# Contents

## 1 Conceptualizing Human Pain and Suffering
- 1.1 The Suffering Concept ................................... 1
- 1.2 A Taxonomy for Pain and Suffering ........................ 4
- 1.3 Frames for Thinking about Suffering ....................... 6
- 1.4 Suffering as Punishment .................................. 7
- 1.5 Suffering as Reward ...................................... 8
- 1.6 Suffering as Craving ..................................... 9
- 1.7 Suffering from Altruistic Action ........................... 9
- 1.8 Suffering as Natural Destiny .............................. 10
- 1.9 Suffering as Manageable ................................. 11
- 1.10 Relief of Suffering as Human Purpose ....................... 11
- 1.11 Relief of Social Suffering as Progress in Quality of Life ........ 12
- 1.12 Conclusions ........................................... 12

## References .................................................. 13

## 2 Narrative Accounts of the Agony of Suffering
- 2.1 The Significance of Narratives of Pain and Suffering ........... 17
  - 2.1.1 Authenticity of Narratives of Pain and Suffering ........ 18
- 2.2 Narratives of Suffering on the Internet ....................... 18
  - 2.2.1 Suffering as Punishment .............................. 20
  - 2.2.2 Suffering as Reward .................................. 20
  - 2.2.3 Suffering as Craving .................................. 22
  - 2.2.4 Suffering from Sacrifice or Altruistic Actions ........ 22
- 2.3 Suffering as Natural Destiny ................................ 23
- 2.4 Suffering as Pain Management ................................ 24
  - 2.4.1 Relief of Suffering as Human Purpose ................. 24
  - 2.4.2 Relief of Social Suffering as Progress in Quality of Life ................................ 26
- 2.5 Conclusions ........................................... 27

## References .................................................. 28
3 Statistical Portrait of Suffering in America

3.1 Data for Measuring Suffering in the United States

3.2 Indicators of Specific Types of Suffering

3.2.1 Physical Suffering

3.2.2 Extreme Pain

3.2.3 Mental Suffering

3.2.4 Anxiety

3.2.5 Extreme Anxiety

3.2.6 Depression

3.2.7 Extreme Depression

3.2.8 Grief

3.2.9 Existential Suffering

3.2.10 Social Suffering

3.2.11 Any Suffering

3.2.12 Any Extreme Suffering

3.3 Sex, Age, and Income Differences in Suffering

3.4 Quality of Life and Suffering

3.4.1 Predicting Quality of Life

3.5 Implications

3.6 Summary

3.7 Conclusions

References

4 Suffering on a Global Scale

4.1 Applying the Notion of Global Suffering

4.2 Subjective Suffering

4.3 Types of Calamities Related to Suffering

4.3.1 Hunger (Nutrition Deprived)

4.3.2 HIV Prevalence

4.3.3 Internally Displaced Persons

4.3.4 Refugees (Outflow)

4.3.5 Infant Deaths (Under-age-5)

4.3.6 Pollution-related Deaths

4.3.7 Disaster Victims

4.3.8 Suicides

4.3.9 Homicides

4.3.10 Civil War Deaths

4.3.11 Poverty

4.3.12 Corruption

4.4 Construction of an Objective Suffering Indicator

4.5 Multidimensional Suffering and Gender Inequality

4.6 Multidimensional Suffering and Social Supports

4.7 Conclusions

References
## 5 World Suffering Expands as Gaps in Care Widen

5.1 Alternative Approaches of Responding to Suffering 69
5.2 The Care Divide 72
  5.2.1 Nations 73
  5.2.2 Rich Nations 75
  5.2.3 States 76
5.3 How the Rich Undermine Reduction of World Suffering 79
5.4 Inequality and the Widening of Care Divides 81
5.5 Inequality, Income Segregation and World Suffering 81
5.6 Implications 83
References 84

## 6 Ending Preventable Suffering: Ethics and Social Change

6.1 Ethical Foundations for the Relief of Suffering 87
6.2 Individual Actions to Relieve Suffering 89
6.3 Institutional Change to Relieve Suffering 91
6.4 Change in Social Policy for Aid and Welfare Programs 92
6.5 Implications for Quality of Life Research 93
6.6 Cutting Edge, Contentious Issues Related to Suffering 93
  6.6.1 The Relief of Suffering Versus Obligation to Sustain Life 94
  6.6.2 The Relief of Suffering Versus Protection from Addiction 94
  6.6.3 Suffering Relief Versus Economic Relief 95
  6.6.4 Accountability and Responsibility for Suffering 95
  6.6.5 Is Human Progress Possible without Major Strides in Relief of Suffering? 96
6.7 Conclusion 97
References 98

---

About the Author 101

Index 103
Human Suffering and Quality of Life
Conceptualizing Stories and Statistics
Anderson, R.E.
2014, IX, 105 p. 18 illus., Softcover
ISBN: 978-94-007-7668-5