

## EP05.06

### Relationship between childhood adversities and fibromyalgia in general population

Aleksi Varinen(1), E Kosunen(2), T Koskela(3), K Mattila(2), M Sumanen(2)

(1) Nokia Health Center, Nokia, Finland

(2) School of Medicine, Department of General Practice, University of Tampere, Finland

(3) Omapihlaja and Department of General Practice, University of Tampere, Finland

*Corresponding author: Dr Aleksi Varinen, Nokian Kaupunki, Terveyskeskus, Nokia, Finland.*

*E-mail: aleksi.varinen@nokiankaupunki.fi*

**Background & Aim:** Persistent and widespread pain, fatigue, stiffness, depression and sleep disruption are the main symptoms of fibromyalgia. Its exact etiology is still unclear. Traumatic events and stress are linked to fibromyalgia. Previous studies show association between negative childhood experiences and widespread pain.

Aim of this study is to find out if there is a connection between childhood adversities and self-reported fibromyalgia.

**Method:** The Health and Social Support Study (HeSSup) is a prospective etiological follow-up study on the psychosocial health of the Finnish working-age population carried out by a postal questionnaire. All participants were asked whether a doctor had told them they have or have had fibromyalgia. Those responding affirmatively were regarded as fibromyalgia patients. Moreover, those who in the national registers had ICD10 diagnoses M79.0 or M79.7 were also regarded as fibromyalgia patients. The data comprised 515 fibromyalgia patients. Two randomly selected age- and sex-matched controls were selected for every fibromyalgia patient.

The participants were asked to think about their childhood adversities in terms of the following questions: "Did your parents divorce?"; "Did your family have long-lasting financial difficulties?"; "Did serious conflicts arise in your family?"; "Were you often afraid of some member of your family?"; "Was someone in the family seriously or chronically ill?"; "Did someone in the family have problems with alcohol?". Statistical significance was tested by  $\chi^2$  test."

**Results:** There was a statistically significant positive association between all adversities except being afraid of a family member and self-reported fibromyalgia. Alcohol problems in the family had the strongest association. It was reported by 34.4% of fibromyalgia patients vs. 24.5% of controls,  $p < 0.001$ .

**Conclusions:** This study confirms the connection between fibromyalgia and childhood adversities.