



Strengthening Pain Resilience Through Mobile Technology: A Randomized Controlled Trial on Pain Intensity and Disability in Chronic Pain Management

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To cite this article: Hajar Haghshenas, Maryam Shaygan, Nilofar Pasyar & Masoume Rambod (2026) Strengthening Pain Resilience Through Mobile Technology: A Randomized Controlled Trial on Pain Intensity and Disability in Chronic Pain Management, Journal of Pain Research, , 637884, DOI: [10.2147/JPR.S637884](https://doi.org/10.2147/JPR.S637884)

To link to this article: <https://doi.org/10.2147/JPR.S637884>



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Published online: 29 Sep 2026.



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used in this population. However, one limitation of the study is that the researchers were only able to monitor the outcomes of the application for three months, and it was not possible to assess the long-term sustainability of the intervention's effects. Also, Responses provided by patients on symptom assessment questionnaires may be prone to bias.⁶⁹

Conclusion

Overall, it can be concluded that the resilience-enhancing application for CP implemented in this study made significant contributions to reducing the severity of pain and disability. Notably, this virtual program addressed all biological, psychological, and social aspects of CP. Therefore, it is recommended that the resilience-enhancing components used in this study be utilized for planning and developing various strategies to manage CP in hospitals and clinics that treat patients with different types of chronic non-cancer pain. Additionally, we would like to recommend the inclusion of weekly challenges, reward badges, and reminder features within the application, aiming to deliver enhanced version to the target population in future.

Abbreviations

CP, Chronic Pain, SPSS, Software package used for Statistical Analysis.

Data Sharing Statement

The datasets during the current study and individual deidentified participants data are not publicly available due to confidentiality of the patients' data, but they will be available from the corresponding author on reasonable request.

Ethics Approval and Consent to Participate

The study was approved by the Ethics Committee of Shiraz University of Medical Sciences, Shiraz, Iran (Approval code: IR.SUMS.NUMIMG.REC.1400.011). Written and informed consent was obtained from all participants after describing the study's purpose and methodology. Confidentiality was observed in all research steps, and participants were assured that they could withdraw from the study at any time. All methods were carried out in accordance with relevant guidelines and regulations. Our study complies with the Declaration of Helsinki.

Consent for Publication

This was deemed not applicable.

Acknowledgment

The authors sincerely thank Mr. Keshtvarz, the statistical consultant at the Clinical Research Development Center, Nemazee Hospital, Shiraz University of Medical Sciences, Shiraz, Iran, for his invaluable support and collaboration throughout this research. We also extend our heartfelt gratitude to the individuals with CP who generously participated in the study.

Author Contributions

All authors made a significant contribution to the work reported, whether that is in the conception, study design, execution, acquisition of data, analysis and interpretation, or in all these areas; took part in drafting, revising or critically reviewing the article; gave final approval of the version to be published; have agreed on the journal to which the article has been submitted; and agree to be accountable for all aspects of the work.

Funding

This work was supported by the vice-chancellery for research affairs at Shiraz University of Medical Sciences, Shiraz, Iran (Grant number: 22993). The funder had no role in the design, conduct, analysis, and reporting of the trial.

Disclosure

There are no conflicts of interest.