

## **HIPS/19/26 - Understanding barriers to increasing physical activity in chronic pain: An exploratory study to develop the sustainable self-effective exercise development (SUSSED) intervention**

About 20% of people suffer chronic pain, rising to around 45% in older adults. The majority have activity levels well below expected for their age; many are prescribed potentially harmful painkillers (e.g. opioids). Increasing physical activity (PA) is a safe, effective treatment, but is often not used. We aim to understand what helps or hinders people with chronic pain increase their PA, using the Capability, Opportunity, and Motivation– Behaviour (COM-B) system, to design practical approaches for health behaviour change. We will:

- Interview people with moderate-severe chronic pain, to understand issues (social, economic, physical, psychological) influencing PA;
- Interview health professionals, carers, and other stakeholders (e.g. leisure centre staff, Green Health Partnership) to learn how to support increased PA;
- Assess different PA measures (e.g. FitBit) for reliability in measuring PA adherence in future studies.

Results will inform the design of the Sustainable Self Effective Exercise Development (SUSSED) framework, which aims to produce a personalised PA plan for people with chronic pain, systematically taking into account of all the relevant factors for each individual.

This can then be tested for effectiveness in future studies, and could help support people with chronic pain to increase their PA, improving quality of life and health.