

The "Brief Five-Item Chronic Pain Questionnaire" for the detection of pain in epidemiological investigations has been developed with the contribution of ISAL.

It is with great satisfaction that we announce the publication, in the prestigious "Journal of Pain Research", of an article born from the collaboration between the ISAL Foundation, the Istituto Superiore di Sanità and ISTAT, which describes the creation and validation of a questionnaire for the detection of chronic pain in epidemiological investigations for general population samples: the "Brief 5-Item Chronic Pain Questionnaire".

This is a first, important result that lays the foundations of a research project that **will contribute to the development of knowledge on chronic pain with a multidisciplinary approach**, and to update the estimates of the prevalence of chronic pain, with a first design for the development of a real surveillance system in Italy on this complex health condition.

Chronic pain is in fact one of the major health problems in terms of impact and disability, and its monitoring at the level of the general population in Italy is absent. Furthermore, estimates of the prevalence of chronic pain are very outdated and are more than 15 years old. The development of the "Brief 5-Item Chronic Pain Questionnaire" finally responds to these needs.

As mentioned, the creation and development of the questionnaire was possible thanks to the contribution of the Istituto Superiore di Sanità and in particular of the Registro Nazionale Gemelli (research infrastructure of this Institute), as well as thanks to the involvement of ISTAT which conducts surveys on representative samples of the Italian population.

The "**Brief 5-Item Chronic Pain Questionnaire**" is based on the most recent definition of chronic pain, as well as on the principles of clarity and brevity, and on the inclusion of dimensions of chronic pain relevant from a public health perspective. The questionnaire consists of a first filter question that will identify people suffering from chronic pain, to whom the next 4 questions are directed. The questionnaire will investigate the possible causes of chronic pain, the therapies carried out (and how often) and the perception of their effectiveness.

The "Brief 5-Item Chronic Pain Questionnaire" has already been included in the "**European Health Interview Survey**" conducted in Italy by ISTAT in 2019. The first analyses indicate a prevalence of chronic pain of 24.1% in adults (19.7% in men and 28.1% in women) which increases with age and is homogeneous throughout the country. 12.2% of people with chronic pain also received a diagnosis of depression from a doctor.

Thanks to the commitment of the infrastructure researchers of the Istituto Superiore di Sanità and ISTAT, **the submission of the questionnaire will continue, starting from 2022, in the ISTAT survey on "Aspects of Daily Life" on an annual basis.** The questionnaire is also currently in use in studies conducted by researchers from the Spanish Registro Gemelli Murcia and it will therefore be possible to make interesting comparisons shortly.

In addition to the constant work of the researchers of the ISAL Foundation, these results were also possible thanks to the competence and professionalism of the researchers of the Istituto Superiore di Sanità and ISTAT, whom we deeply thank. Not only talented professionals, but also people with a rare kindness and human courtesy that generate a special working climate, characterized by serenity and passion.

The complete article is freely readable and downloadable from this link:
<https://www.dovepress.com/development-and-validation-of-the-italian-brief-five-item-chronic-pain-peer-reviewed-fulltext-article-JPR>

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