

Introduction

- Evidence suggests that some youth may flourish (experience positive changes or outcomes) in their experience of pain (Goubert & Trompetter, 2017).
- This study sought to further explore and inform our understanding of how youth experience, understand and perceive flourishing in the context of living with chronic pain, using qualitative methodology.

Methodology

Participants:

- 24 youth aged 11 – 24 years were recruited via clinical and online settings.

Measures:

- Online daily diary entries examining pain interference, pain intensity and flourishing (Diener et al., 2010) were completed for 14 consecutive days . As part of this, participants described up to three positive experiences which they had in the last 24 hours in relation to their chronic pain.
- Findings pertaining to flourishing were explored in further detail via online semi-structured interviews with a sub-set of 10 participants.

Analysis:

- Data were analysed using Pearson correlation coefficients and Inductive Reflexive Thematic Analysis (Braun & Clarke, 2022).

Results

- Correlational analyses identified significant negative correlations between mean pain interference ratings and flourishing scale scores, $r=-.63$, $p=.001$, as well as between mean pain intensity ratings and flourishing scale scores, $r=-.58$, $p=.003$.
- Qualitative analysis generated two themes across diary and interview data.
- Themes addressed:
 - continued self-improvement,
 - demonstration of gratitude, and
 - appreciation of new opportunities and skills which were perceived to directly result from youths’ experience of chronic pain.

Figure 1: Samples of verbatim quotes for each theme



Conclusion

- Youth are able to experience positive changes in functioning and flourish in some areas of their life despite, or resulting from, chronic pain.
- Youth display growth and recognise the influence of chronic pain on their future path.