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*Project: Gender differences in pain: including 2SLGBTQ+ individuals in approaches to pain research and clinical care*



### **Background**

In my project, we plan to create a tool for researchers to ask individuals living with pain relevant questions about gender, ethically and inclusive of all gender identities. The tool will be based on qualitative research with gender diverse individuals living with pain which has already been conducted. It is well established that gender is related to pain, but no research to date has addressed how to meaningfully include 2SLGBTQ+ individuals in pain research and clinical practice.

Our project will pilot test questionnaire items to assess aspects of gender that are relevant to pain. These aspects have been identified by diverse individuals with pain in our previous research project: pain-related stigmas, gender-related stigmas, financial security, sense of environmental safety, work stress, interpersonal stress, social connectivity, and caregiving. Our pilot testing will include participants who are

members of the 2SLGBTQ+ community and participants who are cisgender and heterosexual. We are also developing resources to occupational therapists in improving the gender inclusivity of their clinical practice. Whereas previous tools have been developed by relying solely on expert opinion, our work will be rooted in the needs of the individuals who are living with pain and/or marginalized based on gender. The result of these outputs will be practical tools for incorporating the aspects of people's gendered daily lives in research and in clinical practice.