

Background & Rationale

- Children with cerebral palsy (CP) often experience **chronic pain**, with **parental responses** impacting children's coping mechanisms
- Cognitive Behavioral Therapy (CBT)** is a psychological intervention used to treat chronic pain
- No previous studies** have explored CBT for chronic pain in children with CP
- This is a qualitative piece of a **feasibility study** for a CBT pain management program for children with CP and their parents



Research Question

What are the strengths and challenges of a group CBT program for children with CP who experience chronic pain and their parents, as informed by experiences of participants and therapists in the program?



Methods

Intervention

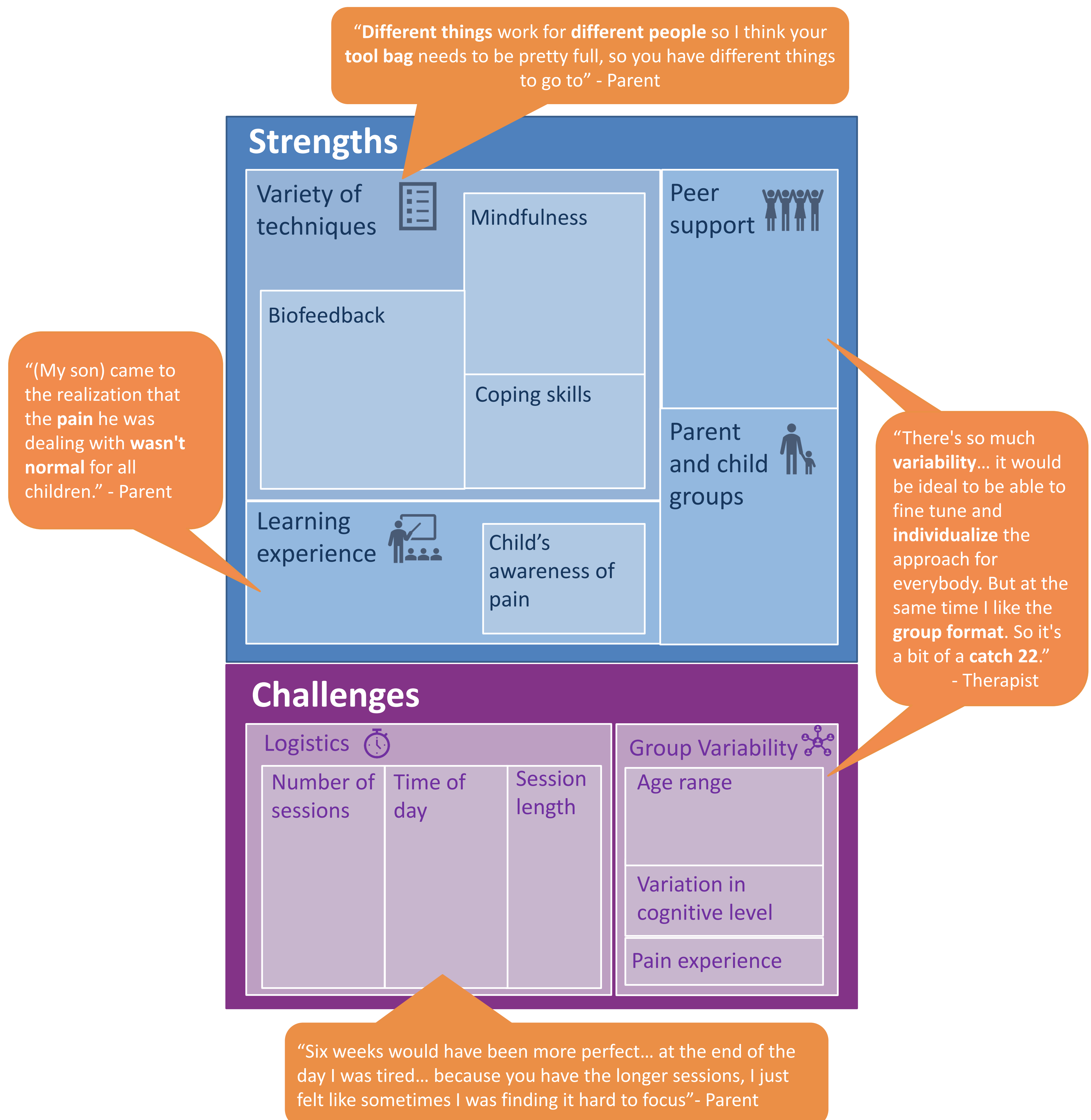
- Six sessions of a CBT for chronic pain program
- 6 children, aged 9-18, with CP and chronic pain and their parents

Interviews

- Participant experiences, program barriers and facilitators
- 3 children, 5 parents and 2 therapists

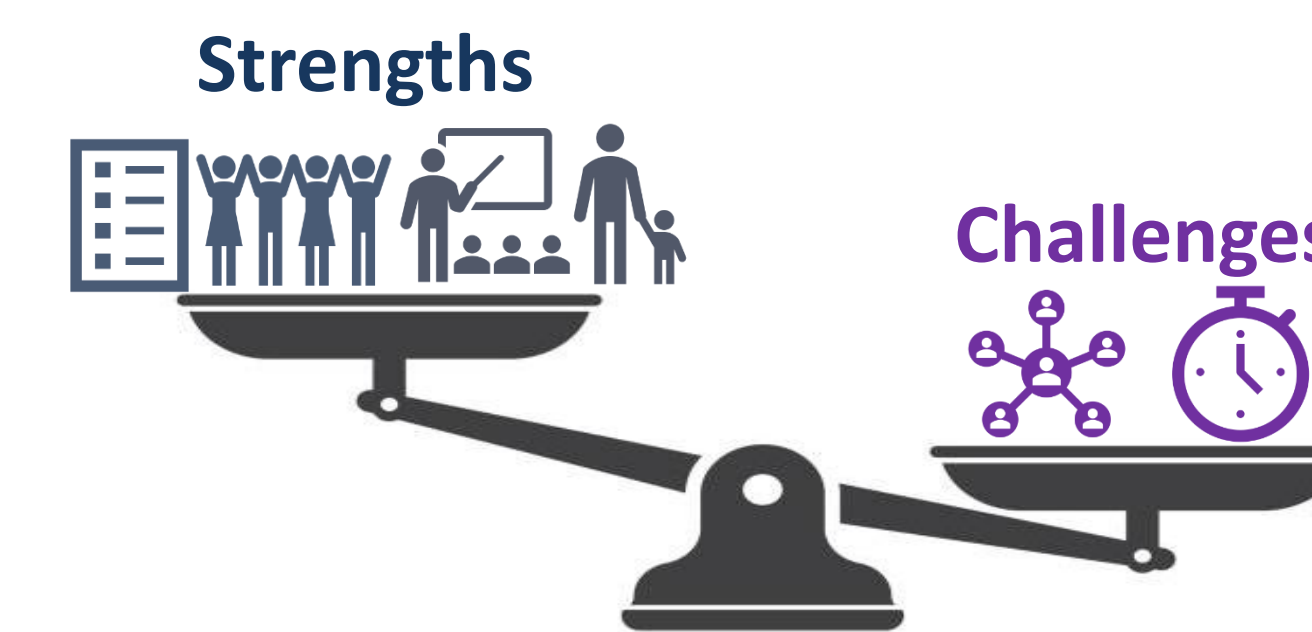
Qualitative analysis

- Thematic analysis using NVivo software
- First coded separately by two coders then compared themes



Conclusions

Based on participant experiences, it is **feasible** to run a CBT pain management program for children with CP and their parents.



Impact

- Offers strategies to **better manage chronic pain** among children with CP
- Better management of chronic pain may improve **quality of life**

Next Steps

- Results from this study will inform a larger multi-site study.
- Stop:** Non-stratified randomization
- Modify:** Groups based on age, cognitive abilities and pain experience
- Continue:** Group intervention, parent and child groups and teaching a variety of strategies



Acknowledgements

Thank you to the project team for your support and the Ward Family for making this program possible.

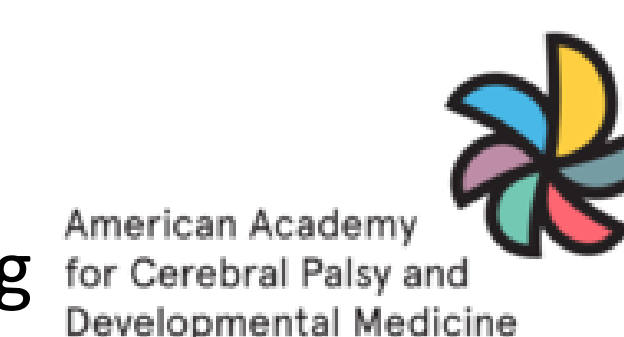


Figure 1: Themes identified in qualitative interviews using thematic analysis. Area of each rectangle corresponds with the number of participants that mentioned the given theme.