



오 지 영

건국의대

## Placebo and nocebo effect on pain

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Placebo effect is a positive effect on the therapeutic outcome following the administration of inert treatment, placebo. Placebo effect often causes negative outcome in clinical trials, especially in the field of pain medication. Nocebo effect resulting from the negative expectation with treatment is another problem in clinical practice as well. The mechanism of both placebo and nocebo effects in patients with chronic pain are not so well understood in contrast to in healthy subjects. Psychological (e.g., expectation, learning, and conditioning) and neurobiological (e.g., endogenous opioid, dopamine, and cholecystokinin) modulation have been suggested and currently accepted as underlying mechanism in placebo and nocebo effect. However, there remain many unsolved questions why some people show placebo or nocebo effect and others do not have, in which clinical situation these effect occur, and so on. Better understanding these issue would improve treatment outcome in pain management.

**Key Words:** Placebo effect, Nocebo effect, Pain

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