

## RESUMEN

La fibromialgia (FM) es un síndrome neurológico crónico caracterizado por dolor musculoesquelético continuo y generalizado en todo el cuerpo, además de otros síntomas perturbadores. Debido al amplio perfil patológico que muestran los pacientes, unido a la gran variedad de psicoterapias existentes actualmente, el abordaje psicológico eficaz resulta difícil de conseguir. El objetivo de esta revisión fue analizar los estudios empíricos sobre el tratamiento psicológico que se han publicado en los últimos años. Para ello, realizamos una búsqueda bibliográfica de artículos publicados entre 2017 y 2020 utilizando las bases de datos Scopus y Web of Science. Se identificaron un total de 21 estudios originales. La presente revisión presenta un análisis de las principales características de estos estudios para mejorar los síntomas de FM. Las intervenciones más utilizadas fueron técnicas centradas en componentes que pertenecen a la terapia cognitivo-conductual: psicoeducación, relajación, activación conductual, exposición, técnicas mente-cuerpo y aceptación y compromiso. Además, también se encontraron programas multicomponente y enfoques de carácter más alternativo como la Terapia de Construcción Personal.

**Palabras clave:** Fibromialgia - Revisión Sistemática - Tratamiento Psicológico - Terapia Cognitivo Conductual - Intervención Multimodal - Enfoques Alternativos

## ABSTRACT

Fibromyalgia (FM) is a chronic neurological syndrome characterized by continuous and generalized musculoskeletal pain throughout the body, in addition to other disturbing symptoms. Due to the wide pathological profile that patients show, together with the great variety of psychotherapies that currently exist, an effective psychological approach is difficult to achieve. The objective of this review was to analyze the empirical studies on psychological treatment that have been published in recent years. To do this, we performed a bibliographic search of articles published between 2017 and 2020 using the Scopus and Web of Science databases. A total of 21 original studies were identified. The present review presents an analysis of the main characteristics of these studies to improve FM symptoms. The most used interventions were techniques focused on components that belong to cognitive behavioral therapy: psychoeducation, relaxation, behavioral activation, exposure, mind-body techniques, and acceptance and commitment. In addition, multicomponent programs, and more alternative approaches such as Personal Construct Therapy were also found.

**Keywords:** Fibromyalgia - Systematic Review - Psychological Treatment - Cognitive-Behavioral Therapy - Multimodal Intervention - Alternative Approaches

# Systematic Review of Psychological Treatment in Fibromyalgia

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## Introduction



**Fibromyalgia (FM):**   
generalized musculoskeletal pain throughout the body

- Most used: group cognitive-behavioral (CBT) treatment**
- Cognitive restructuring
  - Behavioral activation
  - Operant conditioning
  - Mindfulness
  - Problem solving and coping skills
  - CBT based on insomnia results

**Others approaches:**

- ✓ Multimodal
- ✓ Hypnosis
- ✓ Biofeedback

## OBJECTIVE: TO PRESENT AN UPDATED AND COMPLETE GUIDE TO PSYCHOTHERAPY FOR FM

## Method

**Systematic reviews/Meta-Analyses**   
from the date of the last review  
▪ Published 2010-2020

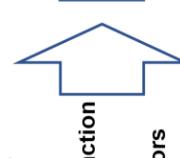
- 1st: General Review (1990-2012)
- 2nd: 4 Reviews (until 2016-2017) about CBT, hypnosis, multimodal therapy and biofeedback
- 3rd: 21 individual studies:
  - o Randomized Controlled Trial (RCT)
  - o Scientific journals (Web of Science and Scopus)
    - o English or Spanish
    - o FM psychological treatment

CHARACTERISTICS 21 STUDIES		TREATMENT		RESULTS	
Participants	Middle-aged (40-55) women	Modality	Group Individual Group + Individual	Control TAU Waiting List	<b>Self-management education</b>
Instruments	FIQ, HADS, PCS, PGIC, PSS, SF-36	Evaluation	All: pre and post	Year 2018/19: 7 and 12-month follow-up	(1) Working memory and depression (2) Operant learning vs. Energy conservation
				2017: 5 2020: 2	(1) Zumba vs. Aerobic (2) Operant more effective
					<b>Mitchell method relaxation</b>
					Pain, fatigue and sleep quality
					Most measured variables
					(2) Highly cost-effective
					<b>Exposure</b>
					Catastrophic beliefs, anxiety, depression, stress, fatigue
					Quality of movement (2)
					Inflammatory response (3)
CBT COMPONENTS		TREATMENT		RESULTS	
MULTIMODAL		(1) Pain education + Exercise in nature + Cognitive techniques (2) Mindfulness & Guided imagery with music + Physical activity		All measured variables	
ATTACHMENT		(1) Personal Construct (2) Constructivist Attachment-based compassion		Depression (1) and abuse (2)	
EMOTIONAL		(1) Group music and imagery method (2) Acceptance and commitment		General health	
OKADA		(1) Online acceptance and commitment (2) Acceptance and commitment		Pain acceptance, depression, kinesiophobia	

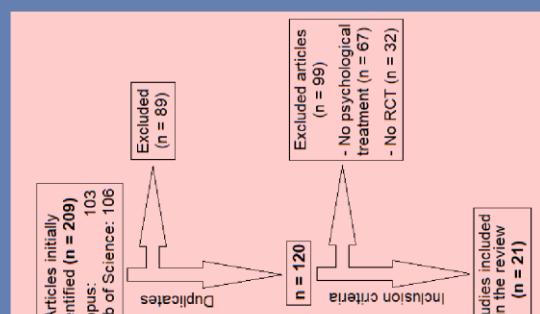
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## Discussion

Each technique effective in **one key aspect**:



- Contributions:** Updating and expanding effective FM treatments → Alternative approaches
- Limitations:**
- Small samples
  - No men
  - Self-reports
- Previous reviews:**
- High efficacy of multimodal interventions
  - High use CBT or its complementary techniques



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