
ABSTRACT

Hybrid cognitive behavioral therapy for a client with insomnia and chronic pain

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Many patients with chronic pain also report insomnia symptoms. Some studies have shown that insomnia heightens pain severity. Thus, treatment of sleep disturbance is essential for patients with comorbid chronic pain and insomnia. Cognitive behavioral therapy for insomnia (CBT-I) is an effective intervention for co-occurring insomnia and chronic pain as well as primary insomnia. Recently, a hybrid form of CBT was developed that combines cognitive behavioral therapy for chronic pain (CBT-CP) and CBT-I, and the effectiveness of this combined therapy has been reported. However, this hybrid CBT is seldom practiced in Japan. Therefore, we offered hybrid CBT to a female client with insomnia and chronic pain. The results showed that her insomnia, pain-related interference, and quality of life improved, but the severity of pain she felt did not change. Additionally her pain catastrophizing and depression also improved. The findings suggest that hybrid CBT is effective for clients with co-occurring chronic pain and insomnia.

Key Words: cognitive behavioral therapy, chronic pain, insomnia
