

# Longitudinal Changes in the “Pelvic Pain Only” and “Widespread Pain” Phenotypes in the MAPP Urologic Chronic Pelvic Pain Syndrome (UCPPS) Cohort

H. Henry Lai, Emine O. Bayman, J. Richard Landis, Steve E. Harte, J. Quentin Clemens, Larissa V. Rodriguez, Siobhan Sutcliffe, Bayley J. Taple, Bruce D. Naliboff, and the MAPP Research Network



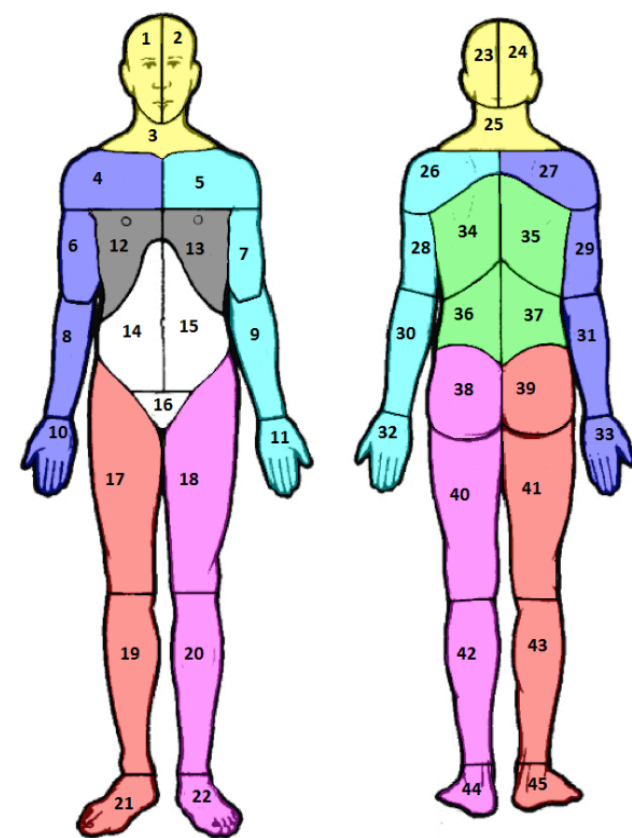
## Objectives

- Urologic chronic pelvic pain syndrome (UCPPS) is a heterogeneous syndrome with a variety of potential clinical phenotypes and diverse etiologies.
- We have previously identified several pain phenotypes based on the distribution of pain: 1) “Pelvic Pain Only”, 2) an “Intermediate” group, and 3) “Widespread Pain”.<sup>1</sup>
- Here we examined the longitudinal changes in body pain phenotypes, focusing on how often patients progressed from “Pelvic Pain Only” at baseline to “Widespread Pain” during the 12-month follow ups; and vice versa, as well as fluctuations to other pain phenotypes.

## Methods

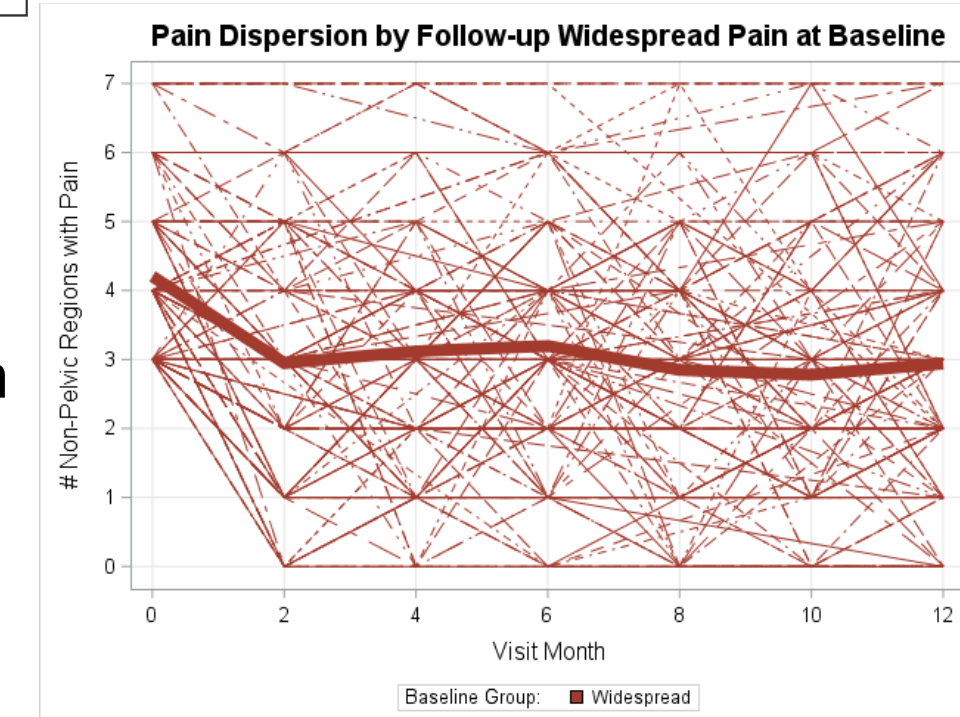
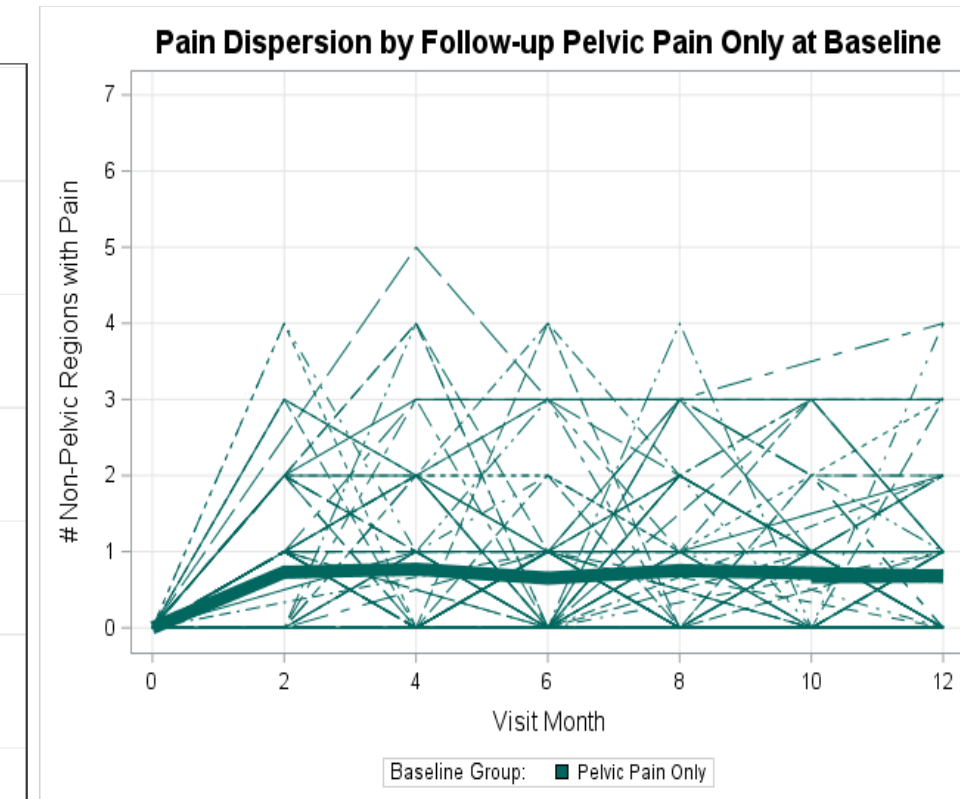
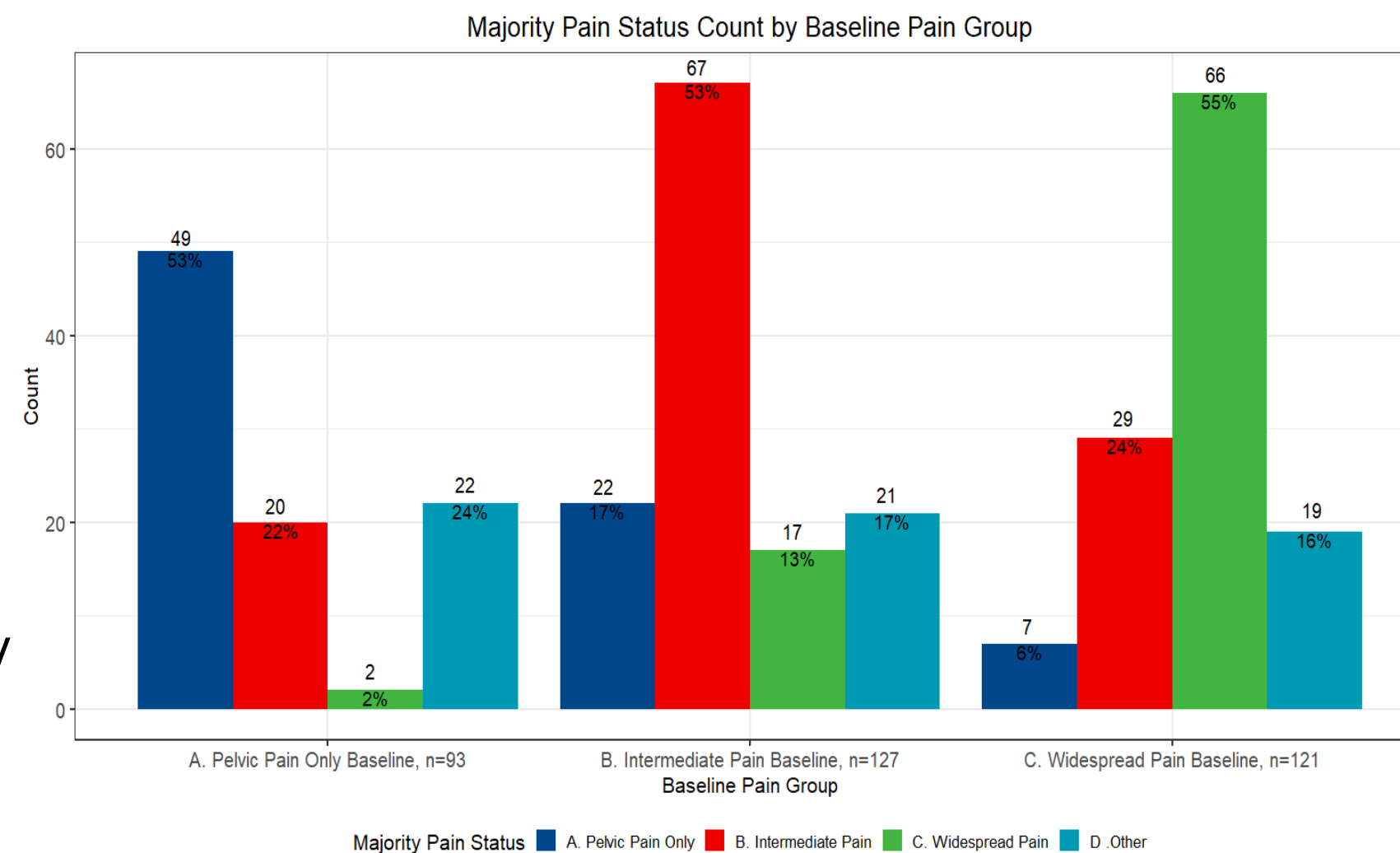
- Men and women with UCPPS (IC/BPS or CP/CPPS) who enrolled in the MAPP-I Epidemiology and Phenotyping Study completed a self-report whole body map to indicate the locations of pain every 2 months for 12 months.
- Participants were categorized at each assessment into one of three pain phenotypes: 1) “Pelvic Pain Only”, 2) an “Intermediate” group if 1-2 colored regions had pain, and 3) “Widespread Pain” if 3 or more colored regions had pain.<sup>1</sup>

- **Majority pain status:** defined as having the majority ( $\geq 60\%$ ) of observed follow ups being categorized into one single pain category. For example, if a participant fell into the “Widespread” category at 4 follow-up visits and “Intermediate” at the other 2, the majority status was assigned to Widespread Pain.



## Results

- Most patients (53-55%) stayed in their baseline pain category over time;
- ~20% were “Other” or fluctuated between categories without consistent status;
- Few moved from Pelvic Pain Only to Widespread Pain (2%), or vice versa (6%).



### Cochran-Mantel-Haenszel tests:

- In those with Pelvic Pain Only at baseline, the pain groups did not change from visit to visit ( $p=0.887$ ).
- In those with Widespread Pain at baseline, the pain groups changed from visit to visit ( $p=0.0195$ ).

## Conclusions

- While there were fluctuations within an individual, the majority of the time they stayed within their baseline pain phenotypes. It was uncommon to change from “Pelvic Pain Only” to “Widespread Pain”, or vice versa, over 12 months.

<sup>1</sup> Lai et al (2017) J Urol