

ABSTRACT

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Title: Health literacy in back pain

Objectives: The main aim of this thesis is to determine the relationship between the level of health literacy in adults with low back pain and fear of movement, i.e. kinesiophobia. The sub-objective is to find out the level of health literacy of persons with low back pain and the extent to which persons with low back pain suffer from fear of movement. Furthermore, we are interested in the influence of sociodemographic parameters (education, age, gender, BMI) on health literacy and kinesiophobia.

Methods: The research was conducted through a questionnaire consisting of the HLS-EU-Q16 questionnaire assessing the level of health literacy and the TSK-11 questionnaire to determine the level of kinesiophobia. In addition, probands were asked about sociodemographic data, pain intensity and duration. The data were collected in specialist practices (physiotherapy, rehabilitation physician, neurology). The study population consisted of individuals aged 18 to 80 years suffering from non-specific low back pain in the lumbar spine with a diagnosis of M54.5 according to the MNK-10 classification. Exclusion criteria were oncological diseases, spinal fractures, inflammatory diseases or fresh post-operative conditions, and patients with radicular syndrome originating from the lumbar region were not included in the study.

Results: A total of 242 probands diagnosed with non-specific back pain M54.2 (77 % female, 23 % male) aged 18-80 years (\bar{x} 40.1 years) participated in the questionnaire survey. The results showed a significant negative correlation between health literacy level and kinesiophobia: if health literacy increases, fear of movement tends to decrease ($r=-0.3115$, $p=7.614e-07$). It was also found that kinesiophobia increases with increasing age ($p=0.006$), with higher BMI ($p=0.036$) and with higher pain intensity ($p=0.001$) and lower level of education ($p=0.007$). Health literacy is also strongly influenced by education ($p=4.368e-05$).

Keywords: health literacy; low back pain; kinesiophobia; European Health Literacy Questionnaire (HLS-EU-Q16); Tampa Scale for Kinesiophobia (TSK)