

Pain, Substance Abuse and Suicide: Epidemiology, Risk Assessment and Mitigation

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An expert is a person who has made all the mistakes that can be made in a very narrow field.

Neils Bohr

-
- ◆ **Suicide Overview**
 - ◆ **Suicide and Unintentional Overdoses**
 - ◆ **Pain, Mood and Substance Use Disorders**
 - ◆ **Risk Factors, Mediators and Conceptual Models**
 - ◆ **Risk Assessment and Mitigation**
 - ◆ **Summary**

CPS-Consequences

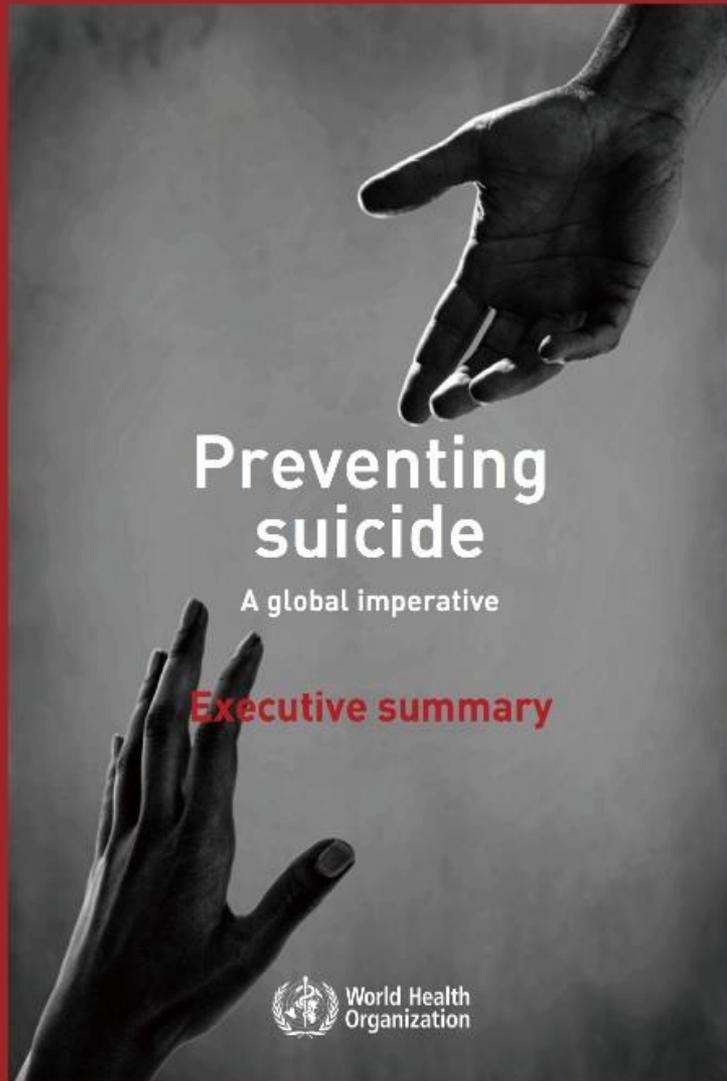
- **Untreated or mismanaged pain can lead to adverse effects such as delays in healing, changes in the central nervous system (neuroplasticity), chronic stress, depression, opioid addiction and suicide**

McCaffery & Pasero 1999

Fishbain 1999

Mendell & Sahenk 2003

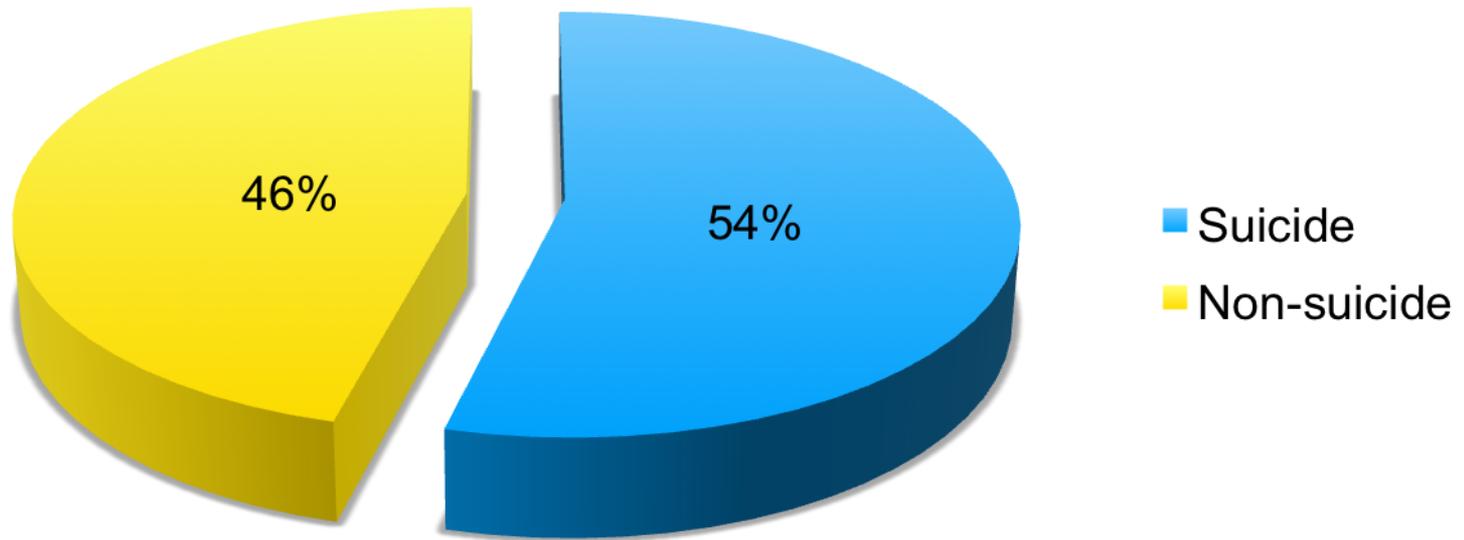
Epidemiology



- ◆ Every 40 seconds someone in the world dies of suicide
- ◆ An estimated 804,000 suicide deaths occurred worldwide in 2012
- ◆ The annual global suicide rate was 11.4 per 100,000 population (15.0 male, 8.0 female)
- ◆ In the 15-29 age group it is the second leading cause of death
- ◆ Suicide by ingestion of pesticides, hanging and firearms are the most common methods used globally

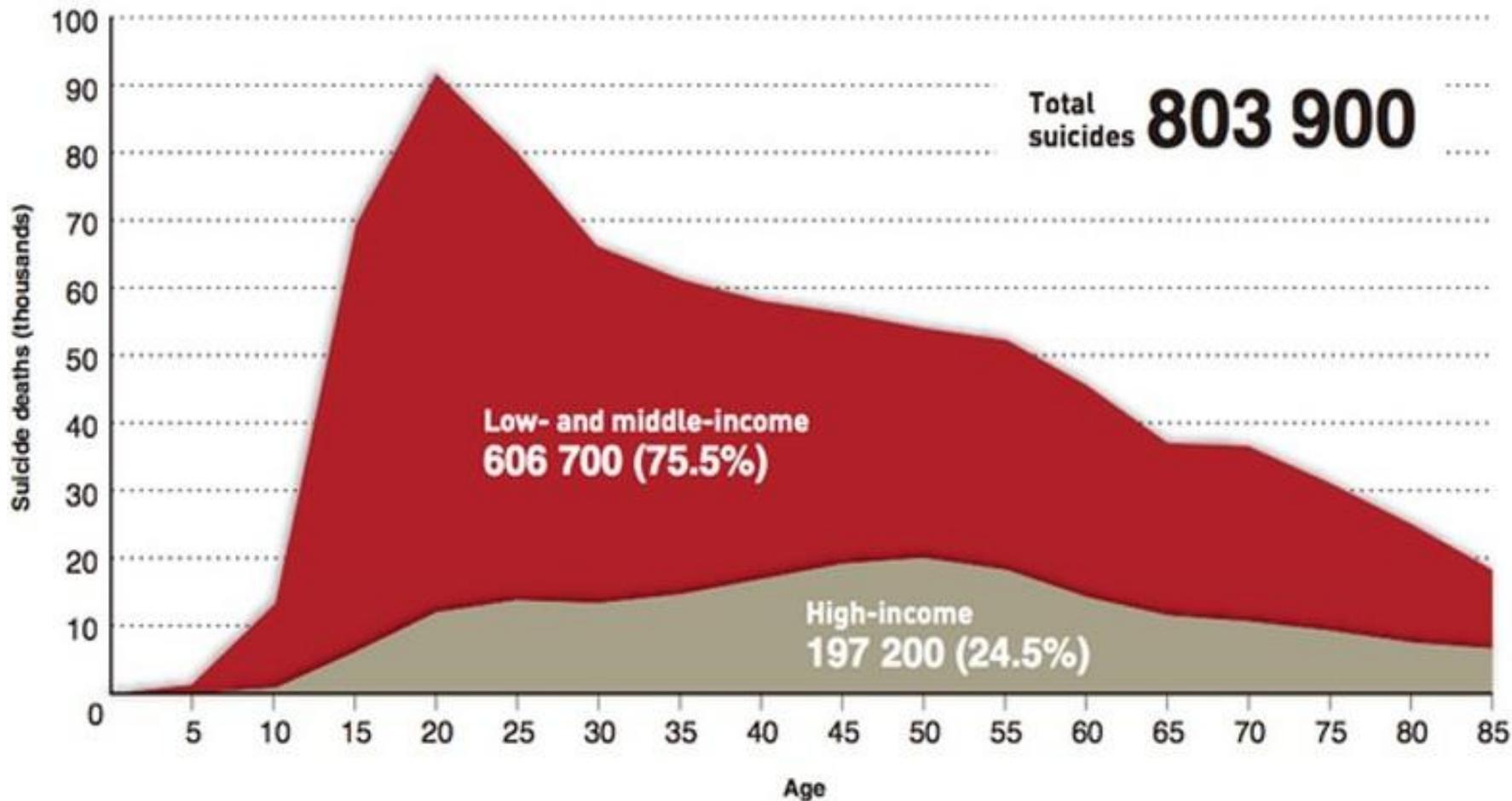
<http://www.who.int/mentalhealth/suicide-prevention/exesummaryenglish.pdf>

1.5 Million Violent Deaths Per Year



<http://www.who.int/mentalhealth/suicide-prevention/exesummaryenglish.pdf>

Suicide Rate by Income



Pain, SUD and Suicidal Ideation



◆ There is robust literature that there is a high prevalence of SI in patients with pain ranging from 18% to > 50%

Hitchcock L, Ferrell B, McCaffery M. The experience of chronic nonmalignant pain. *J Pain Symptom Manage* 1994; 9: 312-318.

Stenager EN, Stenager E, Jensen K. Attempted suicide, depression and physical diseases: a 1-year follow-up study. *Psychother Psychosom* 1994; 61: 65-73.

Fishbain DA, Goldberg M, Rosomoff RS, Rosomoff H. Completed suicide in chronic pain. *Clin J Pain* 1991; 7: 29-36.

Fishbain DA. The association of chronic pain and suicide. *Semin Clin Neuropsychiatry* 1999; 4: 221-227.

Smith MT, Edwards RR, Robinson RC, Dworkin RH. Suicidal ideation, plans and attempts in chronic pain patients: Factors associated with increased risk. *Pain* 2004; 111: 201-208.

Braden JB, Sullivan MD. Suicidal thoughts and behavior among adults with self-reported pain conditions in the national comorbidity survey replication. *J Pain* 2008; 9:1106-1115.

Ilgen MA, Zivin K, McCammon RJ, Valenstein M. Pain and suicidal thoughts, plans and attempts in the United States. *Gen Hosp Psychiatry* 2008; 30: 521-527.

Ratcliffe GE, Enns MW, Belik SL, Sareen J. Chronic pain conditions and suicidal ideation and suicide attempts: an epidemiologic perspective. *Clin J Pain* 2008; 24 : 204-210.

Substance Abuse and Mental Health Services Administration Office of Applied Studies. *Drug Abuse Warning Network, 2007: Estimates of Drug-Related Emergency Department Visits*. Rockville, MD; 2010.

Racine M, Choinière M, Nielson WR. Predictors of Suicidal Ideation in Chronic Pain Patients: An Exploratory Study. *Clin J Pain*. 2013 Jul 24. [Epub ahead of print]

Cheatle M, Wasser T, Foster C, Olugbodi A, Bryan J. Prevalence of suicidal ideation in patients with chronic noncancer pain referred to a behaviorally based pain program. *Pain Phys*, in press.

Edwards RR, Smith MT, Kudel I, Haythornthwaite J. Pain-related catastrophizing as a risk factor for suicidal ideation in chronic pain. *Pain* 2006;126 : 272-279.

◆ A systematic review by Tang and Crane revealed that the risk of successful suicide was doubled in patients with CP as compared to non-pain controls

Tang NK, Crane C. Suicidality in chronic pain: A review of the prevalence, risk factors and psychological links. *Psychol Med* 2006; 36 :575-586.

Suicidal Ideation and Behavior and SUD

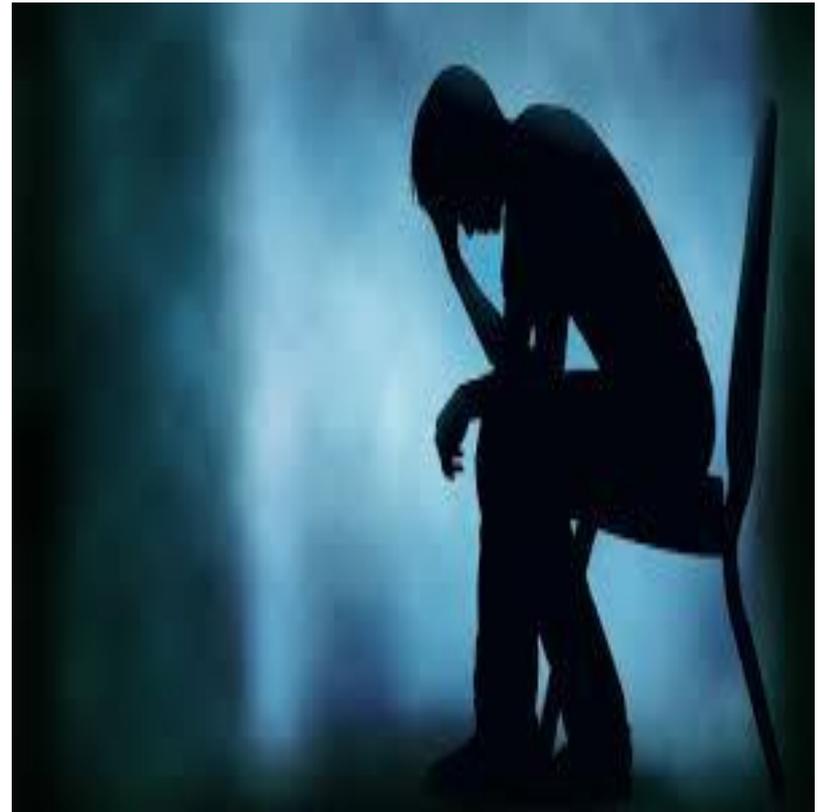
- ◆ Approximately 40% of patients seeking treatment for substance use disorders report a history of suicide attempts¹⁻³
- ◆ Compared to the general population, those with alcohol use disorders are almost 10 times more likely to die by suicide and those who inject drugs are about 14 times more likely to commit suicide.⁴



1) Roy A, Janal MN. Risk factors for suicide among alcohol-dependent patients. *Arch Suicide Res.* 2007; 11:211–217; 2) Roy A. Characteristics of cocaine dependent patients who attempt suicide. *Arch Suicide Res.* 2009; 13:46–51; 3) Roy A. Risk factors for attempting suicide in heroin addicts. *Suicide Life Threat Behav.* 2010; 40:416–420; 4) Wilcox HC, Conner KR, Caine ED. Association of alcohol and drug use disorders and completed suicide: an empirical review of cohort studies. *Drug Alcohol Depend.* 2004; 76:S11–S19.

Suicide prevalence in UK and Scotland

- ◆ There were 6,859 suicides in the UK and Ireland (6507 in the UK and 352 in Ireland)
- ◆ The suicide rate in Scotland is the highest in the UK-where men aged 35-44 have the highest suicide rate.
- ◆ The number of suicides in Scotland increased by 15% last year (2018)
- ◆ The rate of suicide is three times higher in the most deprived areas of Scotland.



Scotland overtakes America as the world's drug-overdose capital

As heroin takes its toll there are calls for decriminalisation



RESEARCH REPORT

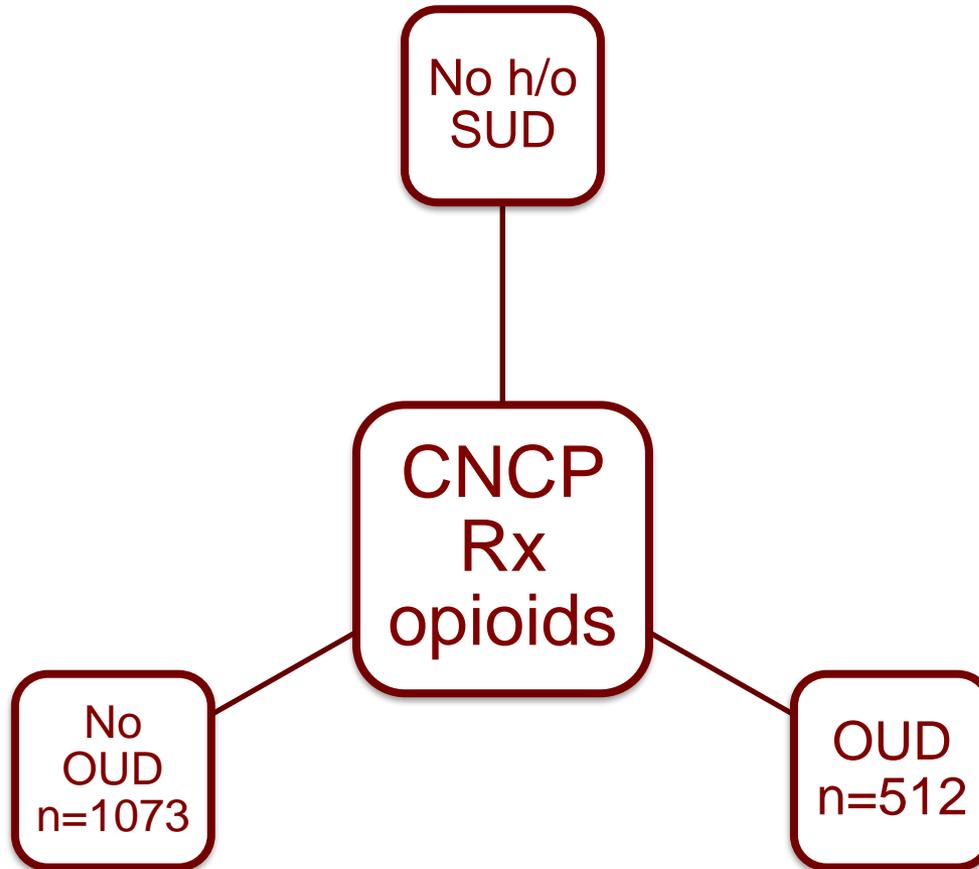
Suicidal intent in non-fatal illicit drug overdose

JOANNE NEALE

Centre for Drug Misuse Research, The University of Glasgow, Glasgow, UK

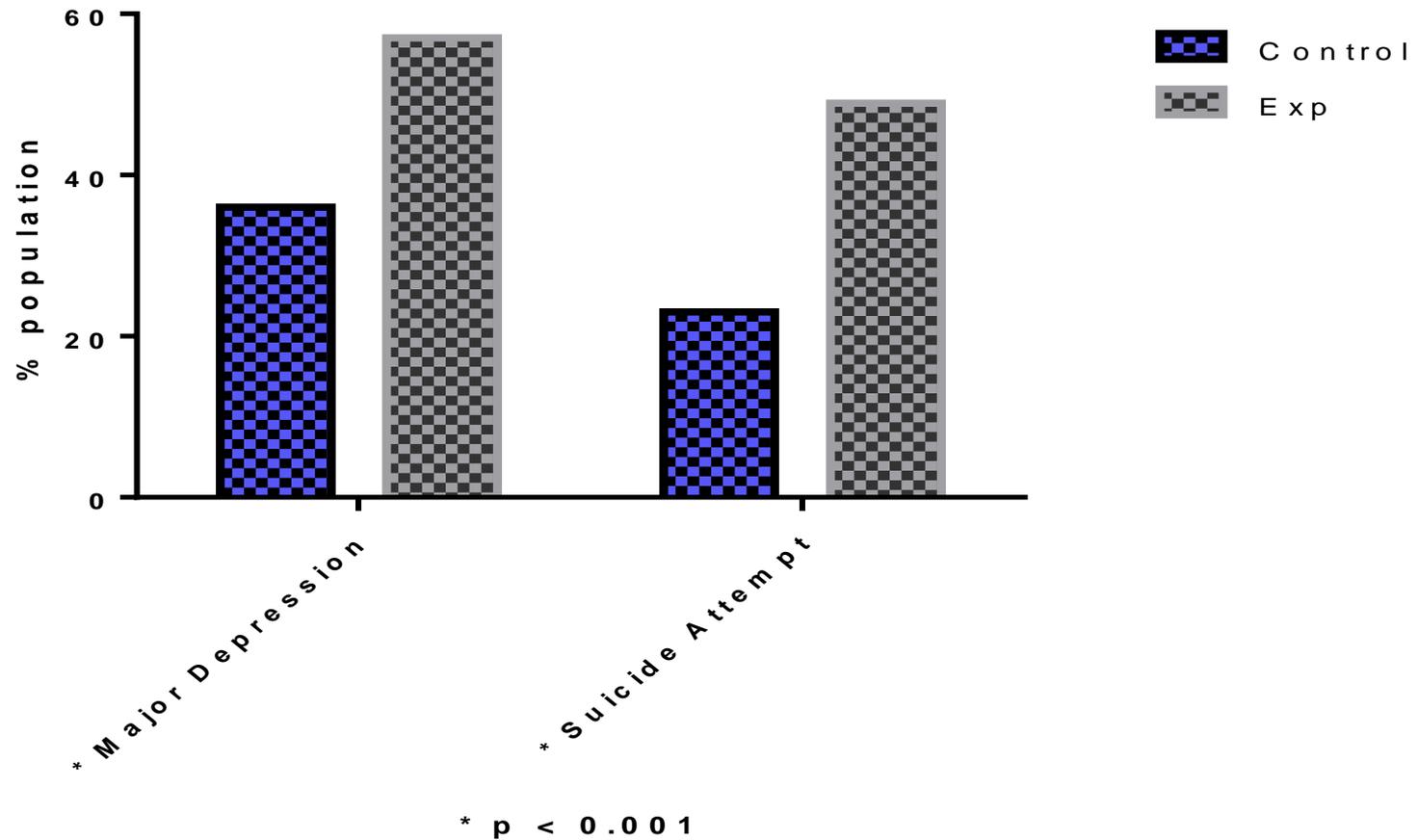
- ◆ **77 individuals were interviewed within hours of a non-fatal overdose employing a semi-structured interview process.**
- ◆ **Recorded transcripts of the interview were subjected to standard qualitative analysis and quantitative results only characterized subject demographics and drug taking history and behaviors.**
- ◆ **Of the 77 respondents, 49% reported experiencing suicidal thoughts or urges just before overdosing.**
- ◆ **The qualitative data indicated that intentional overdosing was motivated by precipitating events, predisposing personal circumstances and poor coping skills**

Study Subjects



Cheatle et al Clinical and genetic characteristics of opioid addiction in patients with chronic pain 1R01DA032776-01 NIH/NIDA

% of Population



Cheatle et al Clinical and genetic characteristics of opioid addiction in patients with chronic pain 1R01DA032776-01 NIH/NIDA

SBQ-R

SBQ-R Suicide Behaviors Questionnaire-Revised

Patient Name _____ Date of Visit _____

Instructions: Please check the number beside the statement or phrase that best applies to you.

1. Have you ever thought about or attempted to kill yourself? (check one only)

- 1. Never
- 2. It was just a brief passing thought
- 3a. I have had a plan at least once to kill myself but did not try to do it
- 3b. I have had a plan at least once to kill myself and really wanted to die
- 4a. I have attempted to kill myself, but did not want to die
- 4b. I have attempted to kill myself, and really hoped to die

2. How often have you thought about killing yourself in the past year? (check one only)

- 1. Never
- 2. Rarely (1 time)
- 3. Sometimes (2 times)
- 4. Often (3-4 times)
- 5. Very Often (5 or more times)

3. Have you ever told someone that you were going to commit suicide, or that you might do it? (check one only)

- 1. No
- 2a. Yes, at one time, but did not really want to die
- 2b. Yes, at one time, and really wanted to die
- 3a. Yes, more than once, but did not want to do it
- 3b. Yes, more than once, and really wanted to do it

4. How likely is it that you will attempt suicide someday? (check one only)

- 0. Never
- 1. No chance at all
- 2. Rather unlikely
- 3. Unlikely
- 4. Likely
- 5. Rather likely
- 6. Very likely

SBQ-R

Control	Experimental	p value
Mean= 5.12	Mean= 8.48	0.002**
SD= 3.49	SD= 4.73	

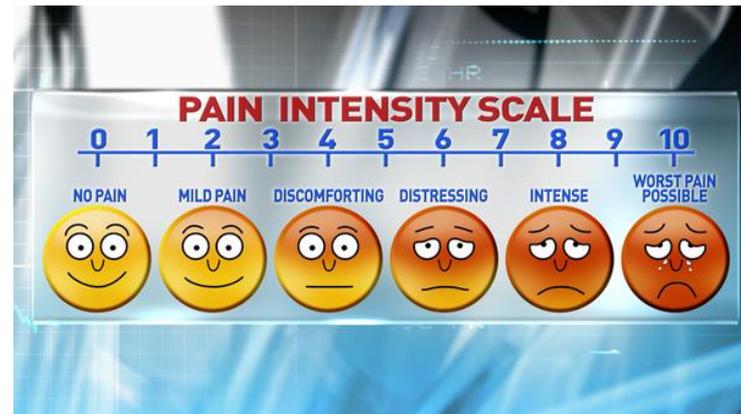
For the SBQR the range of scores is from 3-18 where higher scores indicate more suicidal behavior. A cut point of ≥ 7 is considered to indicate high risk for suicide with a sensitivity of 93% and specificity of 95%

Pain and Suicidal Ideation: Risk Factors and Mediators



Risk Factors

- ◆ Sleep
- ◆ Pain Intensity
- ◆ Pain Duration
- ◆ Pain Type
- ◆ Opioid Dosing



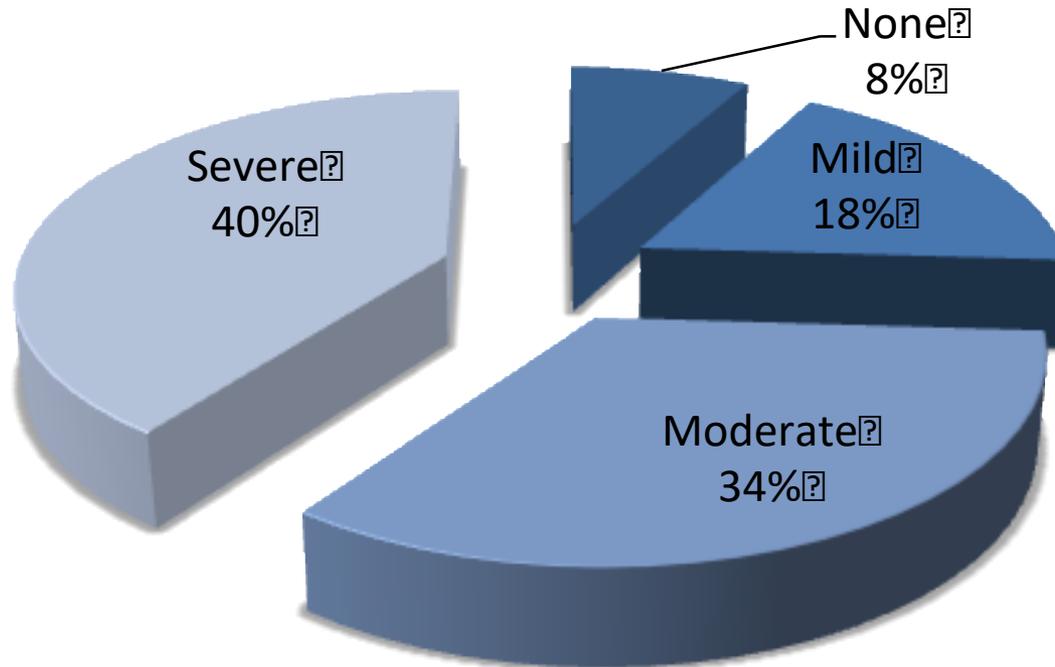
Pain and Sleep Disorders

- ◆ **Chronic pain is associated with multiple symptoms that may impair a patient's quality of life, including emotional distress, fatigue and sleep disturbance.**
- ◆ **Studies have demonstrated that 50% of patients with a number of different chronic pain conditions complain of sleep disturbance, with estimates as high as 70%-88%.**



Cheatle MD, Foster S, Pinkett A, Lesneski M, Qu D, Dhingra L. Assessing and Managing Sleep Disturbance in Patients with Chronic Pain. *Anesthesiol Clin*. 2016 Jun;34(2):379-93

% Population Sleep Disturbance (n= 1038)



Cheatle M et al "Clinical and Genetic Characteristics of Opioid Addiction in Chronic Pain" 1R01DA032776-01 NIH/NIDA unpublished data

Suicidal Ideation in Outpatients With Chronic Musculoskeletal Pain

An Exploratory Study of the Role of Sleep Onset Insomnia and Pain Intensity

Michael T. Smith, PhD, Michael L. Perlis, PhD,†‡ and Jennifer A. Haythornthwaite, PhD**

- 51 outpatients with non-cancer chronic pain were recruited and completed the Pittsburgh Sleep Quality Index, the Beck Depression Inventory, and the Multi-Dimensional Pain Inventory. Subjects were classified as suicidal ideators or non-ideators, based on the BDI
- Results indicated that 24% reported suicidal ideation and endorsed higher levels of sleep-onset insomnia, pain intensity, medication usage, pain related interference, affective distress and depressive symptoms
- Step-wise, discriminate function analysis revealed that sleep onset insomnia severity and pain intensity predicted 84.3% of the cases
- *Authors concluded that chronic pain patients who self-report severe and frequent initial insomnia with concomitant daytime dysfunction and high pain intensity were more likely to report passive suicidal ideation, independent of the effects of depression severity*

Smith MT, et al Clin J Pain 2004; 20 (2):111-8

Pain Intensity

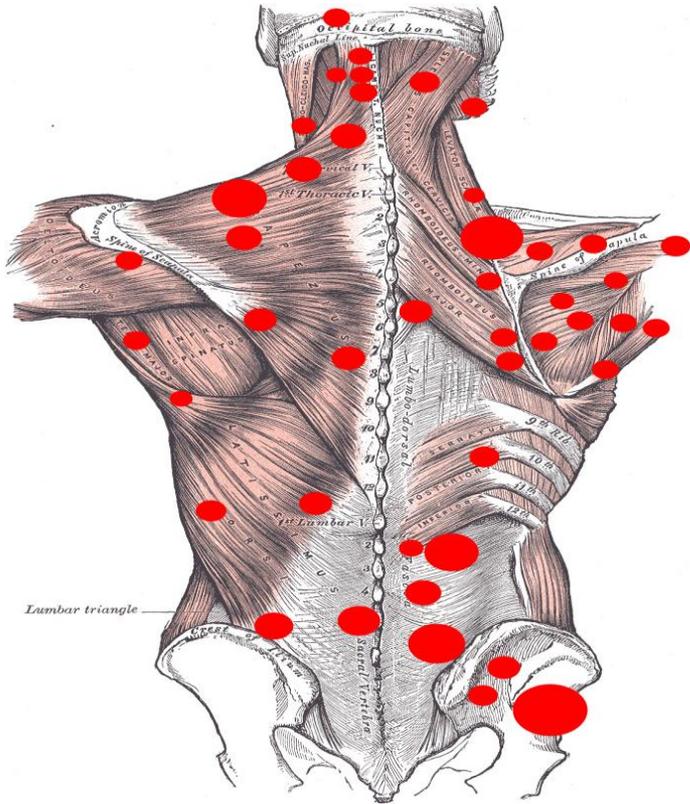
Suicide and Life-Threatening Behavior 40(6) December 2010
© 2010 The American Association of Suicidology

Severe Pain Predicts Greater Likelihood of Subsequent Suicide

MARK A. ILGEN, PhD, KARA ZIVIN, PhD, KAREN L. AUSTIN, MPH,
AMY S. B. BOHNERT, PhD, EWA K. CZYZ, MA, MARCIA VALENSTEIN, MD, MS,
AND AMY M. KILBOURNE, PhD, MPH

- ◆ Analyzed data Veteran's Affairs' medical records and the National Death Index (n=260,254) evaluating the association between self-assessed pain severity and SB in veterans.
- ◆ They discovered after controlling for demographic and psychiatric factors that veterans with severe pain were more likely to die by suicide than ones with mild or moderate pain (HR:1.33; 95% CI: 1.15-1.54).

Potentially Vulnerable Pain Populations



Suicidal ideation and the risk of suicide in patients with fibromyalgia: a comparison with non-pain controls and patients suffering from low-back pain

This article was published in the following Dove Press journal:

Neuropsychiatric Disease and Treatment

16 April 2014

Number of times this article has been viewed

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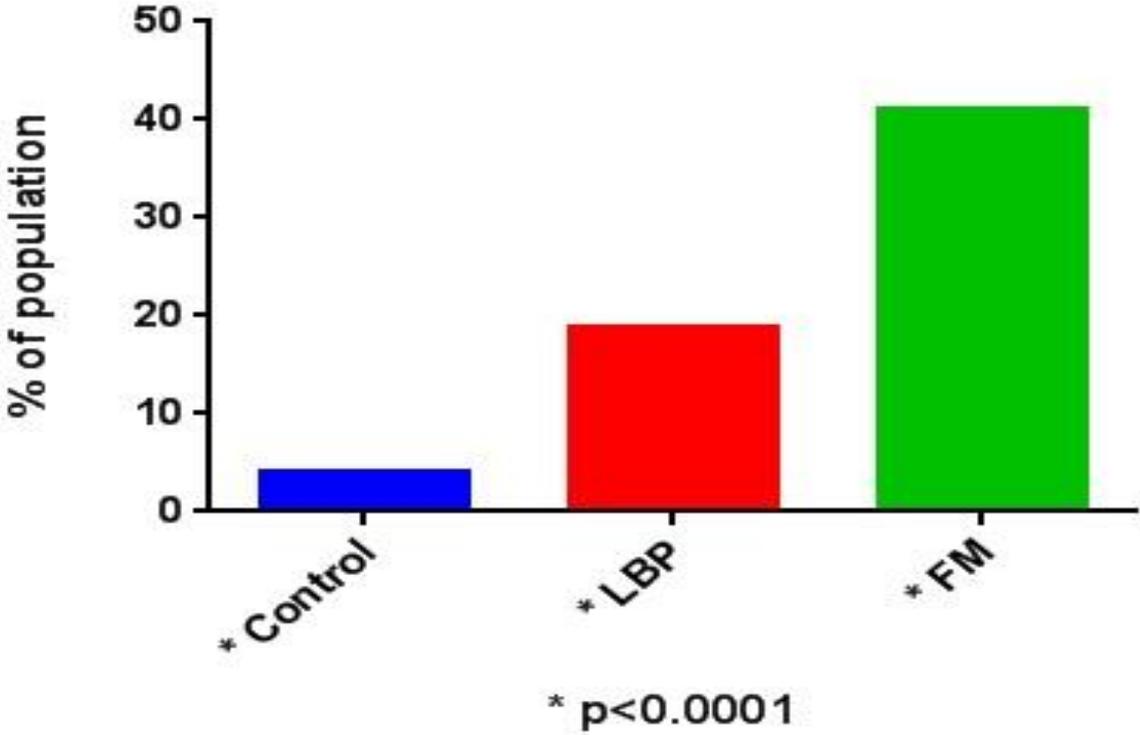
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³Departamento de Especialidades Biomédicas, Universidad Europea de Madrid, Villaviciosa de Odón, Spain

Abstract: Fibromyalgia is associated with an increased rate of mortality from suicide. In fact, this disease is associated with several characteristics that are linked to an increased risk of suicidal behaviors, such as being female and experiencing chronic pain, psychological distress, and sleep disturbances. However, the literature concerning suicidal behaviors and their risk factors in fibromyalgia is sparse. The objectives of the present study were to evaluate the prevalence of suicidal ideation and the risk of suicide in a sample of patients with fibromyalgia compared with a sample of healthy subjects and a sample of patients with chronic low-back pain. We also aimed to evaluate the relevance of pain intensity, depression, and sleep quality as variables related to suicidal ideation and risks. Logistic regression was applied to estimate the likelihood of suicidal ideation and the risk of suicide adjusted by age and sex. We also used two logistic regression models using age, sex, pain severity score, depression severity, sleep quality, and disease state as independent variables and using the control group as a reference. Forty-four patients with fibromyalgia, 32 patients with low-back pain, and 50 controls were included. Suicidal ideation, measured with item 9 of the Beck Depression Inventory, was almost absent among the controls and was low among patients with low-back pain; however, suicidal ideation was prominent among patients with fibromyalgia ($P < 0.0001$). The risk of suicide, measured with the Plutchik Suicide Risk Scale, was also higher among patients with fibromyalgia than in patients with low-back pain or in controls ($P < 0.0001$). The likelihood for suicidal ideation and the risk of suicide were higher among patients with fibromyalgia (odds ratios of 26.9 and 48.0, respectively) than in patients with low-back pain (odds ratios 4.6 and 4.7, respectively). Depression was the only factor associated with suicidal ideation or the risk of suicide.

Keywords: chronic low-back pain, suicidal risk, depression

Suicidal Ideation



	OR	95% CI	P-value
Suicidal ideation			
Fibromyalgia	26.889	5.72–126.42	<0.0001
Low-back pain	4.583	0.826–25.432	0.082
Risk of suicide			
Fibromyalgia	48.000	12.929–178.206	<0.0001
Low-back pain	4.725	1.297–17.209	0.019

Opioid Dosing

Pain. 2016 May ; 157(5): 1079–1084. doi:10.1097/j.pain.0000000000000484.

Opioid dose and risk of suicide

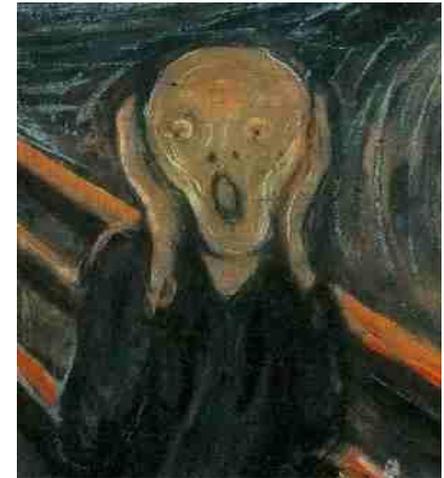
Mark A. Ilgen, PhD^{1,2}, Amy S. B. Bohnert, PhD^{1,2}, Dara Ganoczy, MPH¹, Matthew J. Bair, MD^{3,4}, John F. McCarthy, PhD^{1,2}, and Frederic C. Blow, PhD^{1,2}

- ◆ **Retrospective data analysis on the risk of suicide by different opioid doses in Veterans with CNMP.**
- ◆ **After controlling for demographic and other clinical features (depression, PTSD etc) the results indicated that higher opioid doses were associated with increased risk of suicide mortality**
- ◆ **Compared with individuals that received \leq 20 mg morphine equivalent daily dose (MEDD), those prescribed 20 to 50 MEDD had a hazard ratio (HR) of 1.48 (95% CI: 1.25-1.75); 50 to ,100 MEDD HR of 1.69 (95% CI: 1.33-2.14); and 100 + a HR of 2.15 (95% CI: 1.64-2.81).**

Possible Mediators



Catastrophizing
Burdensomeness
Social Isolation
Mental Defeat





Pain-related catastrophizing as a risk factor for suicidal ideation in chronic pain

Robert R. Edwards ^{a,*}, Michael T. Smith ^a, Ian Kudel ^b, Jennifer Haythornthwaite ^a

^a Department of Psychiatry and Behavioral Sciences, Johns Hopkins University School of Medicine, 600 N. Wolfe Street, Meyer 1-108, Baltimore, MD 21287, USA

^b Health Services Research and Development, Cincinnati VA Medical Center, USA

Received 16 January 2006; received in revised form 13 June 2006; accepted 6 July 2006

- 1,512 patients seeking treatment for chronic pain completed a variety of questionnaires assessing pain, coping and psychosocial functioning
- Approximately 32% of this population reported some form of recent suicidal ideation
- Results indicated that the 2 predictors of the presence and degree of suicidal ideation were the magnitude of depressive symptoms and the degree of pain-related catastrophizing
- *Authors concluded that independent of pain severity or depressive symptomatology there is a strong association between pain-coping strategies and suicide related cognitions*

Suicidal Ideation and Perceived Burdensomeness in Patients with Chronic Pain

Kathryn E. Kanzler, PsyD* ; Craig J. Bryan, PsyD, ABPP[†]; Donald D. McGeary, PhD, ABPP[‡]; Chad E. Morrow, PsyD, ABPP[§]

*Department of Behavioral Medicine, Wilford Hall Medical Center, Lackland AFB, San Antonio, Texas; [†]National Center for Veterans Studies, University of Utah, Salt Lake City, Utah;

[‡]Department of Psychiatry, University of Texas Health Science Center at San Antonio, San Antonio, Texas; [§]Mental Health Clinic, Maxwell Air Force Base, Montgomery, Alabama, U.S.A.

- ◆ 113 patients referred for pain related health complaints to a Clinical Health Psychology clinic
- ◆ Intake interview included BDI-II, MPQ and one question on burdensomeness “It would be better for everyone involved if I were to die” on a 5-point Likert scale measuring frequency of having the thought (1 = “Never or none of the time” to 5 = “Always or a great many times”)
- ◆ Results revealed that perceived *burdensomeness* was the sole significant predictor of SI ($b = 3.068$, $P = 0.004$, $OR = 21.503$ [2.680 to 172.547]).

Pain Pract. 2012 Nov;12(8):602-9

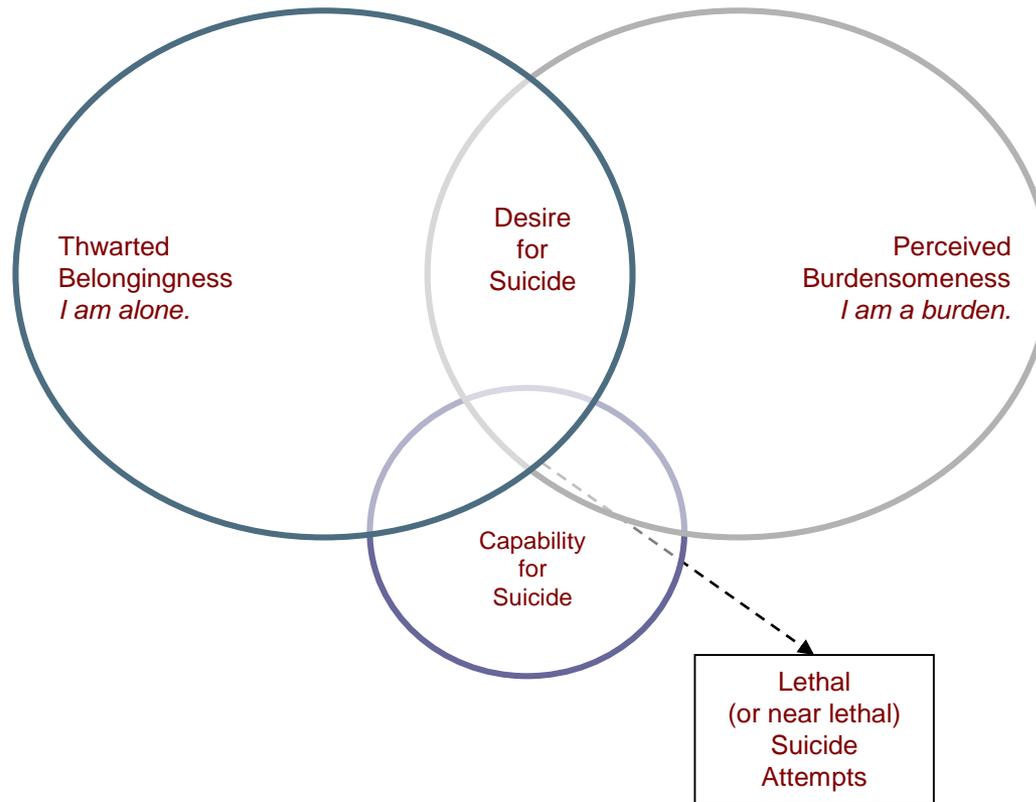
Retrospective Review

e **Prevalence of Suicidal Ideation in Patients with Chronic Non-Cancer Pain Referred to a Behaviorally Based Pain Program**

Martin D. Cheatle, PhD^{1,2}, Thomas Wasser, PhD³, Carolyn Foster, MSN¹, Akintomi Olugbodi, MD², and Jessica Bryan, BA¹

- ◆ A retrospective chart review of 466 patients with CNCP treated in a behaviorally based pain program
- ◆ Results revealed a high rate of SI (26%).
- ◆ Logistic regression revealed that history of sexual/physical abuse (Beta=0.825; $p < 0.020$; OR=2.657 [95% CI=1.447-4.877]), family history of depression (Beta=0.471; $p < 0.006$; OR= 1.985 [95% CI= 1.234-3.070]) and being *socially withdrawn* (Beta=0.482; $p < 0.001$; OR= 2.226 [95% CI= 1/413-3.505]) were predictive of SI

Interpersonal Theory of Suicide



Joiner TE, Pettit JW, Walker RL, et al. Perceived burdensomeness and suicidality: two studies on the suicide notes of those attempting and those completing suicide. *J Soc Clin Psychol.* 2002;21:531–545.

Mental defeat

Depression - Social Rank Theory



PTSD – CBT & Exposure therapy



Mental defeat in chronic pain

- ◆ A concept to characterise the deeper impact of pain on self-concept
- ◆ A state of mind marked by a sense of a loss of autonomy, agency and human integrity
- ◆ A type of self-processing, where persistent pain results in negative beliefs about the self in relation to pain

Tang et al, 2007 CJP; Tang et al., 2010; PAIN



Mental defeat

- **“Defeat of the mind”**
- **“The pain is taking over and you cannot cope with what you are supposed to do”**
- **“I just felt everything had beaten me and there’s nothing I could do. I couldn’t fight anymore.”**
- **“The pain belittles you as a person”**
- **“It’s like you’re not a human being”**

Tang, Salkovskis et al., 2009; BJCP, 48; 1-20



Mental Defeat Is Associated With Suicide Intent in Patients With Chronic Pain

Nicole K.Y. Tang, DPhil, Philippa Beckwith, DClinPsych,† and Polly Ashworth, DClinPsych‡*

- ◆ **N=62 chronic pain pts (42F; 20M)**
- ◆ **Past suicide attempts**
 - 12.9% once
 - 9.7% twice or more
- ◆ **Current and worst ever suicidal ideation**
 - Beck Scale of Suicide Ideation – to measure intent
- ◆ **Other psychological predictors of suicidality**
 - Depression, Anxiety, Hopelessness and Pain self-efficacy

Tang NK, Beckwith P, Ashworth P. Mental Defeat Is Associated With Suicide Intent in Patients With Chronic Pain. Clin J Pain. 2016 May;32(5):411-9.

Correlations with suicide intent

	Suicidal ideation (Worst ever)	Suicidal Ideation (In the past week including today)
Anxiety	0.33*	0.002
Depression	0.32*	0.19
Pain Self-Efficacy	-0.20	0.005
Hopelessness	0.19	-0.12
Mental defeat	0.45**	0.13

Correlation between worst ever & current SI = 0.33**

Risk Mitigation

- ◆ Risk Assessment
- ◆ Intervention



Cheatle MD. Depression, Chronic Pain, and Suicide by Overdose: On the Edge. *Pain Medicine*. 2011;12(s2):S43-S48.

Risk Assessment

- ◆ **Age >45**
- ◆ **Gender (female)**
- ◆ **Alcohol dependence**
- ◆ **Past suicide attempts**
- ◆ **History of psychological hospitalization**
- ◆ **Poor social support**
- ◆ **Unemployed**
- ◆ **Divorced**
- ◆ **Mental disorders**

Centers for Disease Control and Prevention (CDC), National center for Injury Prevention and Control. 2010. Suicide: Risk and protective factors. Available at: <http://www.cdc.gov/ViolencePrevention/suicide/riskprotectivefactors.html> (accessed June 2015).

Assessment

- ◆ Mental Health Screening
- ◆ Suicide Risk
- ◆ SUD Screening



Mental Health Screening Tools

Tool	# of Items	Time to Complete
Beck Depression Inventory II (Beck et al, 1996)	21	5 - 10 minutes
Beck Depression Inventory – Fast Screen for Medical Patients (Beck et al, 2000)	7	< 5 minutes
Profile of Mood States II: Full	65	10 - 15 minutes
Short (McNair et al, 1971)	35	5 - 10 minutes
Zung Self-Rating Depression Scale (Zung 1965)	20	10 minutes
Center for Epidemiologic Studies Depression Scale: Full	20	5 - 10 minutes
Short (Radloff, 1977)	10	5 minutes
Patient Health Questionnaire: PHQ-9	9	5 minutes
PHQ-4 (Kroenke et al 1999)	4	< 5 minutes

Opioid Abuse and SUD Screening Tools

Patients considered for long-term opioid therapy:	Items	Administered
ORT Opioid Risk Tool	5	By patient
SOAPP [®] Screener & Opioid Assessment for Patients w/ Pain	24, 14, & 5	By patient
DIRE Diagnosis, Intractability, Risk, & Efficacy Score	7	By clinician
Characterize misuse once opioid treatments begins:		
PMQ Pain Medication Questionnaire	26	By patient
COMM Current Opioid Misuse Measure	17	By patient
PDUQ Prescription Drug Use Questionnaire	40	By clinician
Not specific to pain populations:		
CAGE-AID Cut Down, Annoyed, Guilty, Eye-Opener Tool, Adjusted to Include Drugs	4	By clinician
RAFFT Relax, Alone, Friends, Family, Trouble	5	By patient
DAST Drug Abuse Screening Test	28	By patient
SBIRT Screening, Brief Intervention, & Referral to Treatment	Varies	By clinician
AUDIT-C Alcohol Use Disorders Identification Test Consumption	3	By patient

CAGE-AID

CAGE-AID Test (CAGE Adapted to Include Drugs)

- Have you ever felt you should cut down on your drinking or drug use?
- Have people ever annoyed you by criticizing your drinking or drug use?
- Have you ever felt guilty about your drinking or drug use?
- Have you ever had a drink or used drugs first thing in the morning (an eye opener or early morning drink) to steady your nerves or get rid of a hangover or residual drug effect?



The P4: A Brief Measure

Past suicide attempts

Suicide **P**lan

Probability of completing suicide

Preventative factors

Slide courtesy of Lynn Webster, MD

P4 Suicidality Screener

Have you had thoughts of actually hurting yourself?

NO

YES

1. Have you ever attempted to harm yourself in the past?

NO

YES

2. Have you thought about how you might actually hurt yourself?

NO

YES

3. There's a big difference between having a thought and acting on a thought. How likely do you think it is that you will act on these thoughts about hurting yourself or ending your life some time over the next month?

a) Not at all likely _____

b) Somewhat likely _____

c) Very likely _____

4. Is there anything that would prevent you from harming yourself?

NO

YES → [What? _____]

Risk Category	Shared ("Risk" Response	
	Items 1 and 2	Items 3 and 4
Minimal	Neither is shaded	Neither is shaded
Lower	At least one item is shaded	Neither is shaded
Higher		At least one item is shaded

Dube P, et al. *Prim Care Companion J Clin Psychiatry*. 2010;12(6):PCC. 10m00978.

Slide courtesy of Lynn Webster, MD

SBQ-R

SBQ-R Suicide Behaviors Questionnaire-Revised

Patient Name _____ Date of Visit _____

Instructions: Please check the number beside the statement or phrase that best applies to you.

1. Have you ever thought about or attempted to kill yourself? (check one only)

- 1. Never
- 2. It was just a brief passing thought
- 3a. I have had a plan at least once to kill myself but did not try to do it
- 3b. I have had a plan at least once to kill myself and really wanted to die
- 4a. I have attempted to kill myself, but did not want to die
- 4b. I have attempted to kill myself, and really hoped to die

2. How often have you thought about killing yourself in the past year? (check one only)

- 1. Never
- 2. Rarely (1 time)
- 3. Sometimes (2 times)
- 4. Often (3-4 times)
- 5. Very Often (5 or more times)

3. Have you ever told someone that you were going to commit suicide, or that you might do it? (check one only)

- 1. No
- 2a. Yes, at one time, but did not really want to die
- 2b. Yes, at one time, and really wanted to die
- 3a. Yes, more than once, but did not want to do it
- 3b. Yes, more than once, and really wanted to do it

4. How likely is it that you will attempt suicide someday? (check one only)

- 0. Never
- 1. No chance at all
- 2. Rather unlikely
- 3. Unlikely
- 4. Likely
- 5. Rather likely
- 6. Very likely

Intervention



Risk Stratification

	LOW	HIGH
Plans	Vague	Specific
Means	No	Yes (lethal supply Rx opioids)
H/O Suicide Attempts	No	Yes
Level of Support	High	Low
Coping Abilities	Good	Poor
Relationship with HCP	Good	Poor
Willingness to Contract	Yes	No

Acute Suicidal Phase

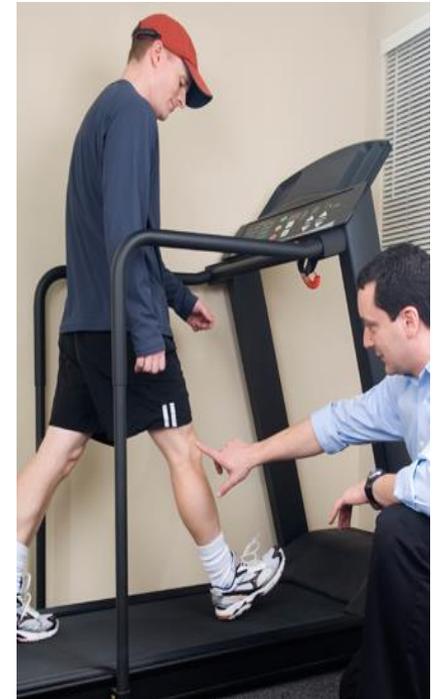
- ◆ **IP treatment depending on severity of depression and SI/plans**
- ◆ **Pharmacotherapy targeting depression and sleep**
- ◆ **If opioids Rx do so in small amounts with family member dispensing**
- ◆ **Frequent UDS to ensure adherence**

Chronic Depression/SI

- ◆ **Require ongoing psychiatric/psychological care as part of overall pain management program**
- ◆ **Frequent UDS if opioids Rx until mood stabilizes**
- ◆ **Regular mental health screening**

Risk Mitigation

Biopsychosocial Approach to Pain and Addiction Care



Biopsychosocial Approach to CPS

Comprehensive pain management programs based on the biopsychosocial model of pain, typically emphasizing *cognitive behavioral therapy*, a graded *exercise program* and appropriate *medication management* have been shown to significantly improve treatment outcomes (return to work, pain reduction and increase in activity).

Gallagher, 1999

Loeser & Turk, 2000

McCraken & Turk, 2002

Cheatle & Gallagher, 2006

Biopsychosocial Treatment Program

CBT

Exercise

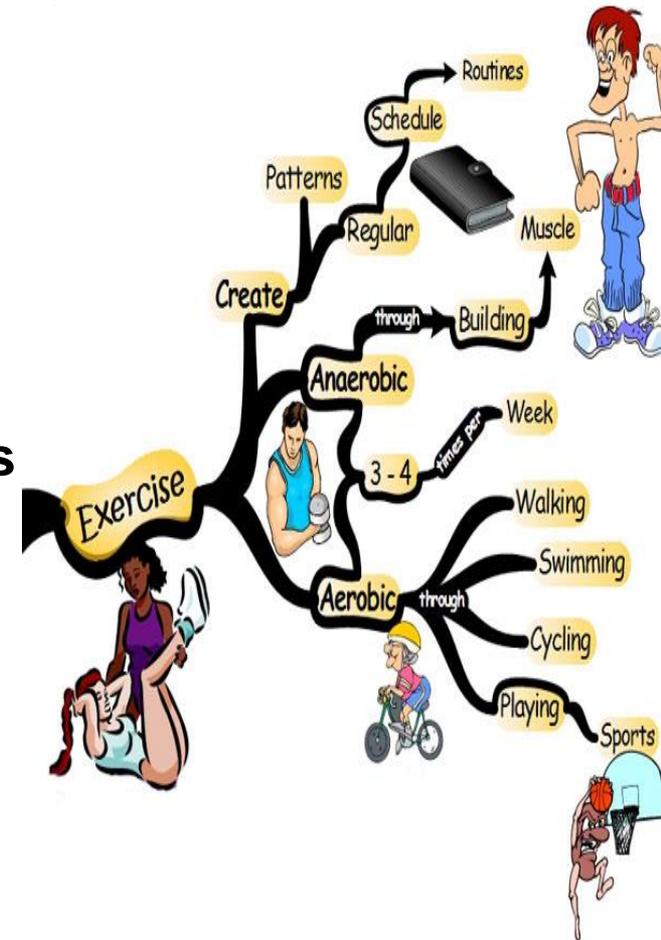
Nutrition

Evidence-based rational pharmacotherapy

Social Support

Exercise, Pain and Opioid Sparing

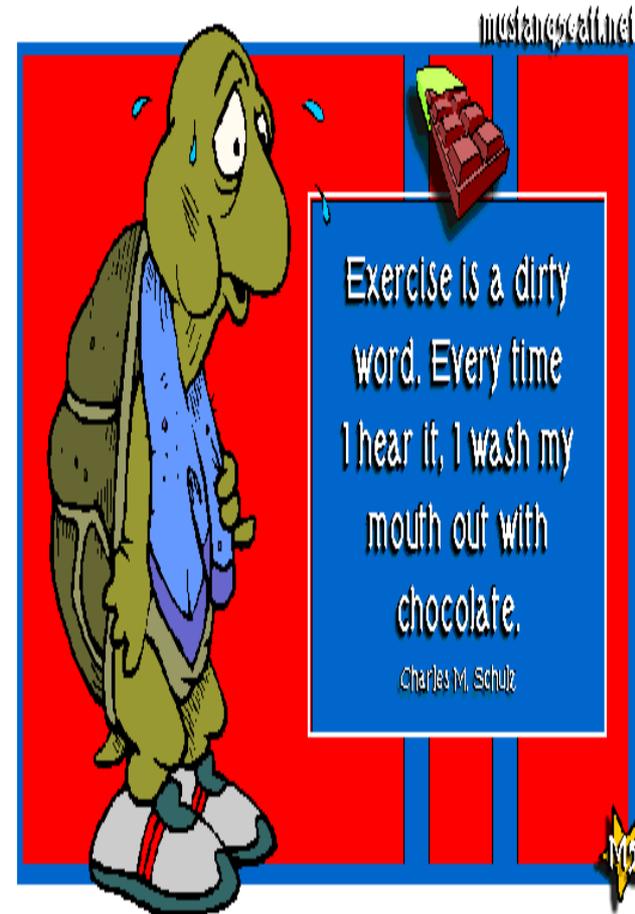
- ◆ Exercise not only can enhance the release of endogenous opioids (endorphins) thus reducing the use of prescription opioids, but can also reduce the mortality and morbidity related to major health conditions.
- ◆ Recent data from randomized studies suggest that aerobic exercise also significantly improves function and quality of life in patients with chronic low back pain.
- ◆ Exercise has proven to be a potent anxiolytic as it both blunts the body's response to cortisol and increases brain serotonin levels; epidemiological studies have shown that exercise both prevents anxiety disorders and effectively treats them



Heldt, S.A., et al., *Hippocampus-specific deletion of BDNF in adult mice impairs spatial memory and extinction of aversive memories*. *Mol Psychiatry*, 2007. 12(7): p. 656-70. Wipfli, B.M., C.D. Rethorst, and D.M. Landers, *The anxiolytic effects of exercise: a meta-analysis of randomized trials and dose-response analysis*. *J Sport Exerc Psychol*, 2008. 30(4): p. 392-410.

Physiotherapy

- ◆ Most patients with chronic noncancer pain have had multiple trials of physiotherapy, many of which have been not efficacious and, in some cases, exacerbated the pain
- ◆ Physiotherapy programs for patients with chronic noncancer pain should include:
 - Acquiring first-aid techniques for pain relief at home
 - Establish a well-balanced independent exercise program. This should include establishing weekly goals that can be achievable that will not lead to an increase in pain or discouragement

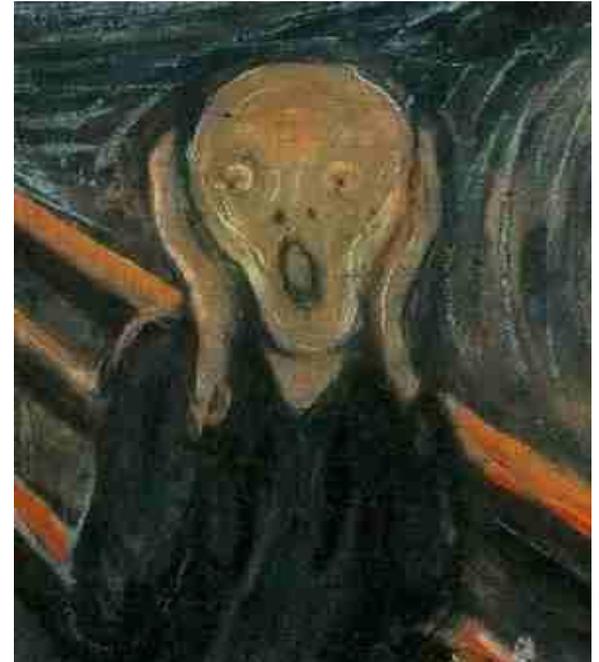


CBT



Cognitive Behavioral Therapy

- ❑ CBT focuses on maladaptive thought patterns (catastrophizing) and behaviors (kinesiophobia) that occur frequently in patients with CNCIP
- ❑ The objective of CBT is to guide the patient in recognizing and reconceptualizing his/her personal view of pain, identifying their role in the process of healing and promoting the patient being proactive rather than passive, and competent rather than incompetent
- ❑ CBT include specific skill acquisition (relaxation therapy, stress management, cognitive restructuring) followed by skill consolidation and rehearsal, and relapse training (Turk, Flor, 2006)



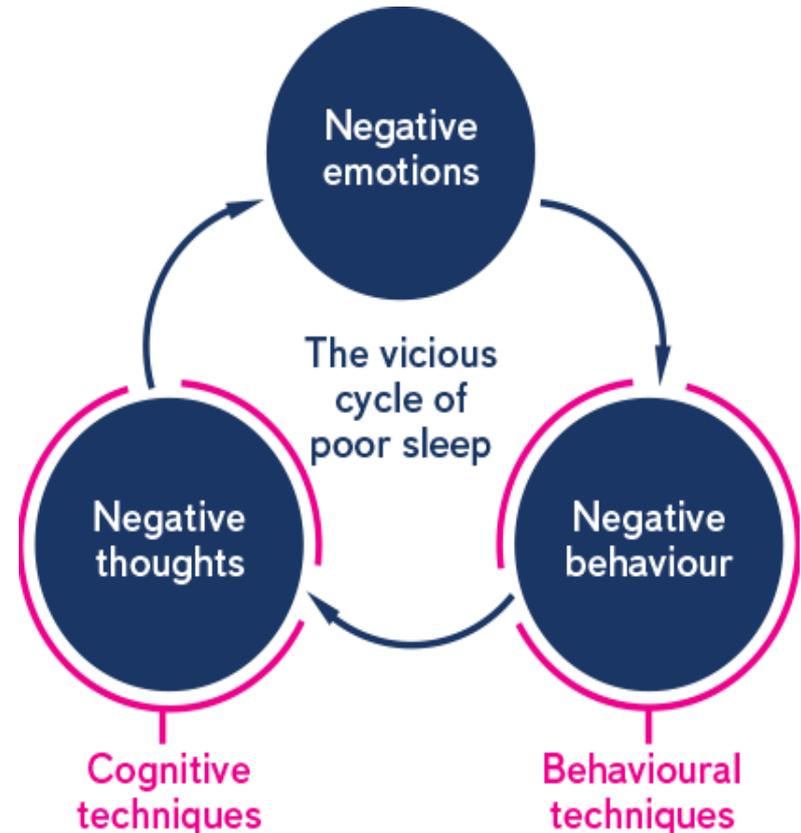
CBT cont' d

◆ CBT has been found to be efficacious for a number of chronic pain disorders including:

- Arthritis (Keefe & Caldwell, 1997)
- Sickle Cell disease (Chen et al, 2004)
- Chronic low back pain (Lamb et al, 2010; Glombiewski et al, 2010)
- TMJ (Turner et al, 2006)
- Lupus (Greco et al, 2004)
- Pain in breast cancer patients (Tatrow et al, 2006)

Cognitive Behavioral Therapy for Insomnia

- ◆ **CBT-I has been demonstrated to be equally effective or even superior to pharmacotherapy in patients with chronic primary insomnia.**



CBT-I cont'd

◆ CBT-I consists of:

- Psychoeducation about sleep and insomnia
- Stimulus control
- Sleep restriction
- Sleep hygiene
- Relaxation training
- Cognitive restructuring

Pharmacotherapy

- ◆ **Pharmacotherapy should target 4 domains:**
 - **Pain**
 - **Sleep**
 - **Mood**
 - **Substance Use Disorders**

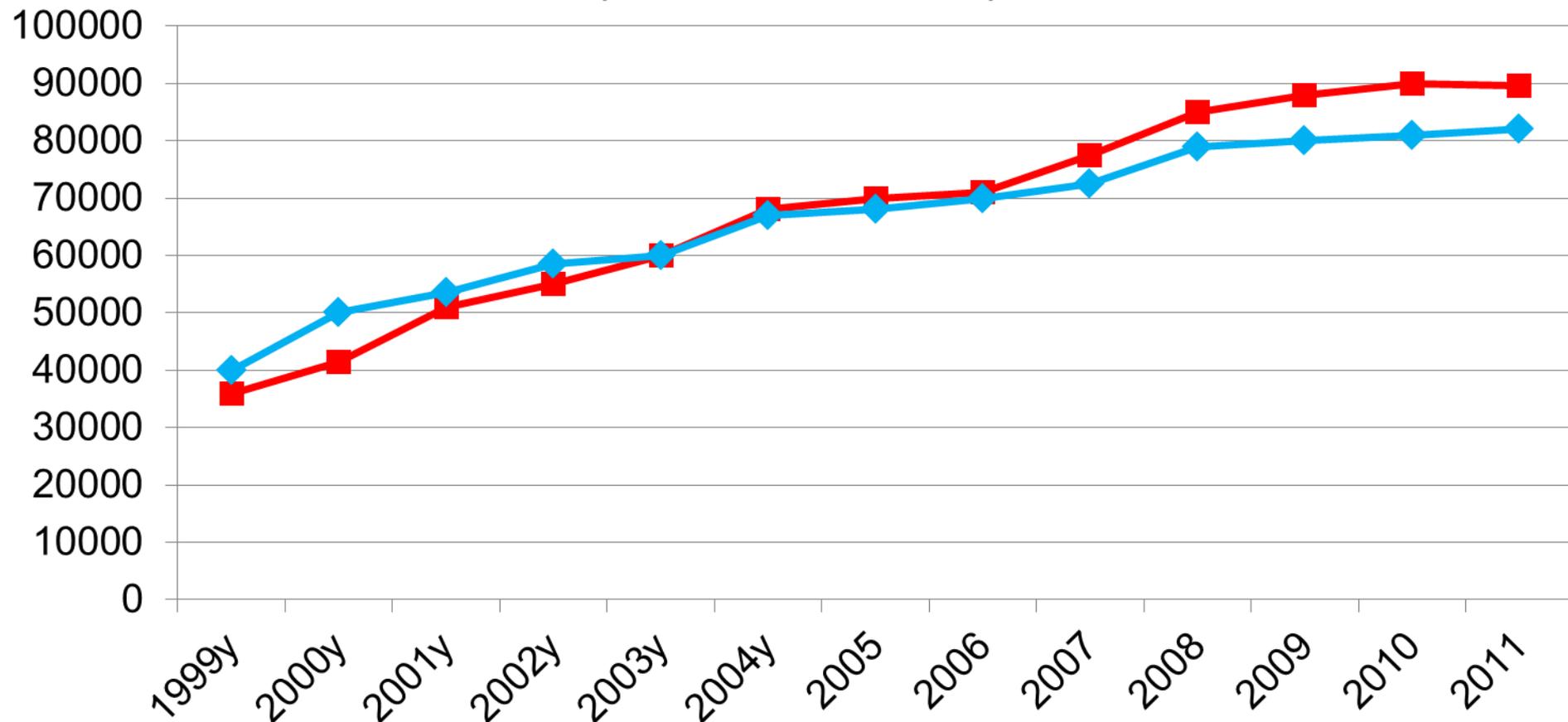
Pharmacologic Approaches to Sleep Disorders

- ◆ **Benzodiazepine and Receptor Agonists (BzRAS)**
- ◆ **Non-benzodiazepine receptor agonists**
- ◆ **Melatonin receptor agonists**
- ◆ **Sedative antidepressants**
- ◆ **Atypical antipsychotic medications,**
- ◆ **Antiepileptic Drugs**



Drug Misuse and Abuse

■ Opioids ◆ Benzodiazepines



Spiller HA. What every clinician needs to know about overdoses - poison center surveillance. Presented at:
The 2012 National Rx Abuse Summit. April 10 – 12, 2012; Orlando, FL. <http://www.slideshare.net/OPUNITE/henry-spiller-edited>

Non-Benzodiazepine Receptor Agonists (NBzRAS)

- ◆ Non-benzodiazepine receptor agonists include Ambien (Zolpidem), Sonata (Zalepon), and Imovane (zopiclone) are the newest class of FDA approved hypnotics used for insomnia.
- ◆ These class of drugs improve sleep latency and have potential for fewer daytime side effects, given their short half-life and receptor binding profile.



Antidepressants



Antidepressants

- ◆ **Sedative antidepressants, such as tricyclic antidepressants mirtazapine and Trazodone, are useful in treating chronic pain patients with insomnia.**
- ◆ **These classes of drugs help to relieve:**
 1. Insomnia
 2. Any associated depression that negatively influences pain perception
 3. The pain condition itself
- ◆ **Tricyclic antidepressants have pro-serotonergic, noradrenergic, dopaminergic and sodium channel blocking effects that may account for their efficacy in pain and depression, along with anticholinergic and antihistaminic effects that lead to sedation.**

Antidepressant medication

- ❑ The role of antidepressant medication may relate, in part, to the high prevalence of co-occurring depression in chronic pain
- ❑ There is evidence of the analgesic properties of tricyclics and certain SNRIs
- ❑ TCAs, SNRIs like opioids are used to modulate descending inhibitory pain pathways

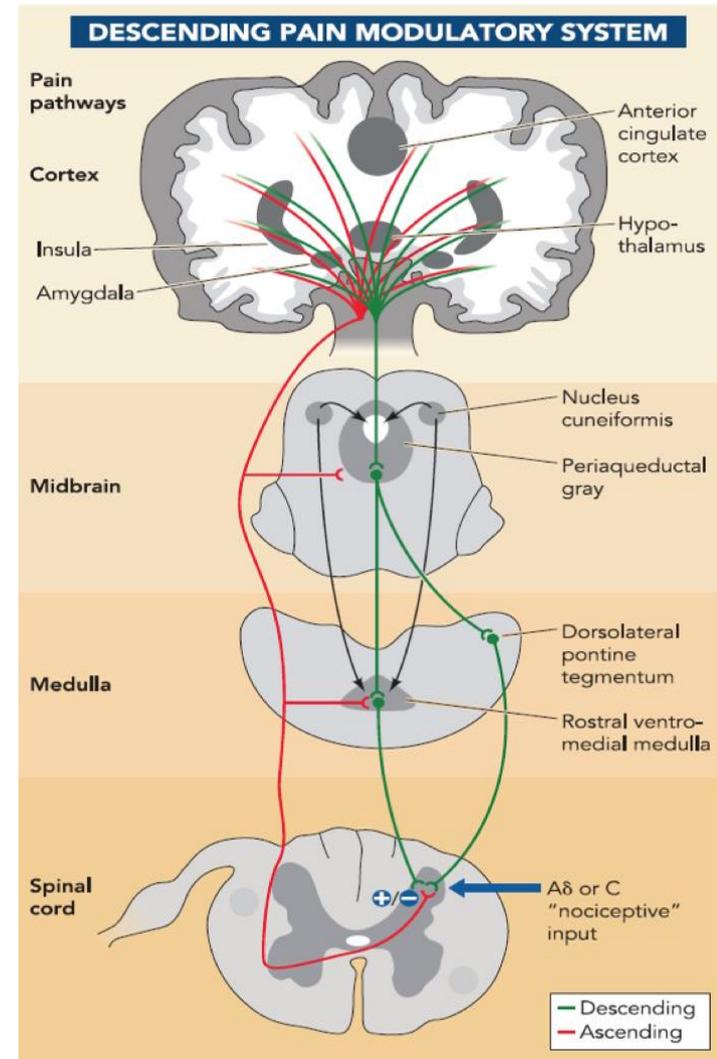


FIGURE 3. The descending pain modulatory system
+/- indicates both pro- and anti-nociceptive influences, respectively.

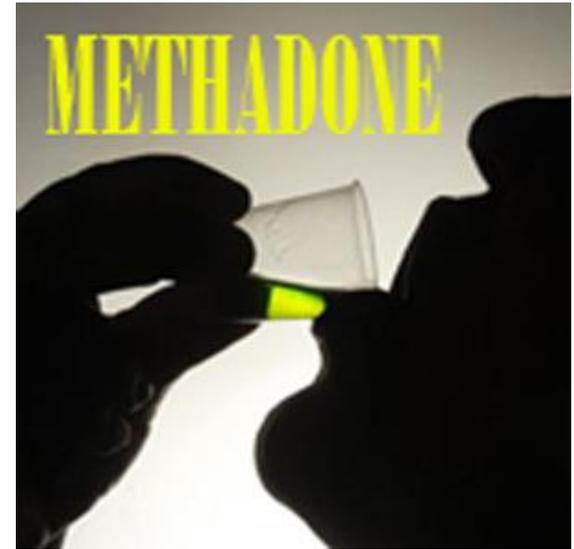
AEDs

- ◆ Gabapentin and pregabalin often used to treat chronic pain conditions with comorbid insomnia.
- ◆ In multiple studies of patients with neuropathic pain and fibromyalgia, self-reported sleep outcomes suggest positive effects on **sleep latency** and **wakefulness after sleep onset**, as well as **increased deep sleep**.
- ◆ Both have adjunctive effects on **depression** and **anxiety**.
- ◆ Pregabalin showed increased efficacy in promoting sleep in patients with diabetic neuropathy, compared to amitriptyline in a recent study.
- ◆ Adverse effects include dizziness, next day sedation, GI symptoms and peripheral edema.



Pharmacotherapy for Pain and SUD

- ◆ Adjunctive Medications
- ◆ Medication-Assisted-Therapy



Adjunctive Medications

- ◆ NSAIDs
- ◆ Paracetamol
- ◆ Muscle relaxants (with caution)
- ◆ Antidepressants
- ◆ Antiepileptics
- ◆ Lidocaine patches



Medication-Assisted Therapy



Medication Assisted Treatment

- ◆ **Methadone**
- ◆ **Buprenorphine**
- ◆ **Extended Release and Oral Naltrexone**

Methadone

- ◆ **Methadone is a full mu opioid agonist**
- ◆ **Blocks NMDA and monoamine reuptake**
- ◆ **Pharmacokinetic and pharmacodynamic effects of methadone have advantage over other opioids in that methadone is long-acting, development of tolerance is low, thus potentially leading to lower dosing long-term**
- ◆ **Methadone has NMDA receptor blocking activity and this may be the reason for efficacy in treating neuropathic pain**
- ◆ **Patients on MMT for OUD who do experience CNCP require higher dosing**

Buprenorphine Formulations



- ◆ **Buprenorphine is a partial agonist at the mu-opioid receptors and an antagonist at the kappa receptors.**
- ◆ **Mu-opioid receptor activity produces the analgesic effects of buprenorphine, while a strong affinity for the kappa receptors render them inactive.**

Buprenorphine Formulations for OUD

sublingual	compounded with naloxone to deter abuse newer formulations (Zubsolv, Bunavail) have greater bioavailability Average daily dose 8mg-12mg/day
implant	For patients with sustained clinical stability Provides 8mg/day dosing 4 rods x 80mg/each x 6 months Peak in 12 hr; steady state in 4 weeks
injectable	Subcutaneous injection; last for 30 days Following at least 7 days of suboxone Months 1 & 2:300mg/mo dose; then 100mg/mo Peak in 24 hr; steady state in 4-6months

Buprenorphine–Naloxone Therapy in Pain Management

Kelly Yan Chen, B.S., Lucy Chen, M.D., Jianren Mao, M.D., Ph.D.

ABSTRACT

Buprenorphine–naloxone (bup/nal in 4:1 ratio; Suboxone®; Reckitt Benckiser Pharmaceuticals Incorporation, Richmond, VA) is approved by the Food and Drug Administration for outpatient office-based addiction treatment. In the past few years, bup/nal has been increasingly prescribed off-label for chronic pain management. The current data suggest that bup/nal may provide pain relief in patients with chronic pain with opioid dependence or addiction. However, the unique pharmacological profile of bup/nal confers it to be a weak analgesic that is unlikely to provide adequate pain relief for patients without opioid dependence or addiction. Possible mechanisms of pain relief by bup/nal therapy in opioid-dependent patients with chronic pain may include reversal of opioid-induced hyperalgesia and improvement in opioid tolerance and addiction. Additional studies are needed to assess the implication of bup/nal therapy in clinical anesthesia and perioperative pain management.

(**ANESTHESIOLOGY** 2014; 120:1262-74)

Ultra-Low-Dose Buprenorphine as a Time-Limited Treatment for Severe Suicidal Ideation: A Randomized Controlled Trial

Yoram Yovell, M.D., Ph.D., Gali Bar, Ph.D., Moti Mashiah, M.D., Yehuda Baruch, M.D., Irina Briskman, M.D., Jack Asherov, M.D., Amit Lotan, M.D., Amihai Rigbi, Ph.D., Jaak Panksepp, Ph.D.

- ◆ **A randomized double-blind placebo-controlled trial of ultra-low-dose sublingual buprenorphine as an adjunctive treatment.**
- ◆ **Severely suicidal patients without substance abuse were randomly assigned to receive either buprenorphine or placebo (in a 2:1 ratio), in addition to their ongoing individual treatments**
- ◆ **Patients who received ultra-low-dose buprenorphine had a greater reduction in Beck Suicide Ideation Scale scores than patients who received placebo, both after 2 weeks (mean difference -4.3, 95% CI=-8.5, -0.2) and after 4 weeks (mean difference=-7.1, 95% CI=-12.0, -2.3)**

Am J Psychiatry. 2016 Oct 1;173(10):1043

The effectiveness of different singly administered high doses of buprenorphine in reducing suicidal ideation in acutely depressed people with co-morbid opiate dependence: a randomized, double-blind, clinical trial

Jamshid Ahmadi*, Mina Sefidpard Jahromi and Zahra Ehsaei

- ◆ **Fifty-one suicidal male inpatients who fulfilled the DSM-5 criteria for both OUD and MDD were randomized to three groups (n = 17 per group) to receive a single, sublingual dose of buprenorphine (32 mg, 64 mg, or 96 mg).**
- ◆ **Patients completed the 3-day trial course. The outcomes illustrated a significant reduction in BSSI scores within each of the three groups, $p < 0.01$., but no difference in results between the groups, $p = 0.408$.**
- ◆ **The results suggest that a single high dose of buprenorphine could rapidly treat suicidal ideations.**

Trials 2018 Aug 29;19(1):462.

Extended Release and Oral Naltrexone

- ◆ Naltrexone for extended-release injectable suspension
- ◆ Effective for treatment of opioid and alcohol dependence
- ◆ Low dose naltrexone now being used off label to treat fibromyalgia



Access Issues



Interventions

❑ Office-based interventions

- Training non-BH staff on CBT etc
- Antidepressant therapy/pain self-management program

Kroenke et al 2009

❑ E-health

- Computer-assisted CBT
- Telemedicine
- Smartphone Apps



Computer-Assisted Interventions

Article

Computer-Assisted Delivery of Cognitive-Behavioral Therapy for Addiction: A Randomized Trial of CBT4CBT

Kathleen M. Carroll, Ph.D.

Samuel A. Ball, Ph.D.

Steve Martino, Ph.D.

Charla Nich, M.S.

Theresa A. Babuscio, M.A.

Kathryn F. Nuro, Ph.D.

Melissa A. Gordon, B.A.

Galina A. Portnoy, B.S.

Bruce J. Rounsaville, M.D.

Objectives: This study evaluated the efficacy of a computer-based version of cognitive-behavioral therapy (CBT) for substance dependence.

Method: This was a randomized clinical trial in which 77 individuals seeking treatment for substance dependence at an outpatient community setting were randomly assigned to standard treatment or standard treatment with biweekly access to computer-based training in CBT (CBT4CBT) skills.

Results: Treatment retention and data availability were comparable across the treatment conditions. Participants assigned to the CBT4CBT condition submitted significantly more urine specimens that were negative for any type of drugs

and tended to have longer continuous periods of abstinence during treatment. The CBT4CBT program was positively evaluated by participants. In the CBT4CBT condition, outcome was more strongly associated with treatment engagement than in treatment as usual; furthermore, completion of homework assignments in CBT4CBT was significantly correlated with outcome and a significant predictor of treatment involvement.

Conclusions: These data suggest that CBT4CBT is an effective adjunct to standard outpatient treatment for substance dependence and may provide an important means of making CBT, an empirically validated treatment, more broadly available.

(Am J Psychiatry 2008; 165:881-888)

Summary

- Pain and SUD are potentially independent risk factors for suicide
- Patients suffering from both pain and SUD are particularly vulnerable
- Possible mediators of the relationship between pain, SUD and suicidal risk include *sleep disturbance, sense of burdensomeness, social isolation and poor stress-coping abilities, in particular, catastrophizing*
- Given the high co-occurrence of pain, SUD and suicidal ideation, patients with chronic pain should be routinely screened for depression and suicide
- A clinic should have an action plan for intervention in cases of patients identified as being actively suicidal or at high-risk for suicide (contracting, referral to behavioral health, close monitoring of potentially lethal medications, etc)
- ***Globally poor access to mental health services needs to be addressed***

Future Directions

- ◆ **Develop and test novel delivery systems for CBT/CAM and other non-pharmacologic interventions especially in the most vulnerable populations**
- ◆ **Investigate phenotypic and genotypic characteristics of suicidal ideation and behavior in patients with pain and pain and SUD**
- ◆ **Further explore the potential efficacy of buprenorphine formulations to co-treat pain, OUD and suicidal ideation.**

From: mother of pain sufferer

Date: Fri 3 Feb 2012

To: cheatle@upenn.edu

Subject: daughter's suicide from unrelieved pain

“My 45 yo daughter suffered for 4 ½ years of constant back pain-unrelieved by narcotics and mostly ignored by all of the MD's I took her to....on Jan 9th 2012, she killed herself by jumping off a high bridge to end her agony. It was HER RELENTLESS AGONIZING PAIN which eventually killed her. When she recognized the only narcotic she could tolerate no longer worked, there was no hope left...she knew her old age would be a nightmare...it is then that she made the decision to get out of her inferno. “

Acknowledgements

- ◆ **Grant 1RO1DA032776-01 from the National Institute on Drug Abuse, National Institutes of Health**
- ◆ **University of Pennsylvania**
 - Charles P. O'Brien, MD, PhD
 - Wade Berrettini, MD, PhD
 - Kevin Lynch, PhD
 - Peggy Compton, RN, PhD
- ◆ **University of Washington**
 - Dennis C. Turk, PhD
 - Dana Divens
 - Ann Bradshaw
- ◆ **Lifetree Clinical Research Salt Lake City**
 - Lynn Webster, MD
- ◆ **Harvard University**
 - Mohammed Issa, MD
 - Robert Jamison, PhD

THANK YOU !!

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