

Psychological Interventions for the Treatment of Chronic Pain in Adults

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Pain is the body's way of alerting the brain to injury and disease. Without a robust pain response, physical trauma could go unnoticed and untreated. Some people, however, experience chronic pain that lasts long after an injury has healed or has no easily identifiable cause. Unfortunately, treating chronic pain with over-the-counter and prescription medication has its own health risks, including adverse side effects and addiction. In the latest issue of [Psychological Science in the Public Interest \(PSPi\)](#), a team of researchers explores how psychological interventions can be part of a comprehensive plan to manage chronic pain while reducing the need for surgeries and potentially dangerous medications. Charles Blue interviews Mary Driscoll, a researcher at Yale University, and first author on the issue's main article.