

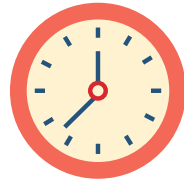
Teenagers' understanding and experiences of pain

FEEDBACK ON STUDY RESULTS

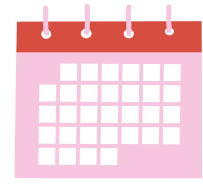
Click here to see the published study: <https://doi.org/10.1111/hex.70132>



We interviewed 25 teenagers in years 7-10 at high school.



We have nearly 11 hours of interviews! The average interview was 26 minutes



Nine participants had experienced pain for 3 months or longer (defined as chronic pain)

AFTER ANALYSING THE INTERVIEWS, WE SUMMARISED THE FINDINGS AND COMPARED TEEANGERS' UNDERSTANDING OF PAIN TO CURRENT SCIENTIFIC UNDERSTANDING OF PAIN

Study Finding	Scientific understanding of pain	Similar or different
Physical and psychological pain are separate	Pain is a sensory (feeling) and emotional experience	Different
Physical pain is mostly due to injury	Pain may or may not be due to injury	Different
Psychological and contextual factors influence how someone feels and reacts to pain	Pain is understood through the biopsychosocial model, meaning physical, psychological and contextual factors influence and are influenced by pain	Similar
Physical pain is mostly managed using strategies such as resting, ice packs and medication	Psychological and social strategies, such as relaxation and talking to someone, are also useful for managing physical pain	Different

The findings from this study were used to develop an education module about pain. We have piloted the module in two schools and are planning to conduct a large clinical trial in 20 schools this year. You can find out

more about our project by visiting our website:

<https://painsmart-education.sydney.edu.au/>

