

Therapie der Fibromyalgie

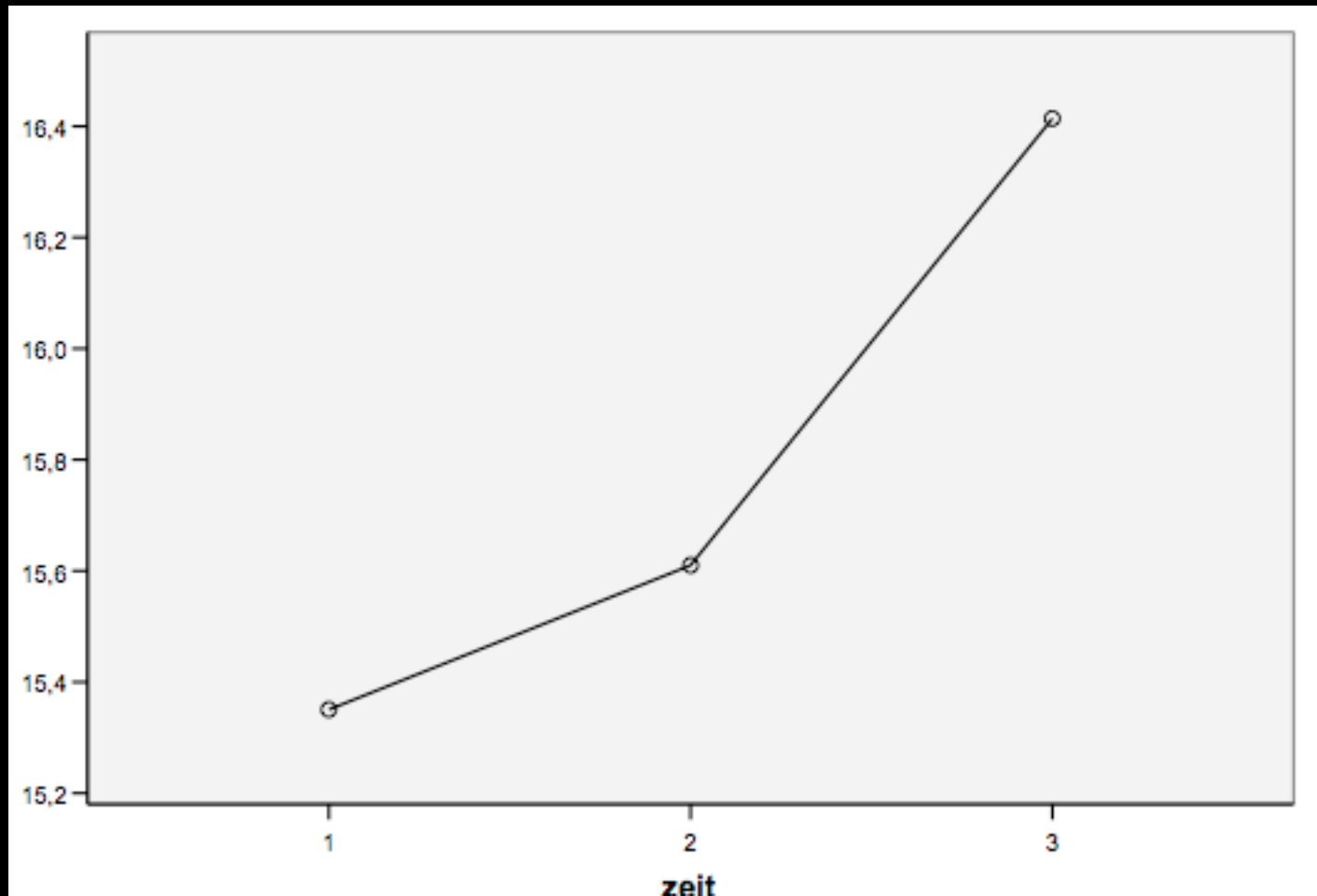
Ergebnisse einer vergleichenden Therapiestudie

Gruppen

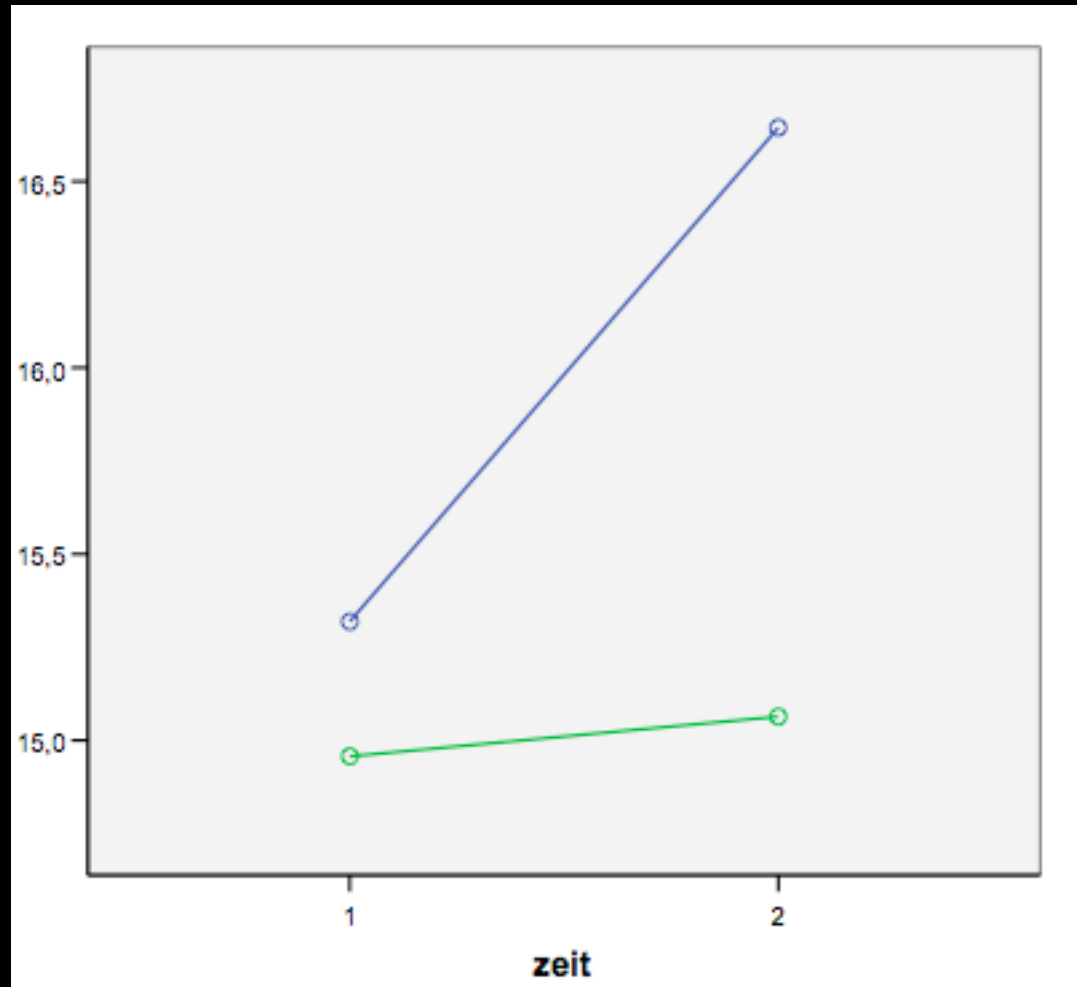
- Gruppe I (blau) 150 Pat. mit multimodaler Therapie
- Gruppe II (grün) 47 Pat. mit Diagnostik und Beratung zur Selbsthilfe

Signifikante
Unterschiede ($p < 0.05$)

Selbstwirksamkeit alle Parameter



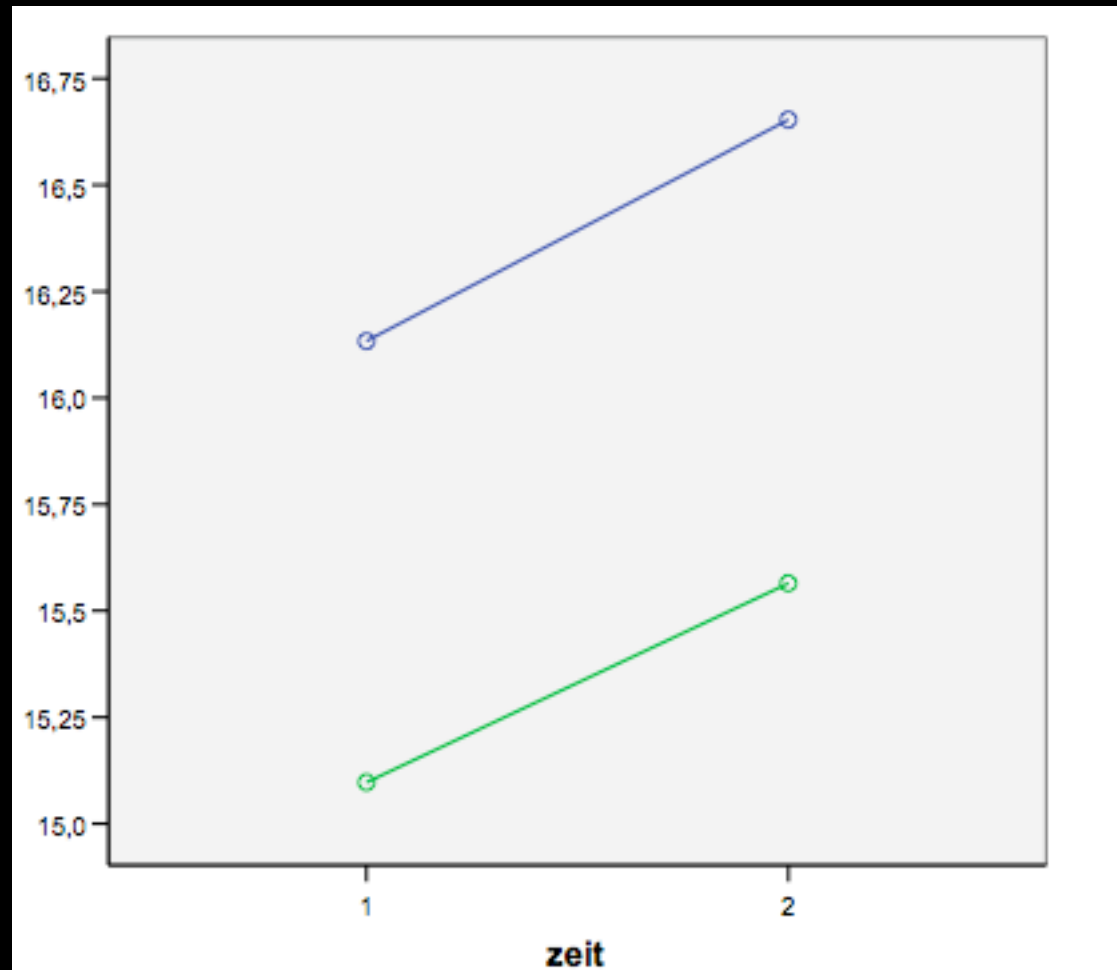
T1-T2



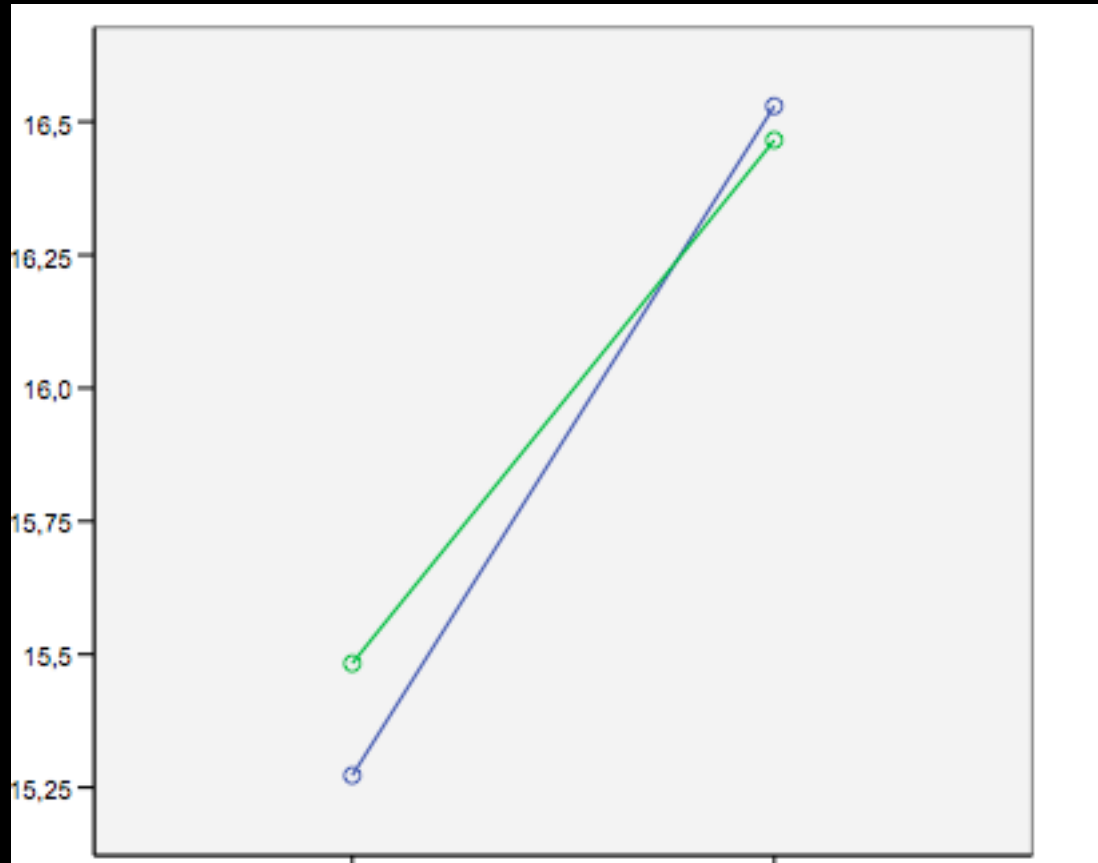
mit Therapie

ohne Therapie

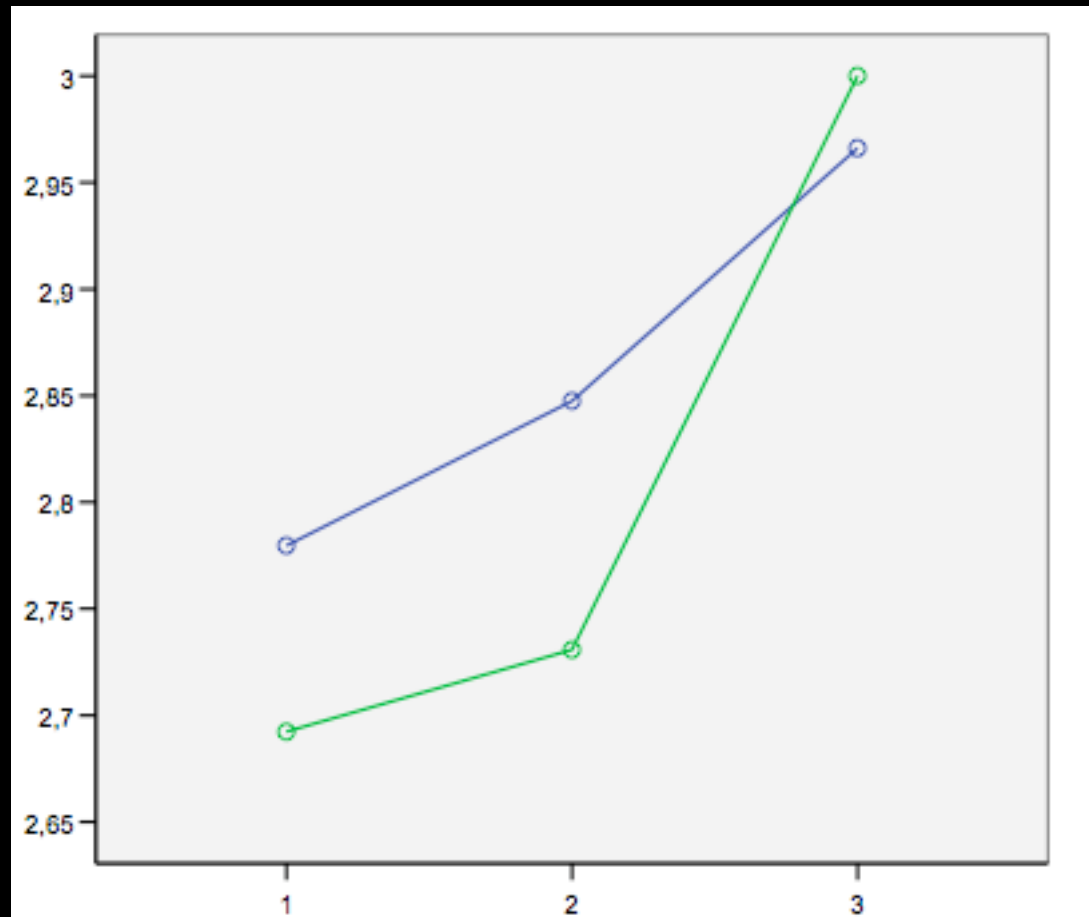
T2-T3



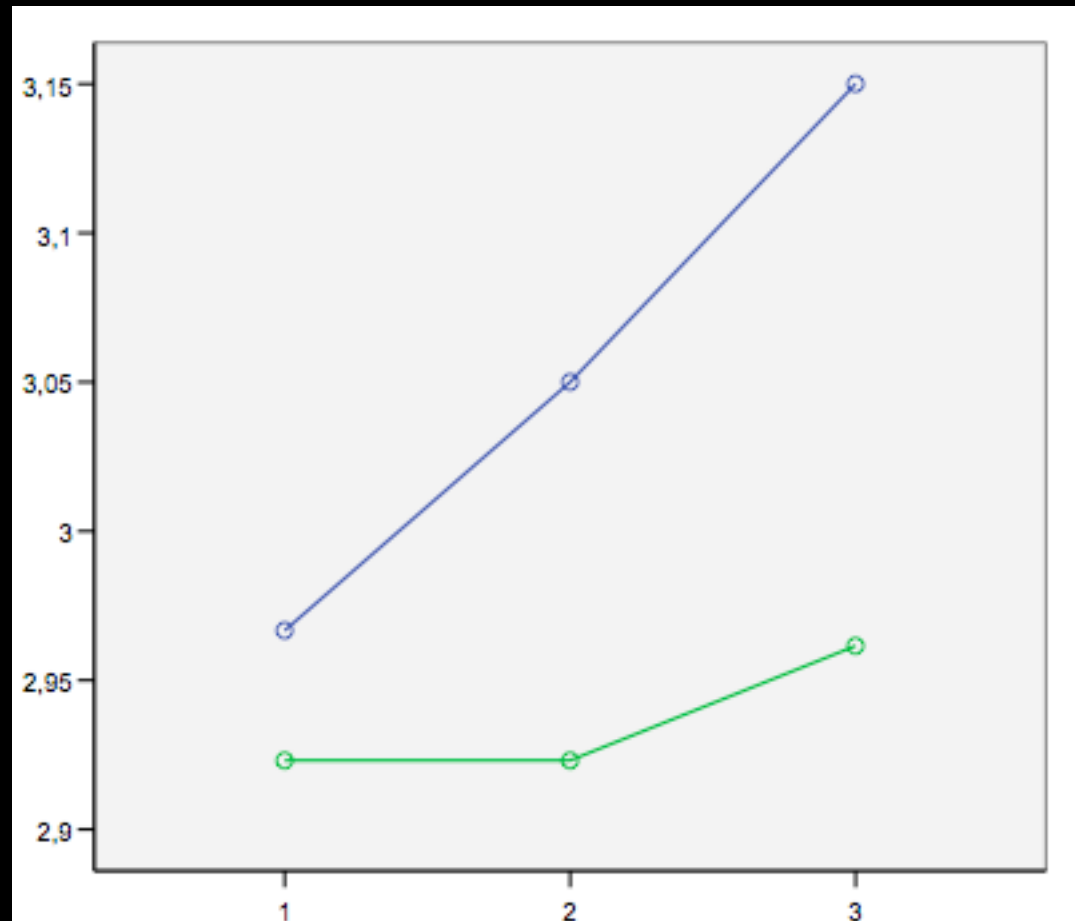
T2-T3



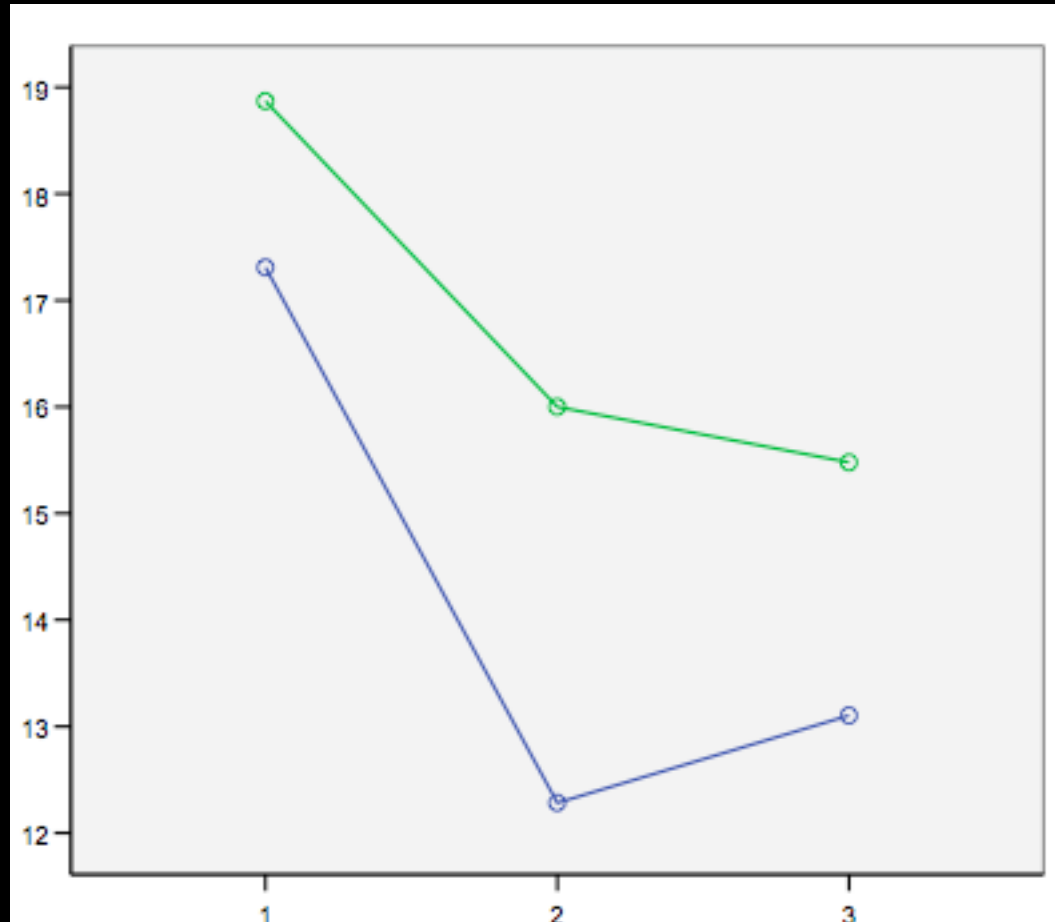
"Es liegt weit gehend in meiner eigenen Verantwortung, mit meiner Schmerzerkrankung zurecht zu kommen"



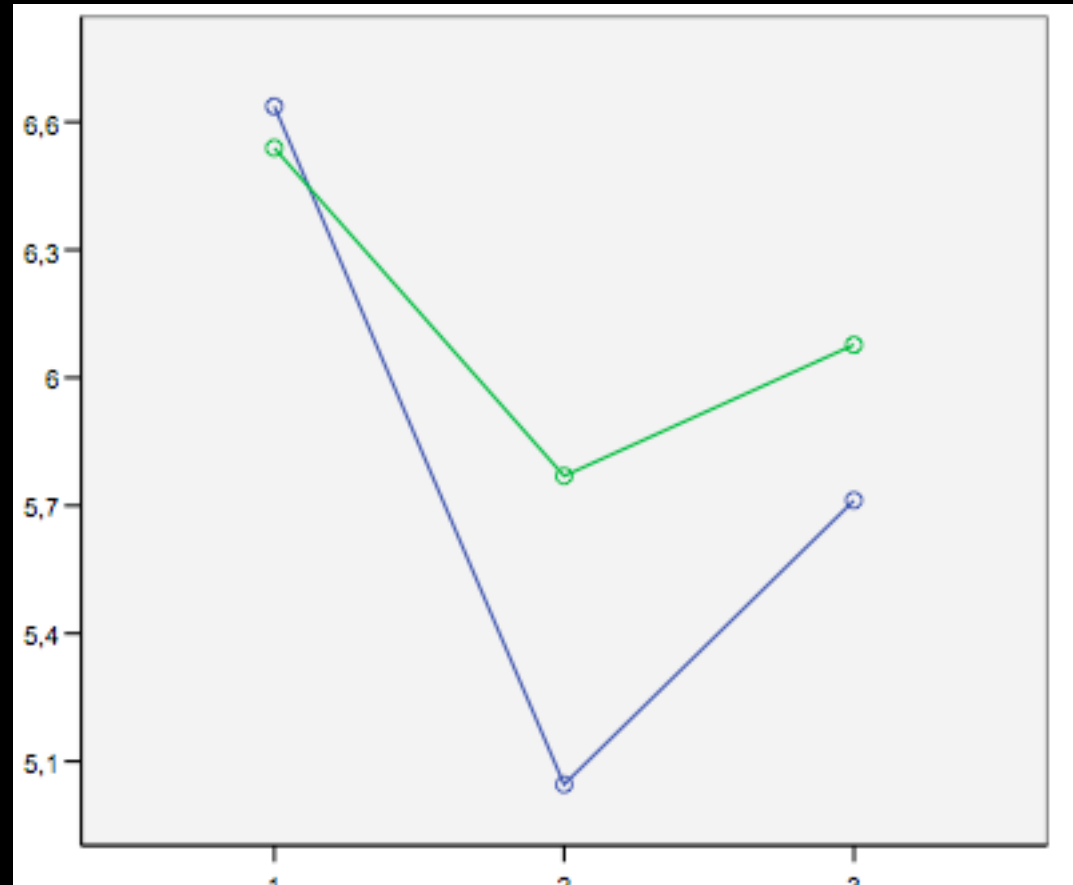
„Ich kann eine ganze Menge selbst dazu beitragen, meine Schmerzerkrankung zu bewältigen“



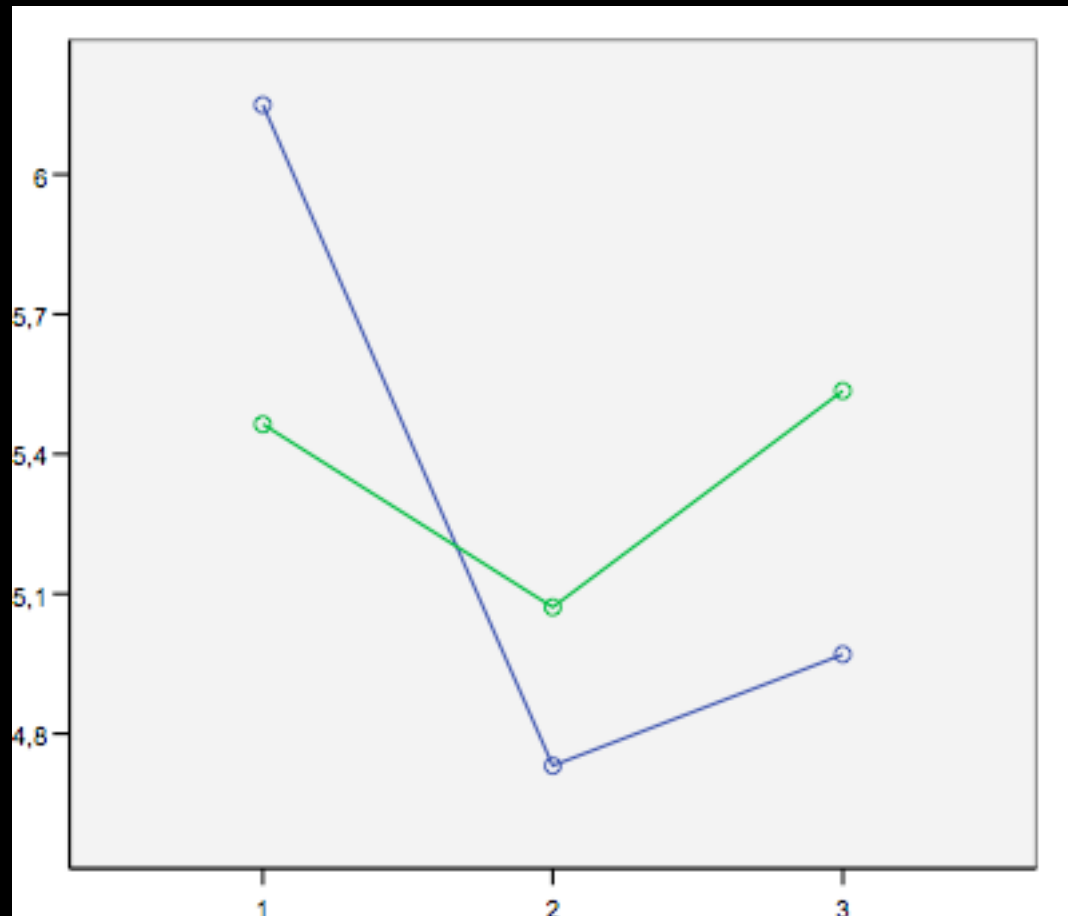
ADS



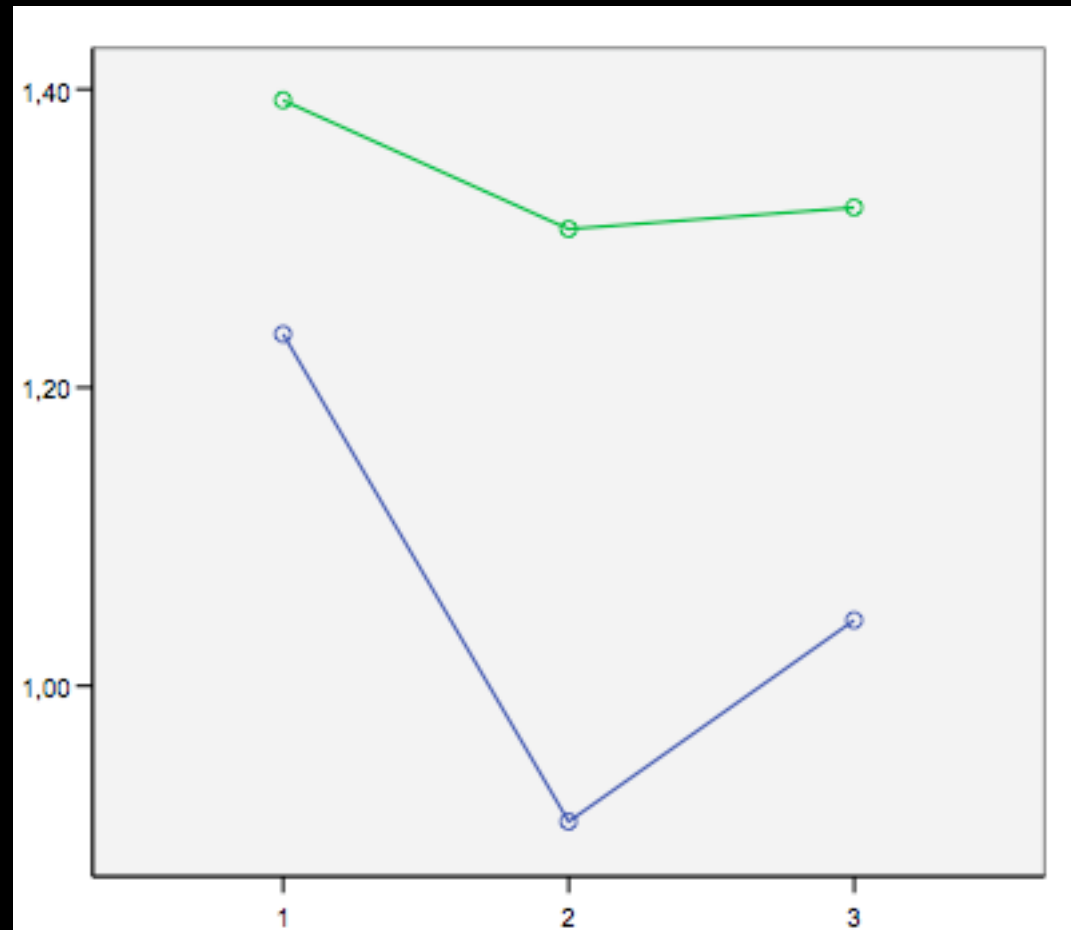
Ø Schmerz (VAS)



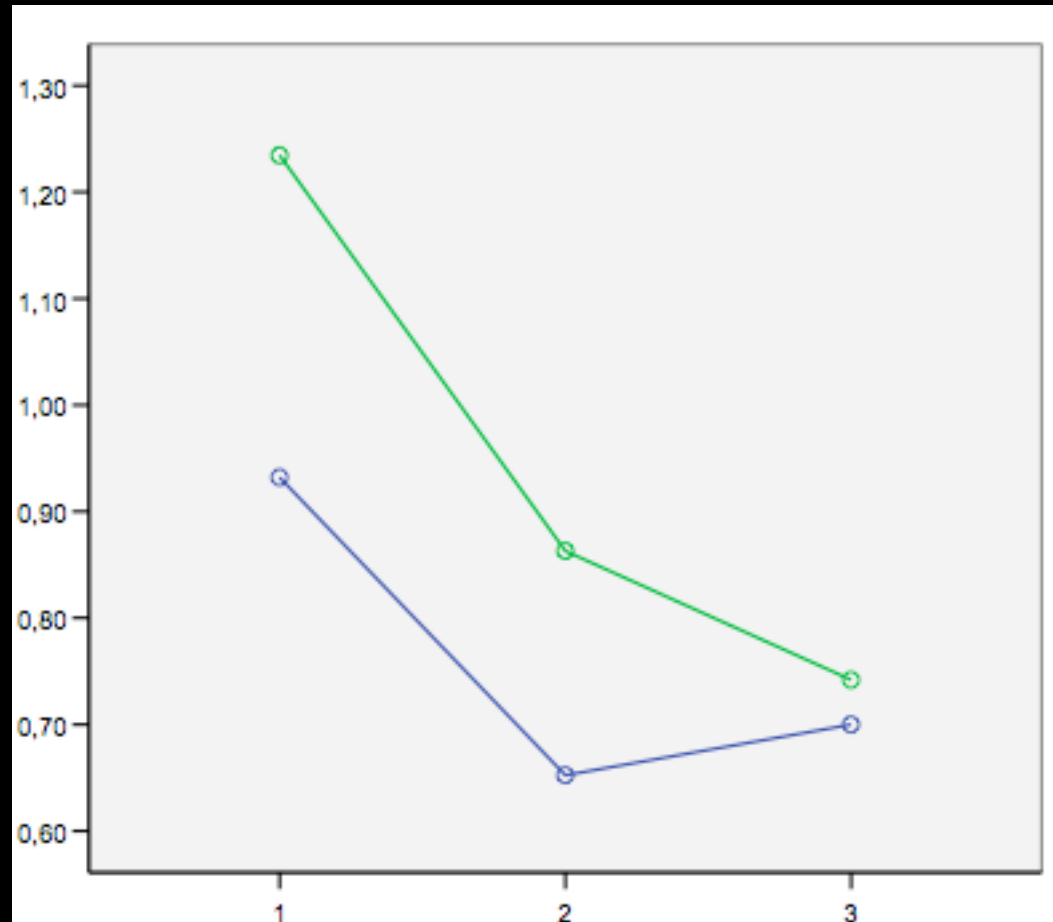
Aktueller Schmerz



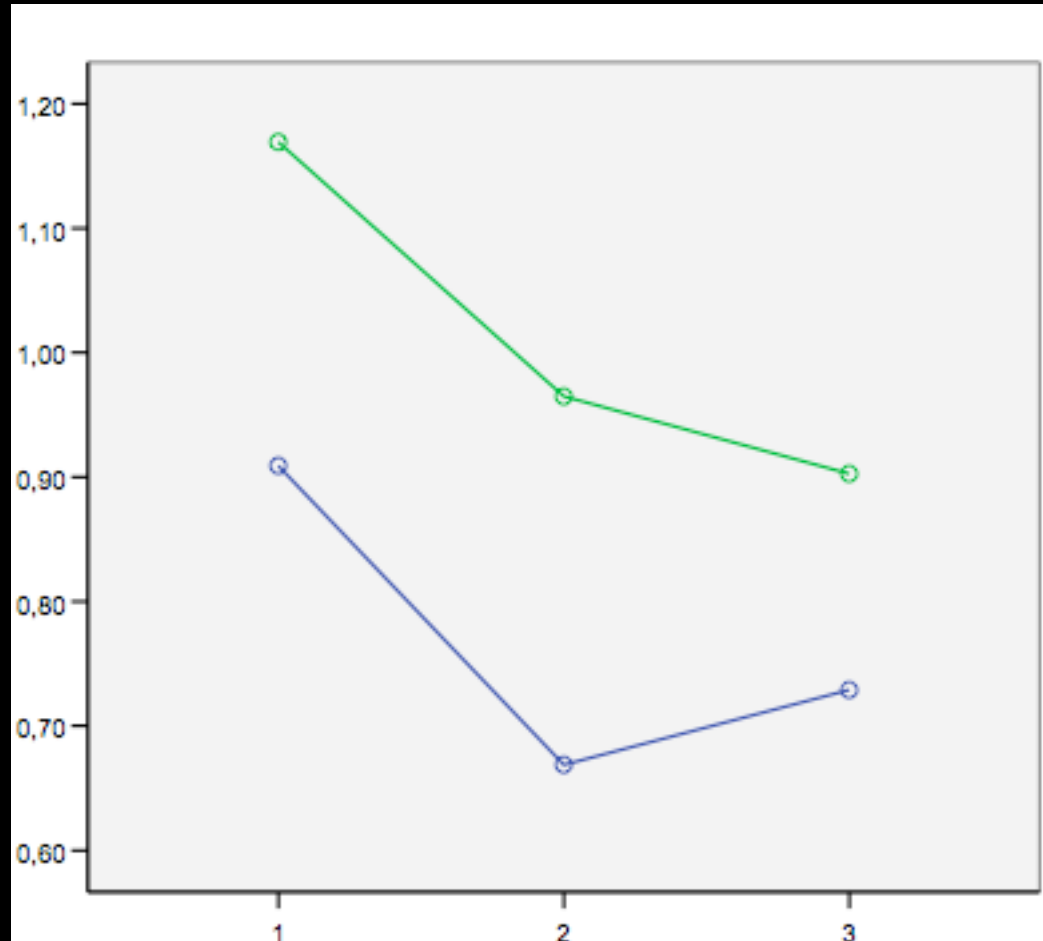
BSI: Somatisierung



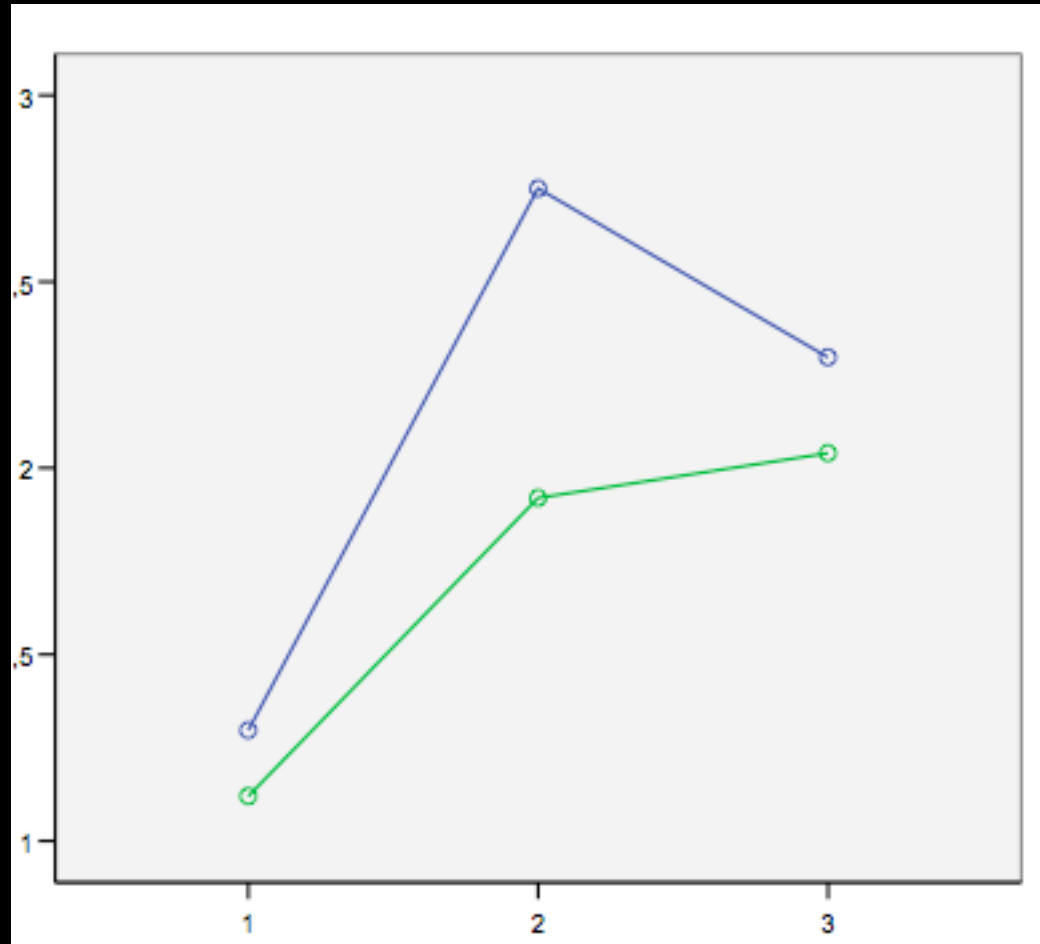
BSI: Depression



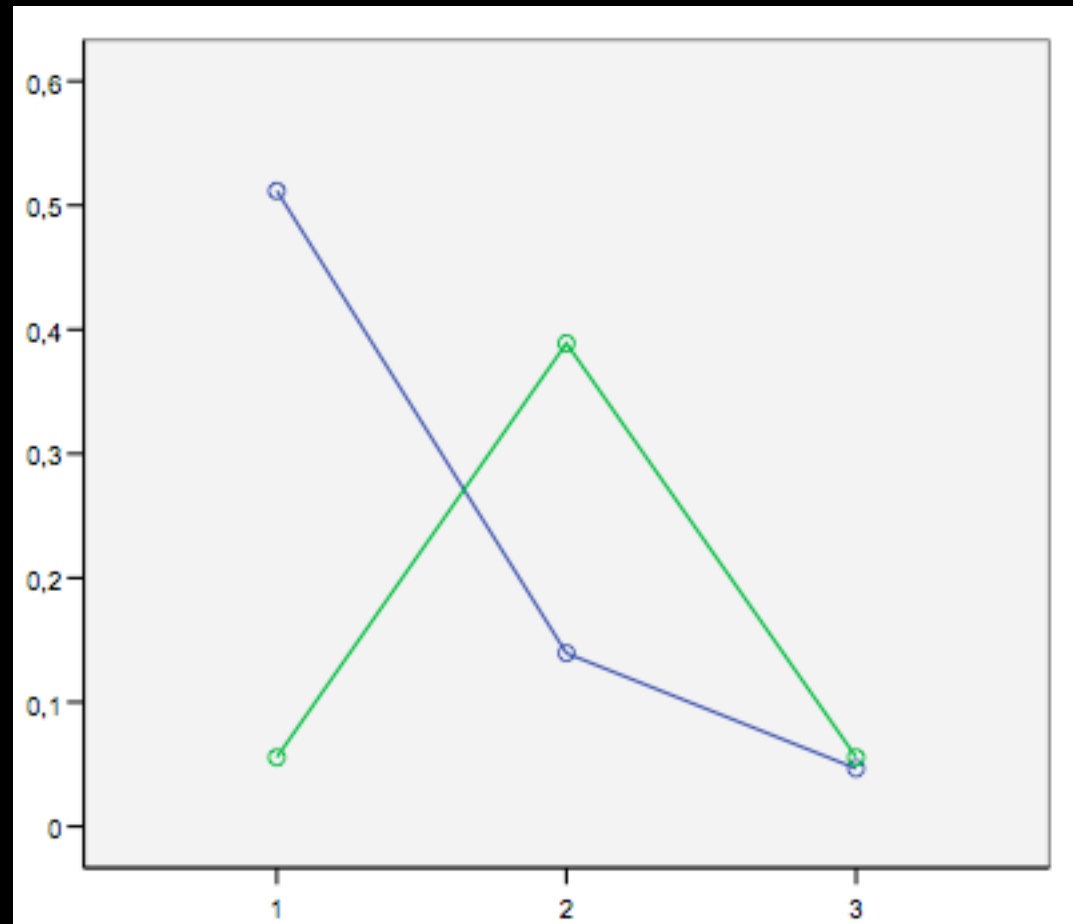
BSI: grunds. psych. Belastung



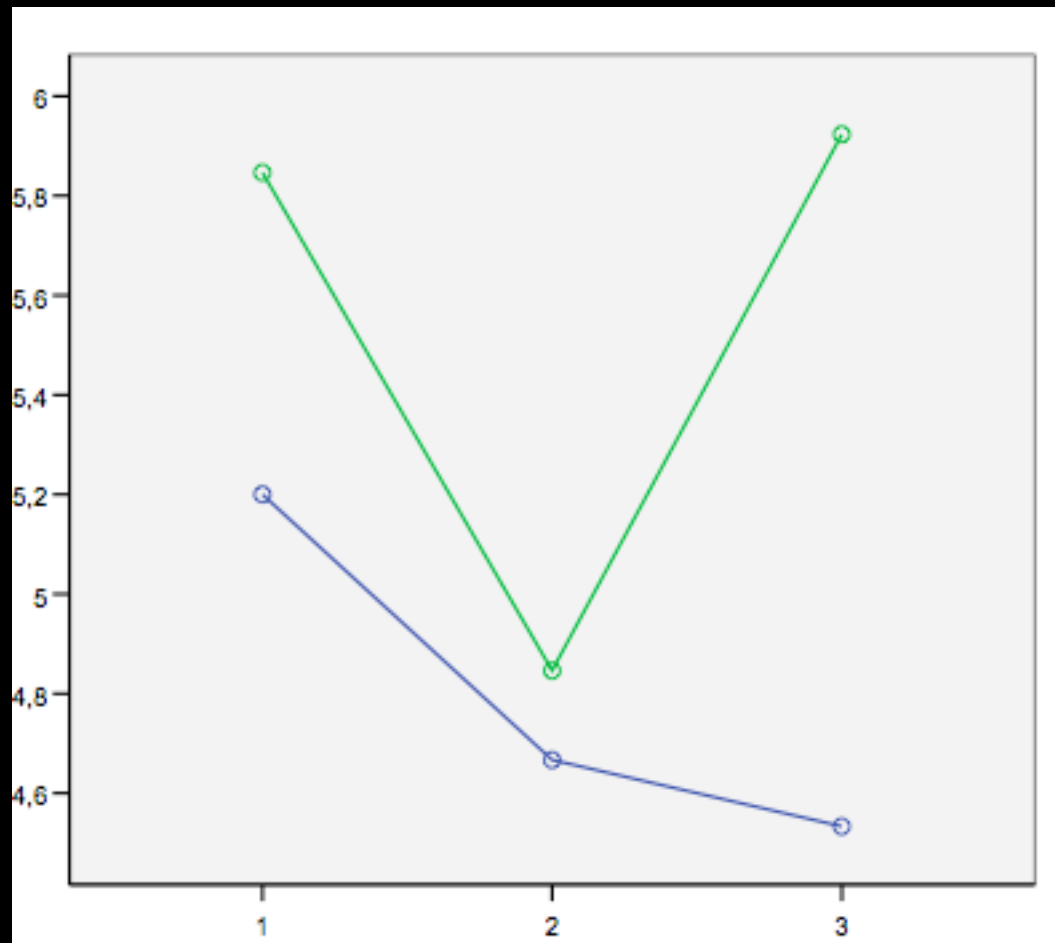
Veränd. d. Wohlfühltag



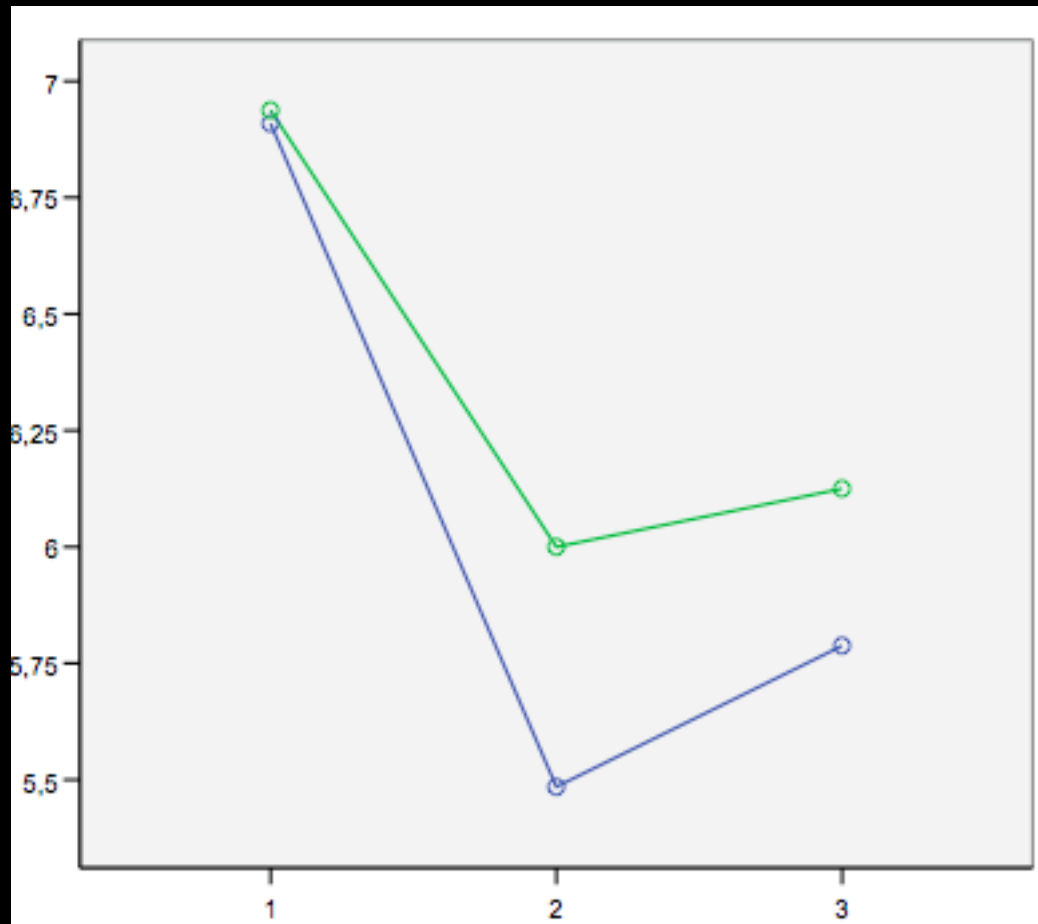
Veränderung der AU-Tage



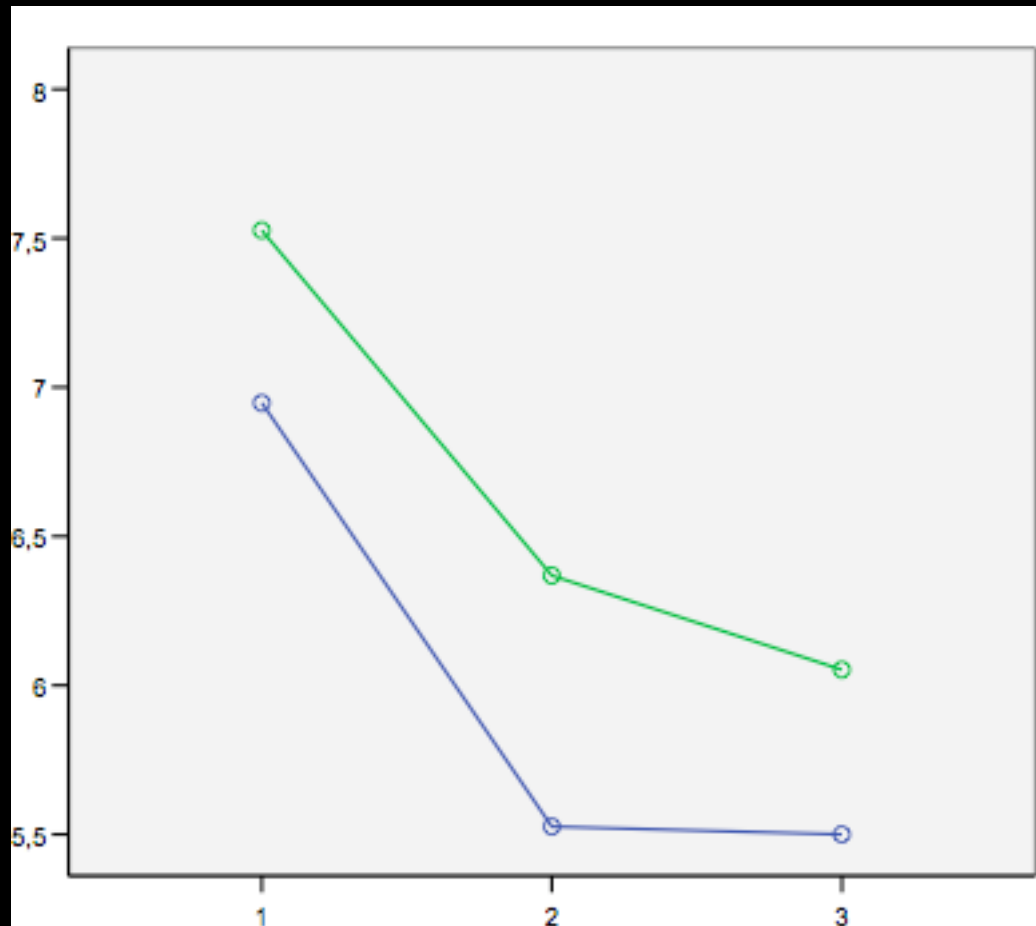
Veränd. Arbeitsbeeinträchtigung



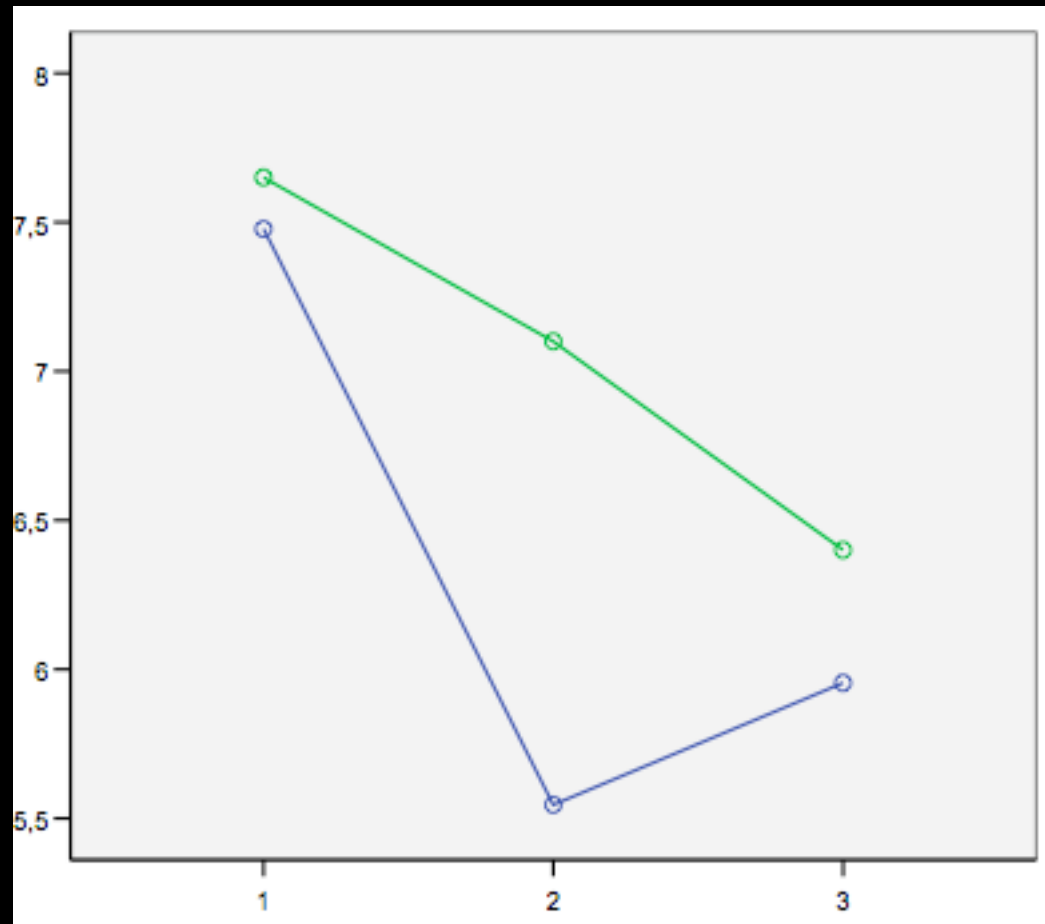
Veränd. Schmerzen letzte Woche



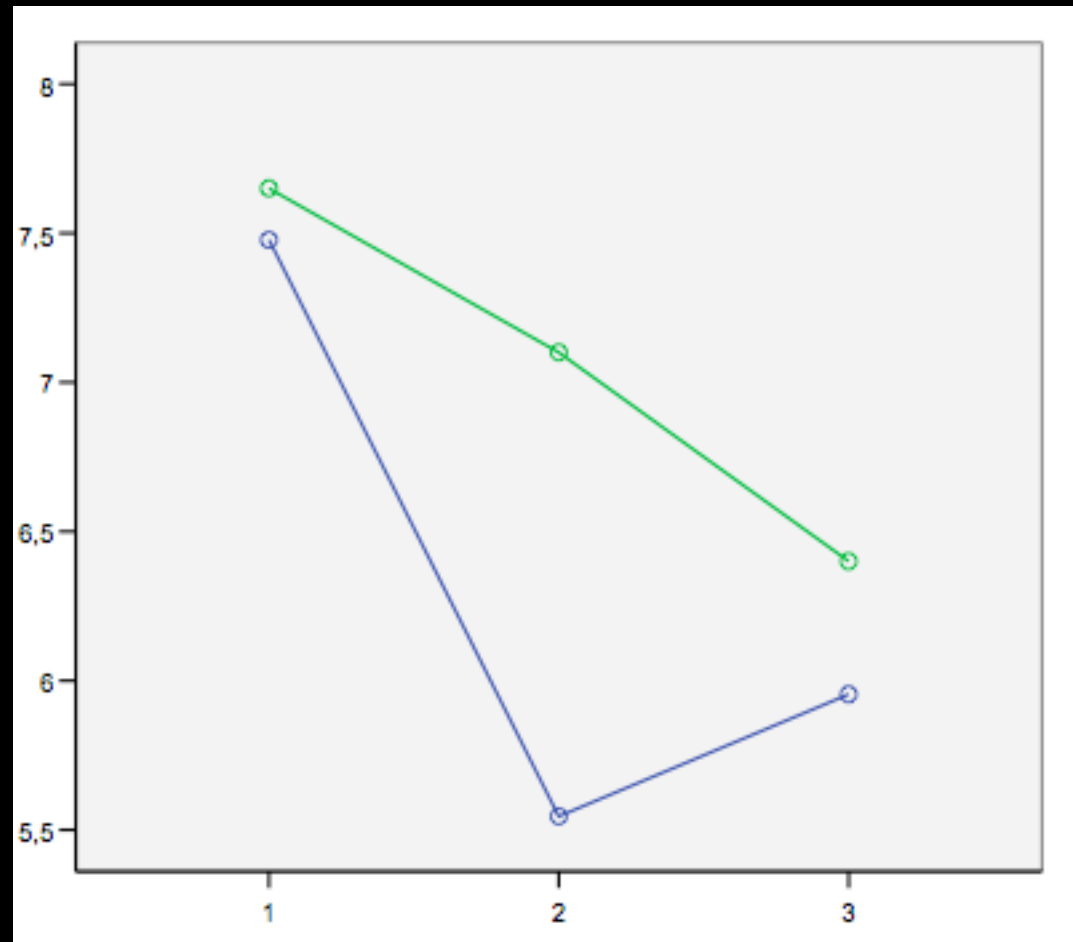
Veränderung Müdigkeit letzte Woche



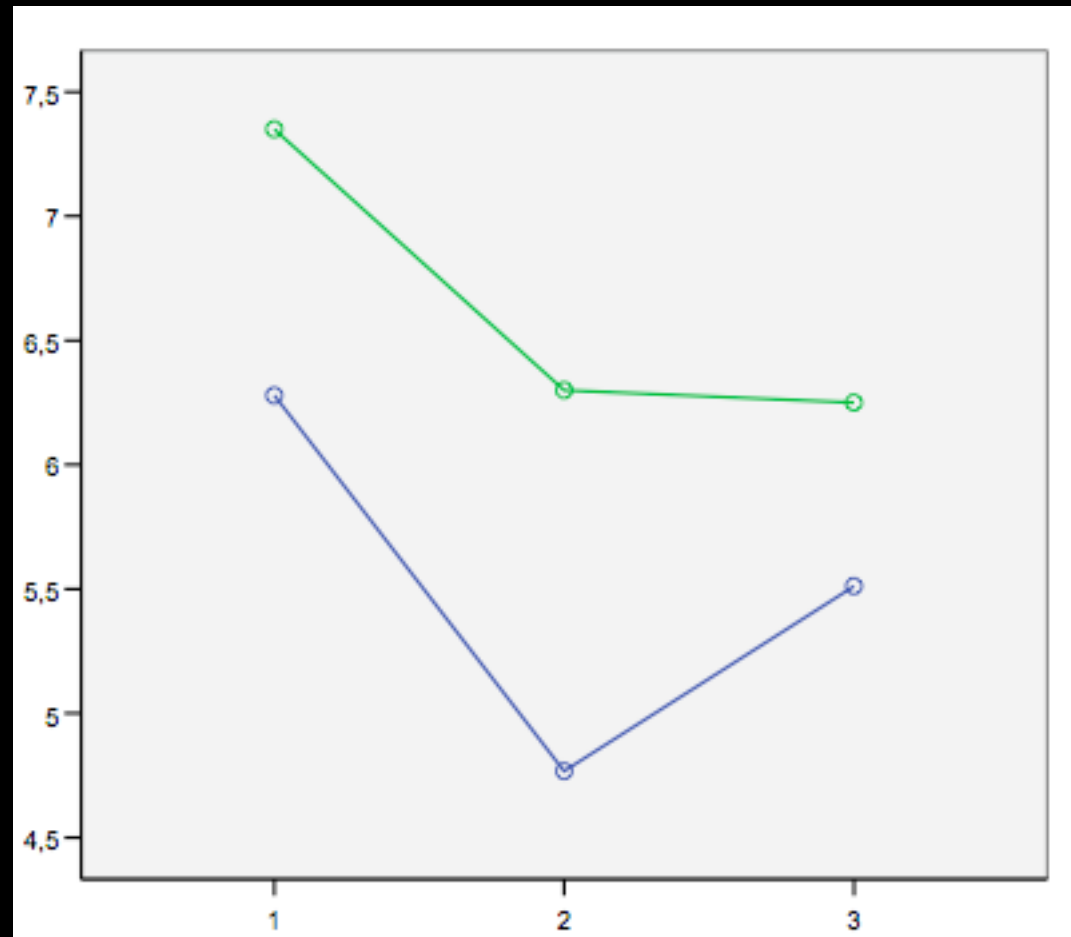
Veränderung Wohlfühlens letzte Woche



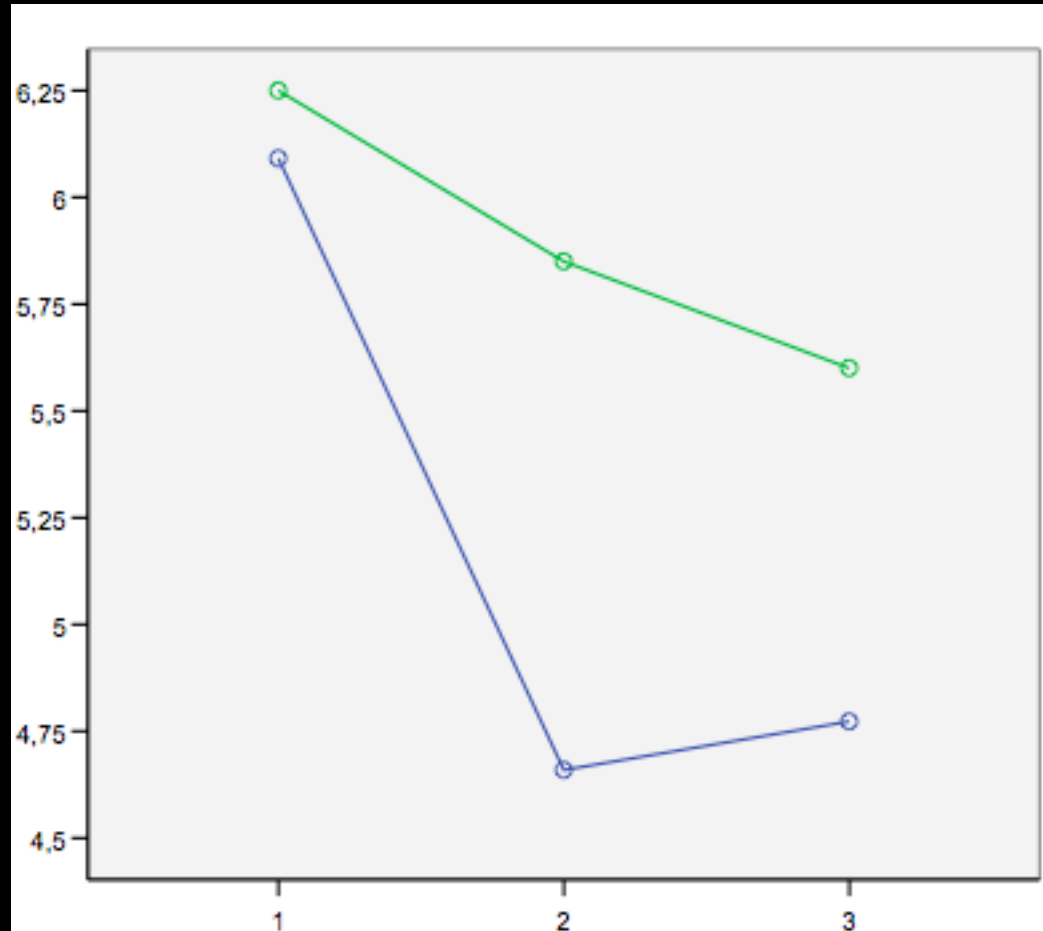
Morg. Wohlfühlen letzte Woche



Morgensteife letzte Woche



Nervosität letzte Woche



Niedergeschlagenheit letzte Woche

