

Effect of a mobile-based resilience training program on resilience and well-being outcomes in individuals with chronic pain

Received: 20 October 2024

Accepted: 3 June 2026

Published online: 12 June 2026

Cite this article as: Haghshenas H., Pasyar N., Shaygan M. *et al.* Effect of a mobile-based resilience training program on resilience and well-being outcomes in individuals with chronic pain. *Sci Rep* (2026). <https://doi.org/10.1038/s41598-026-56819-5>

Hajar Haghshenas, Nilofar Pasyar, Maryam Shaygan & Masoume Rambod

We are providing an unedited version of this manuscript to give early access to its findings. Before final publication, the manuscript will undergo further editing. Please note there may be errors present which affect the content, and all legal disclaimers apply.

If this paper is publishing under a Transparent Peer Review model then Peer Review reports will publish with the final article.

73. Shaygan, M., Jahandide, Z. & Zarifsanaiey, N. An investigation of the effect of smartphone-based pain management application on pain intensity and the quality-of-life dimensions in adolescents with chronic pain: a cluster randomized parallel-controlled trial. *Quality of Life Research* **30**, 3431–3442 (2021).
74. Nelson, S. K., Layous, K., Cole, S. W. & Lyubomirsky, S. Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing. *Emotion* **16**, 850–861 (2016).
75. Musich, S., Wang, S. S., Slindee, L., Kraemer, S. & Yeh, C. S. Association of Resilience and Social Networks with Pain Outcomes Among Older Adults. *Popul. Health Manag.* **22**, 511–521 (2019).
76. Nguyen, N. P., Kim, S. Y., Daheim, J. & Neduvélil, A. Social Contribution and Psychological Well-Being among Midlife Adults with Chronic Pain: A Longitudinal Approach. *J. Aging Health* **32**, 1591–1601 (2020).
77. Foxx, A. M., Till, S. R. & As-Sanie, S. The Role of Resilience Among Women with Chronic Pelvic Pain. *J. Minim. Invasive Gynecol.* **29**, S10 (2022).

Acknowledgment

The authors extend their heartfelt gratitude to 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 cooperation with this research. The authors also want to express gratitude to the people with CP who participated in the study. Also, we extend our thanks to "Tarah3D team", who carried out the technical operations of the application.

Author Contributions

H.H., contributions to the conception and design of the study, analysis and interpretation of data, drafting the article, and final approval of the version to be submitted. M.S., & N.P., contribution to the conception and design of the study, analysis and interpretation of data, revising the article, and final approval of the version to be submitted. M.R., contributions to the conception and design of the study, revising the article, and final approval of the version to be submitted.

Data Availability Statement