

ASpida - Against Stigma pain intervention development approach

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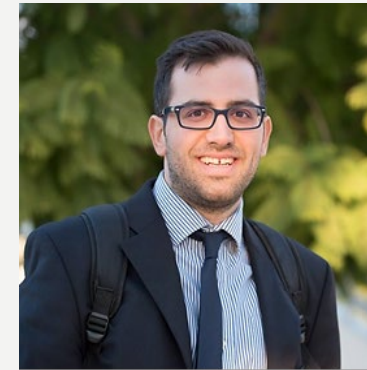
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**STOP
STIGMA**



ASpida: Against Stigma pain intervention development approach

“Since June 2019 the School of Applied Psychology at the University College Cork and the Chronic Pain Ireland (CPI) have been setting up an online survey in an effort to understand protective factors against stigma in individuals with chronic pain (CP). Findings from this study will now inform the intervention development of the ASpida project- an Against Stigma pain intervention development approach. The ASpida is an innovative, patient-led intervention approach that attempts to stop stigma for individuals with CP by incorporating key stakeholders and bringing individuals with CP experiences’ at every stage from co-designing to implementing the program. The program will be a one-time, ½ (one half) day, face-to-face, group-based intervention, run by trained individuals with CP. It will make use of a unified model of behaviour change, coined psychological flexibility, focusing on enhancing individuals’ strengths and capacities. Individuals will learn to distance any stigmatizing thoughts and feelings (shame, self-evaluation, anger) so that they can have less impact on behaviours that align with their valued ways of being (active members of communities, family supporters). Cultivating psychological flexibility has shown to lower the effect of stigma and increase the quality of life of individuals with CP. Public and patient involvement panel (PPI) will be formed. Individuals with CP will participate as co-researchers and contribute to the content and usability development of the program. They will propose solutions (cognitive, kinetic, emotional) which will transform a theory-based concept into an operationalizing self-care program, taking the end-users’ and stakeholders’ needs into consideration. They will co-facilitate focus groups to better understand what needs to be delivered and how the program can be successfully integrated into the CPI’s services. Then, they will co-develop the content of the ASpida program, facilitate the program to their local communities, and train others to deliver it, ensuring its sustainability.”



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