

# **Cognitive treatment of illness perceptions**

A theory-driven approach to chronic low back pain  
rehabilitation

**This study was supported by The Netherlands Organization for Health Research and Development (ZonMw) grant no. 014-32-041. The study presented in this thesis was performed at the Department of Rehabilitation Medicine and Psychology of the Reade Centre for Rehabilitation and Rheumatology (formerly Jan van Breemen Institute), Amsterdam, the Netherlands**

**The publication of this thesis was generously supported by: Reade Centre for Rehabilitation and Rheumatology , TNO Life Style and FitForm**

**ISBN: 978-90-5335-493-3**

**Cover and lay-out: Joke Vollebregt**

**Printed by: Ridderprint BV, Ridderkerk, the Netherlands**

**© 2112, P.C. Siemonsma, the Netherlands**

VRIJE UNIVERSITEIT

**Cognitive treatment of illness perceptions**  
A theory-driven approach to chronic low back pain  
rehabilitation

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad Doctor aan  
de Vrije Universiteit Amsterdam,  
op gezag van de rector magnificus  
prof.dr. L.M. Bouter,  
in het openbaar te verdedigen  
ten overstaan van de promotiecommissie  
van de faculteit der Geneeskunde  
op xxxxdag maand 2011 om xx.xx uur  
in de aula van de universiteit,  
De Boelelaan 1105

door

**Petra Cecilia Siemonsma**

geboren te Leeuwarden

promotor:	prof.dr. G.J. Lankhorst
copromotoren:	dr. A.T. Lettinga
	dr. L.D. Roorda

## CONTENTS

<b>CHAPTER 1</b>	Introduction	7
<b>CHAPTER 2</b>	The benefits of theory for clinical practice: cognitive treatment for chronic low back pain patients as an illustrative example	15
<b>CHAPTER 3</b>	Benefits of treatment theory in the design of explanatory trials: cognitive treatment of illness perceptions in chronic low back pain rehabilitation as an illustrative example	35
<b>CHAPTER 4</b>	Graded activity, gradual exposure in vivo, and cognitive treatment of illness perceptions: a comparative analysis of three cognitive behavioral treatments for chronic low back pain	53
<b>CHAPTER 5</b>	Cognitive treatment of illness perceptions in patients with chronic low back pain: results of a randomized controlled trial	79
<b>CHAPTER 6</b>	Best candidates for cognitive treatment of illness perceptions in chronic low back pain: results of a theory-driven predictor study	101
<b>CHAPTER 7</b>	Assessing fidelity to treatment protocol: evaluation of an intervention aimed at changing illness perceptions of patients with chronic low back pain	121
<b>CHAPTER 8</b>	General discussion and epilogue	141
<b>SUMMARY</b>		155
<b>SAMENVATTING</b>		167
<b>ACKNOWLEDGEMENTS</b>		179
<b>ABOUT THE AUTHOR</b>		183
<b>PUBLICATIONS</b>		185

