

**Grant title:** A double burden? A multi-method investigation into the experience of paediatric chronic pain and mental health symptoms.

**Award holders:** Dr Abbie Jordan (University of Bath; PI), Dr Line Caes (University of Stirling), Professor Christopher Eccleston (University of Bath) & Dr Melanie Noel (University of Calgary)

**Grant duration:** 02/10/2018 – 01/10/2021

**Report:**

This report describes the progress of the above studentship grant over the past twelve-month period (01/04/2019 to 31/03/2020).

**Project aims:**

This PhD studentship aims to provide a detailed account of the challenges that youth who experience chronic pain and mental health symptoms face and how these challenges form barriers to their treatment. The first study will include a review of the current literature to better understand the evidence concerning the relationship between chronic pain in youth and psychopathology. The second study will involve collecting questionnaire and interview data over two-time points from 100 youth aged 11-19 years and their parents/caregivers regarding their pain-related disability, mental health symptoms and social relationships. The final study will use interviews and an online survey to explore how 50 clinicians think about treating youth with chronic pain and mental health symptoms and associated challenges faced in this treatment process.

**Progress so far:**

Specific progress is detailed below with respect to the grant and the student's continuing development as an independent researcher:

1. Mrs Bateman attended the International Symposium for Pediatric Pain (ISPP) in Basel 2020. This bi-annual conference attracts a wide international audience and is the largest paediatric pain specific conference in the field. This was an important opportunity for the student to meet key international leaders in the field of paediatric pain and to learn about the most recent topical and methodological developments in the field of paediatric pain.
2. Mrs Bateman also her first international Pain in Child Health (PICH) trainee meeting. This occurred in Montreal (November, 2019) where she presented her work as a poster. The PICH events are important trainee and mentorship meetings that facilitate networking with paediatric pain clinicians and trainees in the area. Mrs Bateman continues to be a member of PICH and engage in monthly webinars with fellow paediatric pain trainees and faculty members. Importantly, in December 2020, Mrs Bateman will present her findings to the PICH group via an international webinar.

3. Mrs Bateman successfully completed her PhD confirmation in October 2019. This is an important achievement as it shows that the work completed so far meets PhD requirements and that Mrs Bateman's future PhD plans are congruent with the requirements for obtaining a PhD.
4. Mrs Bateman completed some specific qualitative methods training. Importantly, this training will ensure completion of swift analyses of qualitative data from both studies two and three.
5. The student completed an online Twitter chat for Evidence Based Nursing in April 2019 with two members of the PhD supervisory team. The Twitter chat focused on managing long term conditions and psychological burden in young people. This was a popular chat which resulted in important communication between young people, clinicians and researchers working in the area. This was a great public engagement activity and raised awareness of Mrs Bateman's PhD work.
6. Study one (scoping review of chronic pain in youth and psychopathology) is well underway. The searches have all been completed and screening is ongoing. Members of Dr Jordan's lab are assisting Mrs Bateman with double screening to ensure this is completed in a timely manner. The protocol for this study has been registered on the Open Science Framework.
7. Recruitment for study two is ongoing and Mrs Bateman is recruiting from a wide range of clinical services and schools. Mrs Bateman has already collected quantitative and qualitative (interview) data as specified in the grant. The protocol for this study has also been registered on the Open Science Framework.
8. Study three (clinician experiences of supporting young people with chronic pain and mental health conditions) is running ahead of schedule. The online survey has been designed and will be launched soon.

### **Dissemination:**

#### **Oral presentations**

Bateman,, S. (2019). A Double Burden: Adolescent chronic pain and mental health. Department of Psychology PhD Forum. University of Bath. December, 2019.

#### **Poster presentations**

Bateman, S.L. (2019). How do adolescents make sense of co-occurring chronic pain and mental health symptoms?: A dyadic case study. PICH2GO, Pain in Child Health Trainee conference. Shriners Children's Hospital Montreal. November 2019.