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Gallup Pakistan

GALLUP PAKISTAN POLL FINDINGS ON
INCIDENCE OF BACK PAIN IN PAKISTAN

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INCIDENCE OF BACK PAIN IN PAKISTAN

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- ❖ Incidence is higher among women than men. 50% said they had let it heal itself 43% sought treatment. 7% were still suffering.
- ❖ Most people believed back pain is caused by fatigue (39%) or general physical weakness (28%) whereas 10% related it to uncomfortable bed and 9% to wrong posture in daily activities.

According to a recent survey by Gallup Pakistan 40% of Pakistani men and women said that they had suffered from back pain. Sometime in their recent memory. The occurrence of back pain was notably higher among women than men. Around 46% of women complained of back pain as opposed to 34% of men.

The survey was conducted among a nationally representative sample of men and women belonging to the urban and rural areas of all the four provinces and comprised a cross section of various age and income groups.

The survey findings show that as many as 7% of those who complained of back pain were still suffering from it at the time of the interview, another 43% said it was cured through treatment while the remaining 50% said that they had let the back pain heal itself without any treatment. The incidence of letting back pain had on its own without treatment was higher among the youth. Thus 62% of under thirty gave this response as opposed to 21% of those over 50. In the case of those over 50 years of age, 72% said they had used some treatment for curing backache.

What is the most important cause of back pain? Those who suffer from back pain give a verity of explanations. Thirty nine percent (39%) related it to over work and fatigue, 28% related it to general physical weakness , 10% believed it was causec by an uncomfortable bed, 9% thought it was caused by adopting a wrong posture while 13% were unable to offer any specific response.