

How do you explain your chronic pain?

Do you live with chronic pain and want to describe your pain better?

Individuals living with pain are invited to participate in 1 of 3 group online discussions about a selection of tools we identified that aim to help them describe their pain (e.g. location, intensity, and impacts on their life). Discussions will focus on sharing the tools and participants' thoughts on the tools presented.

What is involved?

The time commitment is 3 hours, and participants will be compensated \$40/hr for their time and expertise:

- One 2-hour online Zoom group discussion.
- Up to 1 hour to review the documents beforehand (to be shared later) and provide feedback after the discussion.

When are the group discussions?

The session dates are as follows:

- **Saturday, February 8th, 2025 – 10 AM to 12 PM PST**
- **Monday, February 24th, 2025 – 10 AM to 12 PM PST**
- **Monday, February 24th, 2025 – 1 PM to 3 PM PST**

Who can participate?

We invite individuals living with chronic pain to participate and encourage the participation of people of different ages, sexes, sexual orientations, gender identities, ethnicities, cultural backgrounds, work and education backgrounds, people with disabilities, residents in rural/remote areas, immigrants, refugees, and newcomers.

Kristie Nicol and Dr. Linda Li led this project.

If you want to join us for a group discussion, please register using our [secure form](#). You can also email our study contact (Kristie Nicol) directly at tools4pain@gmail.com.



SPOR Evidence Alliance
Strategy for Patient-Oriented Research

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