

The DOC Journey Webinar #5

The Evolution Chronic Pain

9-16-20



General References:

For information about René Descartes and his ideas about Dualism, see this Wikipedia entry: https://en.wikipedia.org/wiki/Ren%C3%A9_Descartes

For information about Francis Peabody and his book *The Care of the Patient*, see this Wikipedia entry: https://en.wikipedia.org/wiki/Francis_Weld_Peabody

Studies:

Positive Thinking and Chronic Pain:

Seaman, T 2018, 'If you're in pain, don't "be positive." Be honest.' *National Pain Report*
<http://nationalpainreport.com/if-youre-in-pain-dont-be-positive-be-honest-8836992.html>

Positive vision and pain, modulated through the immune system:

Dantzer, R., 2018 'Brain, Behavior, and Immunity', <https://doi.org/10.1016/j.bbi.2018.08.010>
<https://www.cmu.edu/dietrich/psychology/stress-immunity-disease-lab/abstracts/pdf/dantzer,cohen,russo,anndinan2018>

Sleep and Chronic Pain:

Agmon, et al, 2014, 'Increased Insomnia Symptoms Predict the Onset of Back Pain among Employed Adults', *LoS ONE* 9(8): e103591. doi:10.1371/journal.pone.0103591
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4118902/pdf/pone.0103591.pdf>

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