

Effects of hip pain diagnostic labels and their explanations on beliefs about hip pain and how to manage it

Online randomised controlled trial



What did we do



Recruited 626 people aged **45+** years **with** or **without** hip pain



Considered a hypothetical scenario: **visiting a GP** for a **hip problem**

Randomised to **3 diagnostic labels and explanations**

Hip OA

with contemporary OA explanation

Persistent hip pain

with biopsychosocial pain explanation

Hip degeneration

with wear and tear explanation

People allocated hip OA or persistent hip pain



Perceived exercise as **less damaging**



Perceived **surgery** as **less necessary**

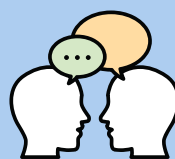


Less concerned and perceived **exercise** and **physiotherapy** as more **helpful**

How might our findings inform clinical practice



Avoid language '**degeneration**', '**wear and tear**', and '**bone on bone**'



Consider **diagnosing** hip pain with **hip OA** with a contemporary explanation or **persistent hip pain** with a biopsychosocial explanation