

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

Introduction

Fibromyalgia (FM): generalized musculoskeletal pain throughout the body

Physical symptoms

Psychological symptoms

2, 10% Middle-aged women High economic cost



Most used: group cognitive-behavioral (CBT) treatment

- Cognitive restructuring
- Behavioral activation
- Operant conditioning

CBT + complementary techniques:

- Psychoeducation
- Problem solving and coping skills
- CBT based on insomnia
- Mindfulness



Others approaches:

- ✓ Multimodal
- ✓ Hypnosis
- ✓ Biofeedback

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

Method

Systematic reviews/Meta-Analyses

- PRISMA guidelines
- FM psychological treatment
- Published 2010-2020

Individual studies from the date of the last review

1st: **General Review** (1990-2012)

2nd: **4 Reviews** (until 2016-2017) about CBT, hypnosis, multimodal therapy and biofeedback

3rd: **21 individual studies:**

- Randomized Controlled Trial (RCT)
- Scientific journals (**Web of Science** and **Scopus**)
- **2017-2020**
- **English** or **Spanish**
- **FM psychological treatment**

Articles initially identified (n = 209)
Scopus: 103
Web of Science: 106

Duplicates

Excluded (n = 89)

n = 120

Inclusion criteria

Excluded articles (n = 99)
- No psychological treatment (n = 67)
- No RCT (n = 32)

Studies included in the review (n = 21)

Results

CHARACTERISTICS 21 STUDIES			
Participants	Modality	Control	
n = FM 2586 (mostly women)	Middle-aged (40-55) Group + Individual	TAU Waiting List	
Instruments	Evaluation	Year	
FIQ, HADS, PCS, PGIC, PSS, SF-36	All: pre and post 18 studies: 3-, 6- and 12-month follow-up	2018/19: 7 2017: 5 2020: 2	

MULTIMODAL		RESULTS
TREATMENT	(1) Pain education + Exercise in nature + Cognitive techniques (2) Mindfulness & Guided imagery with music + Physical activity	All measured variables
ALTERNATIVE APPROACHES		RESULTS
TREATMENT	(1) Personal Construct (2) Constructivist Attachment-based compassion Emotional awareness and expression Okada Purification	Depression (1) and abuse (2) General health Pain, anxiety, depression, positive affect, life satisfaction Depression, pain

TREATMENT	RESULTS
Self-management education	FM knowledge and pain-related control
(1) Zumba vs. Aerobic (2) Operant learning vs. Energy conservation	(1) Working memory and depression (2) Operant more effective
Mitchell method relaxation	Pain, fatigue and sleep quality
(1 & 2) Internet-Delivered Exposure	Most measured variables (2) Highly cost-effective
(1) Mindfulness-based stress reduction (2) Basic Body Awareness reduction (3) Mindfulness-based stress reduction (4) Meditation awareness training	Catastrophic beliefs, anxiety, depression, stress, fatigue Quality of movement (2) Inflammatory response (3)
(1) Best Possible Self (2) Group music and imagery method	Optimism, positive affect
(1) Online acceptance and commitment (2) Acceptance and commitment	Pain acceptance, depression, kinesiophobia



Discussion

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

- ✓ Psychoeducation: **knowledge**
- ✓ Relaxation: **quality of sleep**
- ✓ Physical activity: **physical function**
- ✓ Visualization : **optimism**
- ✓ Exposure: **avoidance behaviors**
- ✓ Mindfulness and acceptance and commitment: **pain acceptance, psychological flexibility, catastrophic beliefs**
- ✓ Constructivist therapies: **depression**



INDIVIDUALIZED TREATMENT



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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