

# CONQUER CHIARI®

*From Knowledge, Strength. Through Research, Hope.*

*December 5th, Research update*

Research from the Chiari 1000 has found that people who are inwardly focused are more susceptible to the negative effects of chronic pain on cognition and memory. When referring to introspection, psychologists use terms such as reflection and rumination. Generally, reflection is thought to be a positive, constructive trait that enables people to think in a positive way about how they can improve. In contrast, rumination, where people repeatedly focus on distressing emotions and situations, is considered a negative trait. However, the Chiari 1000 revealed that people who scored high in either trait, reflection or rumination, were more susceptible to chronic pain disrupting their memory and cognition. It appears that when someone is in chronic pain, any type of inward focus likely becomes dominated by the pain, which then interferes with normal thinking. This finding suggests that treatment approaches such as ACT therapy (which is the focus of another Conquer Chiari project) and distraction may help people reduce the impact that the chronic pain has on their mental functioning.

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