



# In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

## Featured article:

Grasaas E, Fegran L, Helseth S, Stinson J, Martinez S, Lalloo C, Haraldstad K. (2019). **iCanCope With Pain: Cultural Adaptation and Usability Testing of a Self-Management App for Adolescents With Persistent Pain in Norway**. JMIR Res Protoc, 8(6), e12940. doi: 10.2196/12940.

## Key insights from the study:

- **Cultural Adaption:** The iCanCope with Pain app was successfully translated and culturally adapted for the Norwegian context, with no reported misunderstandings or discrepancies in the translation process.
- **Usability Testing:** The app's usability was tested in both laboratory and home-based settings, with high user satisfaction, ease of use, and efficiency. Minor errors were reported, but they did not hinder overall usability.
- **Social Support Feature:** Although participants appreciated the idea of a social support feature, it was rarely used. Feedback indicated a need to enhance this feature to facilitate user interaction.

## What happened?

The study aimed to translate and culturally adapt the iCanCope with Pain app for Norwegian adolescents with persistent pain and evaluate its usability. The translation and cultural adaptation were conducted in a two-stage process, ensuring linguistic and contextual relevance. Usability was assessed in two phases: a laboratory-based test with 6 adolescents and a home-based test over two weeks with 5 adolescents. The app's usability was evaluated based on ease of use, efficiency, and user satisfaction using qualitative and quantitative methods.

## Why is it important?

Persistent pain is a significant issue among adolescents, affecting their quality of life and increasing the risk of psychosocial problems. The iCanCope with Pain app offers a comprehensive self-management tool that includes symptom tracking, goal setting, coping strategies, social support, and pain education. Culturally adapting and testing the app ensures that it meets the specific needs of Norwegian adolescents, making it a valuable resource for managing chronic pain and improving health outcomes.

## What now?

The study indicates that the Norwegian version of the iCanCope with Pain app is user-friendly and well-received, with high satisfaction scores and minimal usability issues. Future research should focus on enhancing the social support feature to increase user engagement. The app is set to be used in an upcoming randomized controlled trial with a larger sample to further evaluate its effectiveness in improving pain management and health outcomes for adolescents with persistent pain.