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.