



In Motion

Highlighting Articles Advancing Pain Research in Canada and the World

Featured article:

Linkewich, D., Dib, K. C., Forgeron, P. A., Dick, B. D., & McMurtry, C. M. (2024). **Roadmap to the 'Chronic Pain GPS for Adolescents' Intervention: Content and Design Considerations for a Group Peer Support Intervention.** *Clinical Journal of Pain*, 40(5), 288-298. <https://doi.org/10.1097/AJP.0000000000001201>

Key insights from the study:

- **Adolescent Preferences:** Explores what adolescents with chronic pain want in a group peer support intervention, emphasizing both talking and activity-based interactions.
- **Intervention Design:** Highlights the importance of a fun, casual environment with a facilitator, preferably someone with chronic pain experience, and a consistent meeting schedule.
- **Barriers Identified:** Recognizes potential barriers to participation such as health issues, accessibility, and logistical challenges.

What happened?

Researchers used virtual interviews and surveys with 14 adolescents aged 12 to 17 years with chronic pain to gather information on their preferences for a group peer support intervention. They used qualitative data analysis to understand the key content and design elements needed to make the intervention effective and engaging for adolescents.

Why is it important?

This study sheds light on the unique needs and preferences of adolescents with chronic pain. Understanding what they want in a peer support group can help in designing interventions that are more engaging and effective. For example, adolescents expressed a desire for a mix of talking and activities in a group setting, rather than just one or the other. They highlighted the need for sessions to be scheduled consistently and to include facilitators with lived experience of chronic pain. Addressing these preferences can lead to more successful peer support groups.

What now?

The findings suggest that future group peer support interventions should be designed with the preferences of adolescents in mind. This includes creating a balanced mix of talking and activities, ensuring a fun and casual atmosphere, and having facilitators who understand chronic pain firsthand. Consistent scheduling and addressing potential barriers to participation, such as health issues and accessibility, are also crucial.

