PREFACE

Recent medical reports make it obvious the number of patients suffering from chronic low back pain and migraine in our country is rapidly increasing and this problem is causing a number of psychological problems not only to the patients suffering from it but also to the families to which they belong. Since the CLBP and migraine impair and interfere with psychological competence, therefore it is important to study psychological predictors of CLBP and Migraine. An understanding such factors would definitely provide valuable insights for treatment of the patients suffering from the above psychophysiological disorders. This knowledge will provide a predictable insights into the effectiveness of medical health practitioners, professionals and psychiatrists for treatment of such patients. This research is expected to be a major contribution in understanding psychological well-being (measured in terms of mental health, anxiety and self-efficacy) of CLBP and migraine patients. So, this is a priority area of research relevant to the need of our people.

As regards the structure of the work, it is divided into five chapters. The first chapter deals with the introduction to the problem and the concepts covered in this study. This chapter includes objectives also. The reviews of literature relating to CLBP and Migraine are presented in second chapter while the methodology has been stated in the third chapter. It consists of the description of the sample and details of the psychological tests used in the present study. The results obtained in this study are presented in fourth chapter. This chapter contains the discussion as well as the interpretation of the findings. The summary of this study, conclusions, limitations of the present study and suggestions for future research are stated in the fifth chapter.

The path to this accomplishment has often been arduous, but along the way there have been several influential persons whose
guidance, support, and motivation helped me through this journey. So, it is my moral duty to express my feeling about them.

I am extremely obliged to my revered Supervisor Dr. Nageshwar Singh, Reader, Department of Psychology, Sahkari P.G. College, Mihrawan, Jaunpur for his precious advice, cooperation and inspiration during the research work. I confess that without his generous help, the work would not have been completed.

Simply, words may not prove to be sufficient to express my profound sense of gratitude to my esteemed, learned and untiring Co-supervisor Dr. R.N. Singh, Reader and Head, Department of Psychology, T.D. College, Jaunpur for his inspiring and noble guidance, prudent counsel, healthy criticism and cooperation from initiation, through execution, till culmination of the present investigation. He always took due care of mine and helped me at every stage to select the right direction.

I am also grateful to Dr. U.P. Singh, Principal, T.D. College, Jaunpur, Dr. B.N. Tiwari, Dr. Jagdish Singh, Dr. Ambikeshwar Singh, Dr. Narendra Rai, Dr. A.K. Jaiswal and Miss Kamini Singh for their affection and guidance.

With due respect, I express my gratitude towards Dr. Bholanath Mishra, Ex-Reader, Department of Psychology, Handia P.G. College, Allahabad who gave a source of inspiration and let's initiate the journey of the research.

My sincere thanks are due to highly respected medical professionals Dr. Subhash Singh, Dr. Vinay Tiwari, Dr. O.P. Singh, Dr. S.N. Verma, Dr. K.P. Singh, Dr. R.R. Maurya and Dr. P.P. Singh who always inspired me and provided me the patients for my purpose and also provided me space for data accumulation in their clinic.

I pay my gratitude to my revered mother Mrs. Vimala Shukla and father Shri Daya Shankar Shukla for their affection, inspiration.
and support. I express good wishes to my younger brother Abhishek and Ashish for their co-operation.

I am also thankful to my wife Anita Shukla who played major role in inspiring me and affection towards young child Divya. It is my moral duty to pay my obligation towards my respected family members whose cooperation enabled me to finish this task.

I express my whole hearted obligation to my revered elder mother (Late) Mrs. Gulabi Shukla, to whom actually, dedicate this research work.

I am indebted and grateful to the Principal Mrs. Renu Varshney and all the teaching staff of Jay Jyoti Inter College, Chunar, Mirzapur for their kind and moral support.

I am also thankful to my colleagues Prashant Pandey, Kali Shankar Singh, Yogesh Mishra, Sikandar and dear maternal brother Dr. Gangadhar Shukla and other research scholars who encouraged me ever.

Last, but not the least I am thankful to Shri Abhishek Yadav, Radha Computers, Near T.D. College Gate, Jaunpur who typed the manuscript of the thesis with much care and patience.

Finally, to all those who have influenced me during this journey, I shall be highly obliged to them and hope that I shall be able to continue to generate knowledge that will change the lives of patients and their loved ones.

Jaunpur
April 23, 2010

Atul Kumar Shukla