

How Do Individuals Perceive Diagnostic Labels and Explanations for Hip Pain?

Think aloud with **3 diagnostic labels and their explanations**

Persistent hip pain
with biopsychosocial
pain explanation

Hip OA
with contemporary
OA explanation

Hip degeneration
with wear and
tear explanation

Key Findings



Generally **satisfied** with a label of hip osteoarthritis and **contemporary osteoarthritis explanation**

Diagnostic labels of hip OA and degeneration evoked **existing, unhelpful treatment beliefs** (e.g., surgery inevitable)



Diverse perceptions of information (e.g., of joint repair) informed **wide-ranging** treatment **beliefs** (helpful & unhelpful)

Clinical Implications

Explain OA as an **active process** of **joint changes & repair**—**NOT** degeneration



Check patient understanding of information (e.g., teach back)—and address unhelpful beliefs (e.g., only certain types of exercise are helpful for OA)

Tailor biopsychosocial education to patients' narrative (sleep, social circumstances, mood, expectations, etc.)

