

**Illness Perceptions, Coping Strategies and Locus of Control as Factors Influencing Mental Well-Being among Patients with Chronic Pain in Ibadan, Nigeria**

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**In Partial Fulfilment of the Requirements for the Award of Master of Science Degree (MSc) in Clinical Psychology**

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### Certification

This is to certify that Henshaw Ekpo PHILLIPS with Matriculation Number LCU/PG/002903 carried out this research work titled ‘Illness Perceptions, Coping Strategies and Locus of Control as Predictors of Mental Well-Being among Private Hospital Patients with Chronic Pain in Ibadan, Oyo State Nigeria’ in the Department of Psychology, Faculty of Management and Social Sciences, Lead City University, Ibadan, Oyo State, for the award of Masters of Science Degree (M.Sc) in Clinical Psychology and that this has not been previously submitted.

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## **Dedication**

This theses is dedicated to God Almighty and to all patients that are suffering from chronic pain.

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## Acknowledgement

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Even though the above-mentioned institutions and persons have assisted in the process of this research work, I alone stand responsible for the errors, if any, found in the work.

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## Abstract

A large number of studies have explored the widespread prevalence of chronic pain as a significant health concern affecting a considerable portion of the population in Ibadan. However, there has been limited attention given to addressing the mental well-being of individuals living with chronic pain. Therefore, this study examined the influence of illness perceptions, coping strategies, and locus of control on the mental well-being of patients with chronic pains in Ibadan, Nigeria. To explain the variables, self-determination, social cognitive, and conversation of resources theories were reviewed and applied in this study. Purposive sampling technique was used to select 232 patients with chronic pains for the study. Participants in the study comprised of 178 females and 36 males; with an average age of 35.77 years. Data was collected using an 81-item self-reported questionnaire with five sections. Four hypotheses were stated and tested with t-test of independent sample and analysis of variance. The result indicates that participants with high illness perception reported higher level of mental well-being compare to those participants with low illness perception ( $t(232) = -3.558, p < 0.01$ ). Participants with low coping strategies reported lower level of mental well-being than those with high coping strategies ( $t(232) = -8.194, p < 0.01$ ). Participants with internal locus of control reported higher level of mental well-being compare to those participants with external locus of control ( $t(232) = -4.058, p < 0.01$ ). However, there was no significant joint interaction effect between coping strategies and locus of control on mental well-being,  $F(1, 230) = .052, P > .05$ . No significant difference between male participants and female participants on mental well-being ( $t(212) = .866, p > 0.05$ ). It was therefore concluded that illness perception, coping strategies, and locus of control could be crucial in promoting well-being among patients with chronic pains.

**Keywords:** Illness perceptions, coping strategies, locus of control, mental well-being, chronic pains patients

**Word Count:** 300

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## List Of Acronyms

Abbreviation	Meaning
IBDs	Inflammatory Bowel Diseases
CP	Chronic Pain
HRQoL	Health-Related Quality of Life
CSM	Common-Sense Model
LOC	Locus of Control
HLOC	Health Locus of Control
HIV	Human Immuno-deficiency Virus
IPQ	Illness Perceptions Questionnaire
WEMWBS	Warwick-Edinburgh Mental Well-Being Scale
SDT	Self-Determination Theory
COR	Conservation of Resources
COR-E	Conservation of Resources Evaluation
SES	Social Economic Status
SCT	Social Cognitive Theory
SLT	Social Learning Theory
MS	Multiple Sclerosis
GHQ	General Health Questionnaire
RSES	Rosenberg Self-Esteem Scale
EDSS	Expanded Disability Status Scale
PSQI	Pittsburgh Sleep Quality Index
MFI	Multidimensional Fatigue Inventory
FACT	Functional Assessment of Cancer Therapy
HSCT	Hematopoietic Stem Cell Transplant
CVD	Cardiovascular Diseases
WHO	World Health Organisation
COVID-19	Corona Virus Disease 2019

QOL	Quality of Life
CAS	Coping Assessment Scale
PWB-S	Psychological Wellbeing Scale
HLM	Hierarchical Linear Modeling
SEM	Structural Equation Modeling
HILDA	Household, Income, and Labour Dynamics in Australia
GSE	Generalised Self-Efficacy
IV	Independent Variable
DV	Dependent Variable
CA	Cancer
PCOD	Poly Cyst Ovarian Disease
ANOVA	Analysis of Variance
SPSS	Statistical Package for the Social Sciences
NACP	Nigerian Association of Clinical Psychologist

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