

Canadian MSK Rehab Research Network

Co-designing a Canadian adaptation of a lifestyle-oriented intervention for individuals living with chronic pain: rapid analysis of the patients and partners' perspective



We wanted to know

How can we reshape daily life to better support people living with chronic pain?

What is the problem?

Many people with chronic pain struggle to manage everyday activities because current treatments often don't address their daily routines and lifestyle needs.



How did you study the problem?

The research team interviewed patients, clinicians, and managers through focus groups and individual interviews to understand how an occupational therapy program could be adapted in two Montreal pain clinics. After recording and transcribing each conversation, we used a rapid qualitative analysis approach to carefully review what was shared. This involved summarizing each transcript, comparing the summaries across groups, and identifying the themes that appeared most often. Through this process, we were able to understand what aspects of the REVEAL(OT) program fit well in the Canadian context and what adjustments would help it better meet patient's needs.

What did you find?

Participants agreed that the REVEAL(OT) program could fill an important gap in chronic pain care. They valued a mix of group sessions for social support and individual sessions for personalized guidance. People emphasized the need for hands-on practice, help with daily routines, and support for building healthier habits. They also highlighted practical challenges, such as limited resources and the need to balance in-person and virtual sessions. Overall, the program was seen as useful and adaptable with only minor changes needed for the Canadian context. For example, one participant shared that "most of the work isn't done in the clinic with us, it is done at home in your things," showing the importance of real-life practice.

How can this research be used?

Clinics can use these findings to adapt and implement the REVEAL(OT) program to better support chronic pain patients managing daily activities by adding occupational therapy to existing services. This information can guide program planning, staff training, and decisions about how to deliver sessions in ways that fit both patients needs and clinic resources.

Cautions

The study included participants from only two Montreal specialized pain clinics, and most were older, white, and highly educated, which may limit how well the findings apply to more diverse groups. Because many clinicians interviewed were occupational therapists, their views may have been more favorable toward the intervention. These factors should be considered when applying the results to other clinical settings.

Reference: Masse, J., Nielsen, S. S., Christensen, J. R., Skou, S. T., Côté, J., Saunders, S., Lagueux, É., Boulanger, A., Martel, M. O., Ware, M. A., Lussier, M., & Pagé, M. G. (2025). Canadian Adaptation of REVEAL(OT) for Chronic Pain Management: Rapid Qualitative Analysis Results. *Canadian Journal of Occupational Therapy*, 00084174251394959. <https://doi.org/10.1177/00084174251394959>

Funding Sources: This study was funded by the Canadian Institutes of Health Research. JM is supported by doctoral scholarships awarded by the Canadian Institutes of Health Research, Research Center of the Centre hospitalier de l'Université de Montréal, Université de Montréal's Faculty of Medicine and Faculty of Graduate and Postdoctoral Studies, and Ordre des ergothérapeutes du Québec. MGP is a Junior 2 research scholar from the Fonds de recherche du Québec—santé. SSN and STS are funded by the Exercise First research and implementation program, Region Zealand, Denmark. JRC is funded by the two Research Units for General Practice Aarhus and Odense, Denmark. The Danish version of the REVEAL(OT) intervention was supported by grants from Region Zealand Health Research Fund, the University of Southern Denmark, and The Danish OT Association.