

**Differential effect of brief values and mindfulness-based intervention in chronic pain dimensions for spondylitis and arthritis** (pp. 681-697)

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The multidimensional model of pain emphasizes the influence of emotional and cognitive components in the subjective experience of pain. From this perspective, the successful management of pain seems to require psychological treatment. The present study examined the differential effects of a brief psychological intervention program based on mindfulness and values in the diverse dimensions of chronic pain associated with rheumatic disease. Ten participants were assessed with the McGill's Pain Questionnaire and a Scale of Worry and Self-efficacy. The results indicate that the intervention program improved the management of pain at post-intervention assessment, showing specific reductions in the following dimensions: evaluative component of pain, perception of actual pain intensity and worry about illness and pain. In addition, a reduction in amount of painful points was found at 8-months follow-up. Despite its methodological limitations, our results suggest that a brief mindfulness and values-based intervention can be useful in the management of pain in patients with chronic rheumatic conditions.