

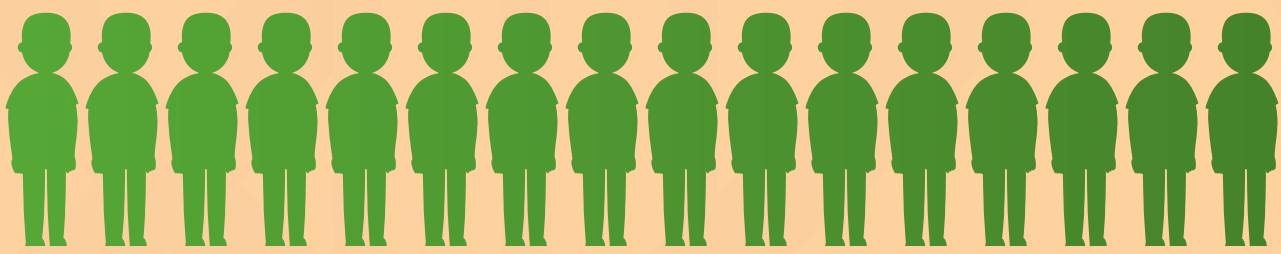
# Does Intolerance of Uncertainty Affect the Magnitude of Limitations or Pain Intensity?



People who have a high intolerance of uncertainty (IoU) generally overestimate the likelihood of negative outcomes and resist accepting that adverse outcomes might occur.

IoU is more common in people with high levels of health anxiety and increased threat perception.

IoU may cause patients to feel more ill and make choices inconsistent with their values, but little is known about it in patients with musculoskeletal conditions.



139 patients with upper-extremity conditions completed

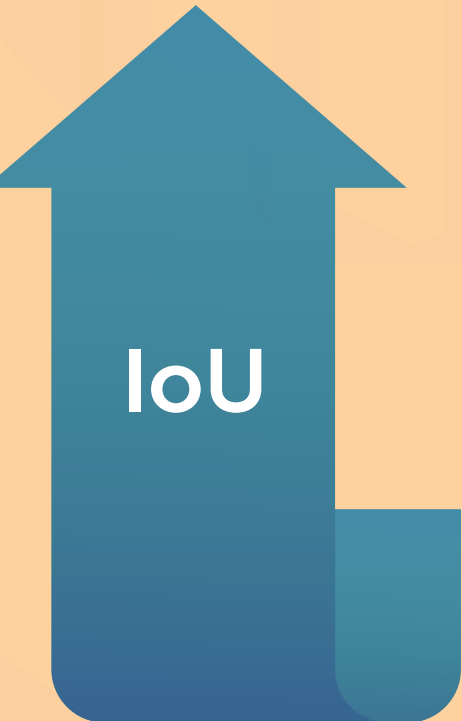
- ☒ Intolerance of Uncertainty Scale (IUS-12)
- ☒ Patient-reported physical function measure or questionnaire
- ☒ Pain intensity measure
- ☐ Survey of social, economic, and demographic background

## Multivariable analysis

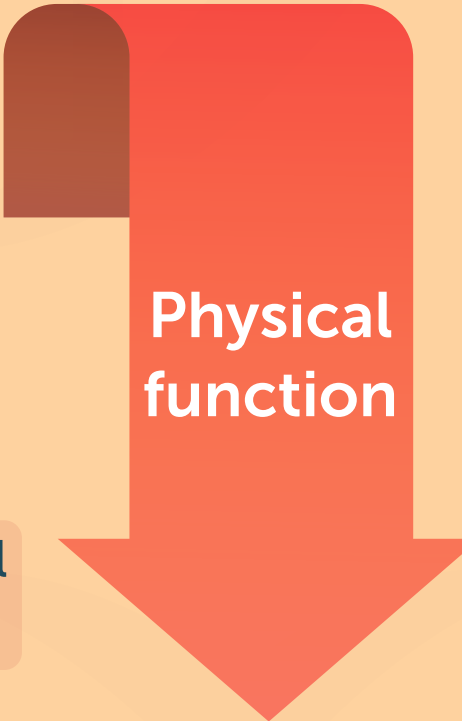


Evaluated the association between higher levels of IoU on patients' physical function and pain levels after controlling for relevant social, demographic, and economic confounding variables

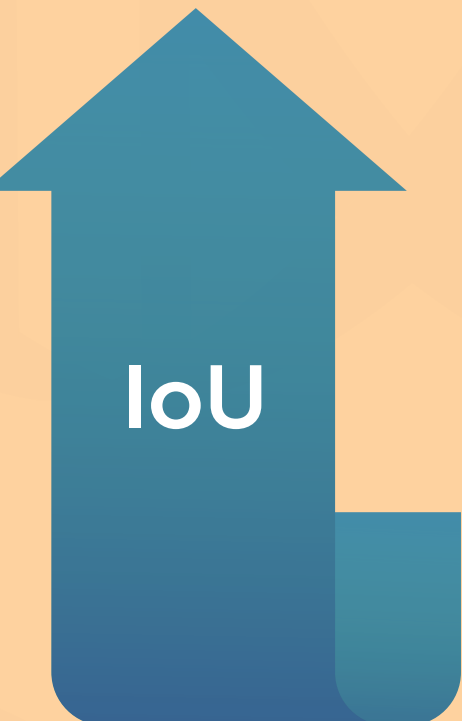
After controlling for sociodemographic factors



As IoU increased, physical function decreased



After controlling for level of education



As IoU increased, pain intensity increased



**How does IoU affect magnitude of physical function and pain intensity?**



Intolerance of uncertainty—a byproduct of cognitive bias and error, which are elements of the normal functioning of the human mind—can increase physical limitations and pain intensity across diagnoses, independent of demographic and social factors.

Strategies to mitigate patients' IoU, perhaps including cognitive behavioral therapy and its derivatives, should be evaluated in the future.