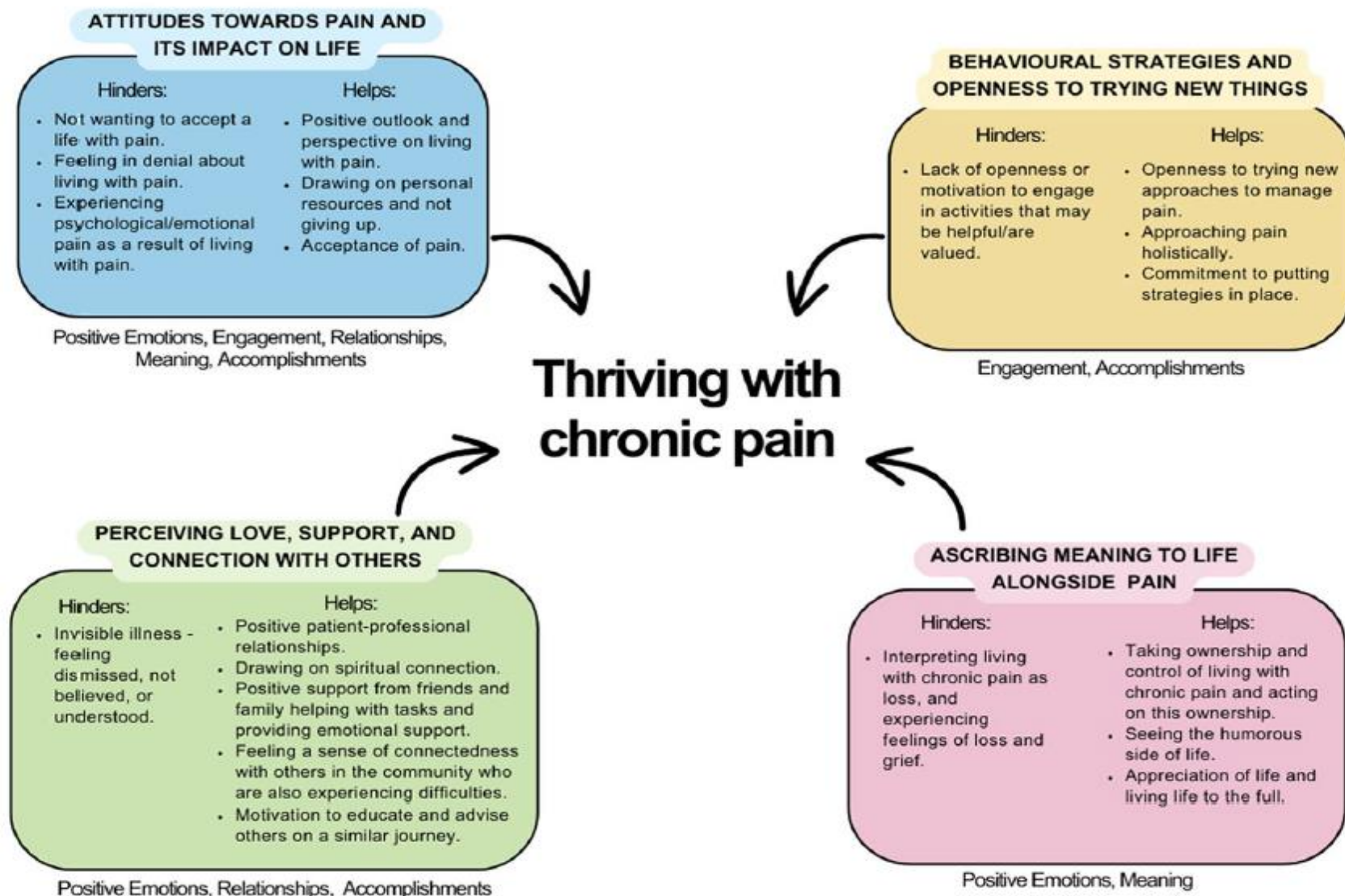




Thriving with chronic pain Widdrington H, Krahé C, Herron K, Smith K, Cherry MG. Thriving when living with chronic pain: A qualitative evidence synthesis of individuals' experiences. Br J Health Psychol. 2025 Sep;30(3):e70000. doi: 10.1111/bjhp.70000. PMID: 40542486; PMCID: PMC12181663.

Attitudes towards pain and its impact on life

Hinders:

- Not wanting to accept a life with pain.
- Feeling in denial about living with pain.
- Experiencing psychological/emotional pain as a result of living with pain.

Helps:

- Positive outlook and perspective on living with pain.
- Drawing on personal resources and not giving up.
- Acceptance of pain.

Positive Emotions: Engagement, Relationships, Meaning, Accomplishments

Behavioural strategies and openness to trying new things

Hinders:

- Lack of openness or motivation to engage in activities that may be helpful/are valued.

Helps:

- Openness to trying new approaches to manage pain.
- Approaching pain holistically.
- Commitment to putting strategies in place.

Positive Emotions: Engagement, Accomplishments

Perceiving love, support, and connection with others

Hinders:

- Invisible illness - feeling dismissed, not believed, or understood.

Helps:

- Positive patient-professional relationships.
- Drawing on spiritual connection.
- Positive support from friends and family helping with tasks and providing emotional support.
- Feeling a sense of connectedness with others experiencing chronic illness within the community who are also experiencing the same challenges.
- Motivation to connect and advise others on a similar journey.

Positive Emotions: Relationships, Accomplishments

Ascribing meaning to life alongside pain

Hinders:

- Interpreting living with chronic pain as loss and experiencing feelings of loss and grief.
- Seeing the humorous side of life.
- Appreciation of life and living life to the full.

Helps:

- Taking ownership and control of living with chronic pain and acting on this ownership.

Positive Emotions: Meaning