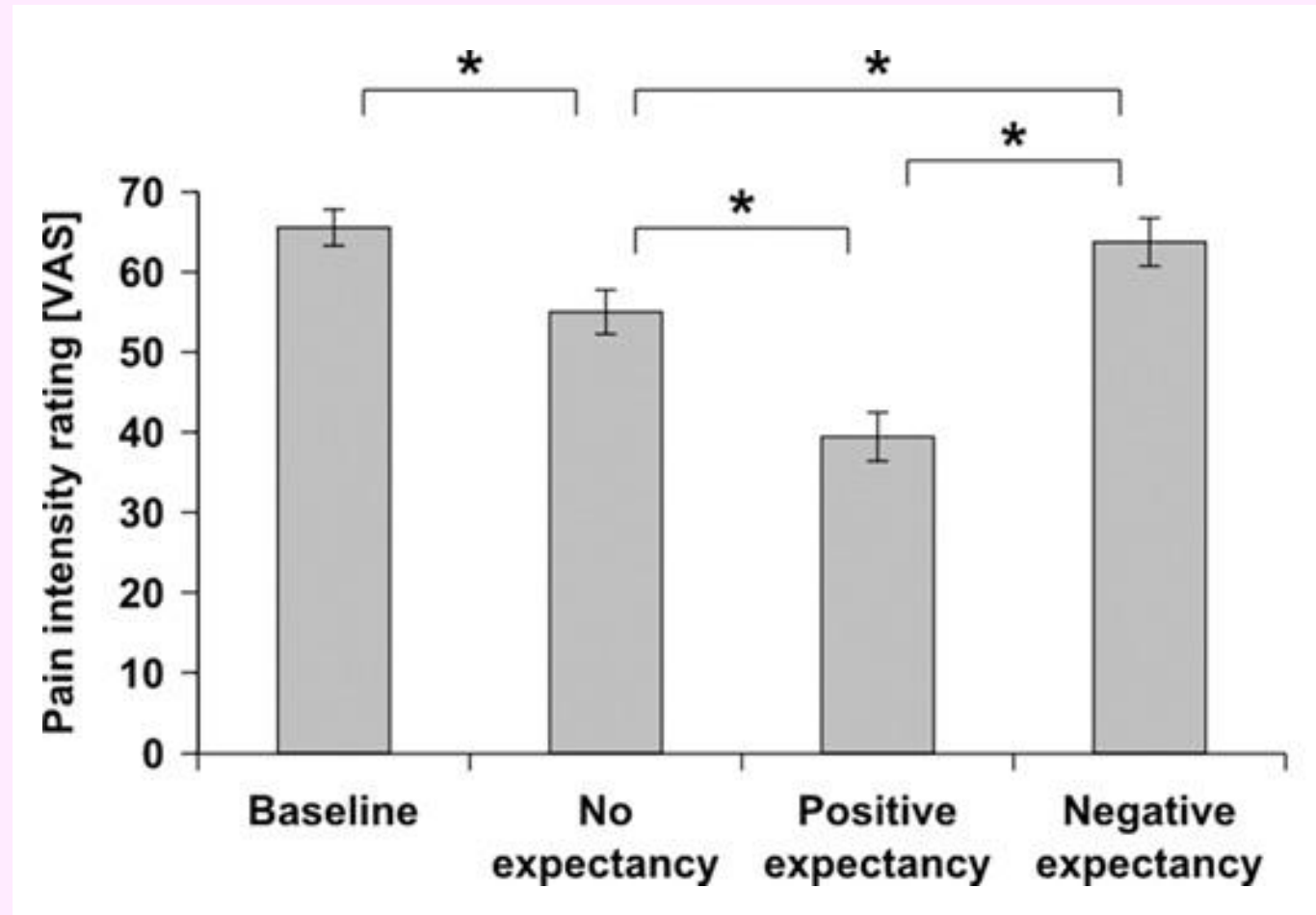
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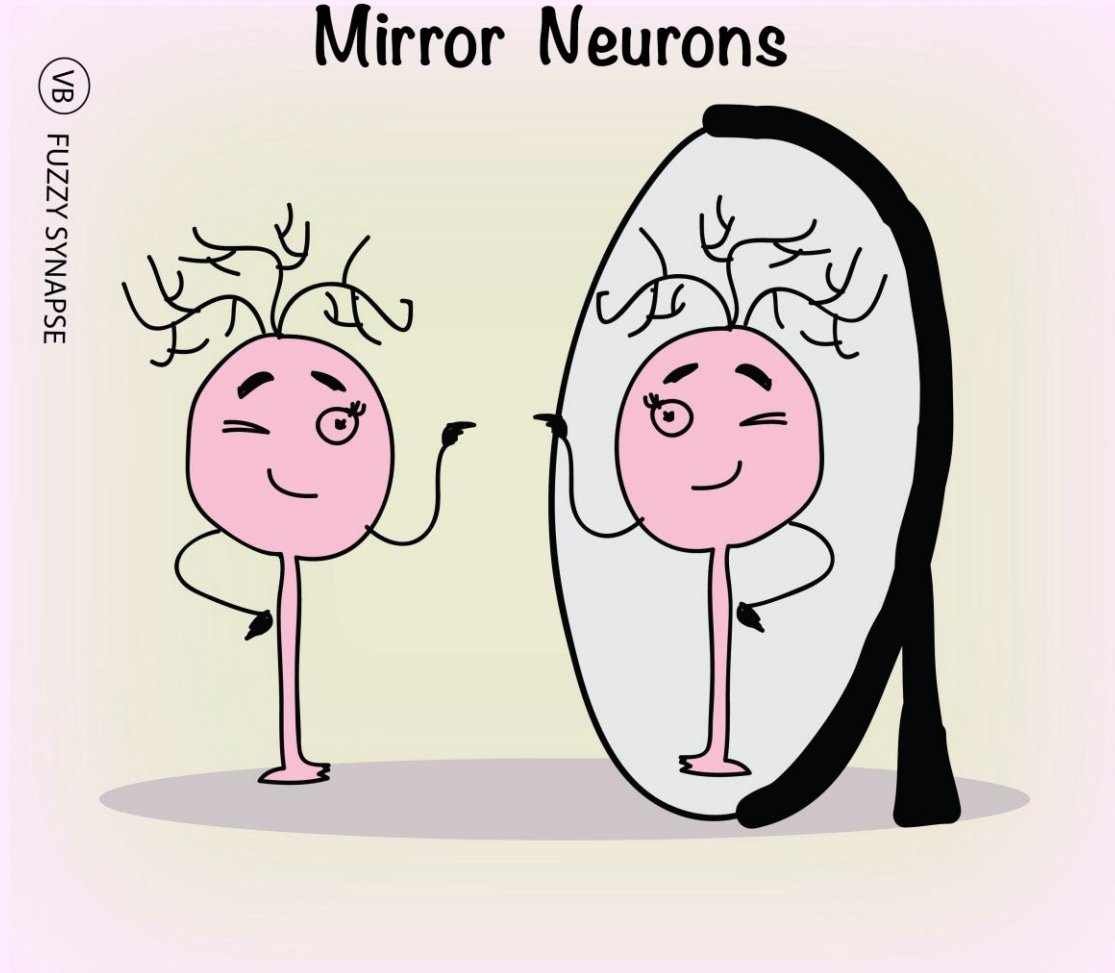
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Forventninger



Spejl



Spejlneuroner sætter os i stand til at aflæse andre menneskers handlinger, følelser og hensigter.

- Empati
- Omsorg
- Modstand
- Vrede
- Kær jer om Ligheden



pernille.opstrup.01@regionh.dk