

Supplementary Material 1: Pain education search strategies

Basic Search String

(Pediatric* OR paediatric* OR child* OR adolescen* OR young adult* OR youth* OR teen* OR young people* or young person)

AND

(chronic pain* OR widespread chronic pain* OR chronic primary pain* OR chronic secondary pain* OR persistent pain* OR ongoing pain OR musculoskeletal pain OR long-term pain*)

AND

(health education OR community education OR community education program* OR community health OR community health program* OR self-manag* OR self-management program* OR management OR education* program* OR education* resource* OR patient education)

Limited to past 15 years (2010-2025)

Medline – 1,771 results (1/5/2025)

- Limited to past 15 years
- Limited to “all children” (0-18) and “young adult” (19 –24 years)

(pediatrics.sh OR exp child OR exp adolescent OR exp young adult OR (pediatric* OR paediatric* OR child* OR adolescen* OR young adult* OR youth* OR young people* or young person* OR teen*).ti,ab,kw.)

AND

(chronic pain.sh OR (chronic pain* OR widespread chronic pain* OR chronic primary pain* OR chronic secondary pain* OR persistent pain* OR ongoing pain OR musculoskeletal pain OR long-term pain*).ti,ab,kw.)

AND

(health education.sh OR self-management.sh OR health promotion.sh OR 'patient education as topic'.sh OR

(health education OR community education OR community education program* OR community health OR community health program* OR self-manag* OR self-management program* OR management OR education program* OR education resource* OR patient education).ti,ab,kw.)

limit 1 to (yr="2010 - 2025" and ("all child (0 to 18 years)" or "young adult (19 to 24 years)"))

From Medline 28/11/25:

1. (pediatrics.sh. or exp child/ or exp adolescent/ or exp young adult/ or (pediatric* or paediatric* or child* or adolescen* or young adult* or youth* or young people* or young person* or teen*).ti,ab,kw.) and (chronic pain.sh. or (chronic pain* or widespread chronic pain* or chronic primary pain* or chronic secondary pain* or persistent pain* or ongoing pain or musculoskeletal pain or long-term pain*).ti,ab,kw.) and ((health education or self-management or health promotion or 'patient education as topic').sh. or (health education or community education or community education program* or community health or community health program* or self-manag* or self-management program* or management or education program* or education resource* or patient education).ti,ab,kw.)

2. limit 1 to (yr="2010 - 2025" and ("all child (0 to 18 years)" or "young adult (19 to 24 years)"))

CINAHL – 2,289 results (1/5/2025)

Filtered for all child, adolescent (13-18) and adult (19-44)

(
MH "Pediatrics+" OR MH "Child+" OR MH "Adolescence+" OR MH "Young Adult+" OR
TI (pediatric* OR paediatric* OR child* OR adolescen* OR "young adult*" OR youth* OR teen*
OR young people* or young person*) OR
AB (pediatric* OR paediatric* OR child* OR adolescen* OR "young adult*" OR youth* OR
teen* OR young people* or young person*)
)
AND
(
MH "Chronic Pain+" OR
TI (chronic pain* OR "widespread chronic pain*" OR "chronic primary pain*" OR "chronic
secondary pain*" OR persistent pain* OR "long-term pain*" OR ongoing pain OR
musculoskeletal pain) OR
AB (chronic pain* OR "widespread chronic pain*" OR "chronic primary pain*" OR "chronic
secondary pain*" OR persistent pain* OR ongoing pain OR musculoskeletal pain OR "long-term
pain*")
)

AND

(

MH "Health Education+" OR MH "Self Care+" OR MH "Health Promotion+" OR MH "Patient Education as Topic+" OR

TI ("health education" OR "community education" OR "community education program*" OR "community health" OR "community health program*" OR self-manag* OR "self-management program*" OR management OR "education program*" OR "education resource*" OR "patient education") OR

AB ("health education" OR "community education" OR "community education program*" OR "community health" OR "community health program*" OR self-manag* OR "self-management program*" OR management OR "education program*" OR "education resource*" OR "patient education")

)

PsychINFO – 328 results (1/5/2025)

Limited to 2010-2025

(pediatrics.sh OR exp child OR exp adolescent OR exp young adult OR

(pediatric* OR paediatric* OR child* OR adolescen* OR young adult* OR youth* OR teen* or young people* or young person*).ti,ab)

AND

(chronic pain.sh OR

(chronic pain* OR widespread chronic pain* OR chronic primary pain* OR chronic secondary pain* OR persistent pain* OR ongoing pain OR musculoskeletal pain OR long-term pain*).ti,ab)

AND

(health education.sh OR self-management.sh OR health promotion.sh OR 'patient education as topic'.sh OR

(health education OR community education OR community education program* OR community health OR community health program* OR self-manag* OR self-management program* OR management OR education program* OR education resource* OR patient education).ti,ab)

limit 1 to yr="2010 - 2025"

From PsycInfo 28/11/25:

(pediatrics.sh. or exp child/ or exp adolescent/ or exp young adult/ or (pediatric* or paediatric* or child* or adolescen* or young adult* or youth* or teen* or young people* or young person*).ti,ab.) and (chronic pain.sh. or (chronic pain* or widespread chronic pain* or chronic primary pain* or chronic secondary pain* or persistent pain* or ongoing pain or musculoskeletal pain or long-term

pain*).ti,ab.) and ((health education or self-management or health promotion or 'patient education as topic').sh. or (health education or community education or community education program* or community health or community health program* or self-manag* or self-management program* or management or education program* or education resource* or patient education).ti,ab.)

2. limit 1 to yr="2010 - 2025"

Pubmed – 61 results (1/5/2025)

Limited to past 15 years

("Pediatrics"[MeSH] OR "Child"[MeSH] OR "Adolescent"[MeSH] OR "Young Adult"[MeSH] OR pediatric*[tiab] OR paediatric*[tiab] OR child*[tiab] OR adolescen*[tiab] OR young adult*[tiab] OR youth*[tiab] OR teen*[tiab] OR young people*[tiab] OR young person*[tiab])

AND

("Chronic Pain"[MeSH] OR chronic pain*[tiab] OR widespread chronic pain*[tiab] OR chronic primary pain*[tiab] OR chronic secondary pain*[tiab] OR persistent pain*[tiab] OR ongoing pain[tiab] OR musculoskeletal pain [tiab] OR long-term pain*[tiab])

AND

("Health Education"[MeSH] OR "Self-Management"[MeSH] OR "Health Promotion"[MeSH] OR "Patient Education as Topic"[MeSH] OR health education[tiab] OR community education[tiab] OR community education program*[tiab] OR community health[tiab] OR community health program*[tiab] OR self-manag*[tiab] OR self-management program*[tiab] OR management[tiab] OR education program*[tiab] OR education resource*[tiab] OR patient education[tiab])

Google Search:

intitle:(Pediatric OR Paediatric OR children OR childhood OR adolescent OR "young adult" OR "young person" OR "young people") AND ("chronic pain") and (education OR "self manage" OR self-manage OR program OR "patient education") 2010..2025

Supplementary Material 2: Reference List of Included Records

Title	Authors	Year	Country	Name of program/resource:	Study design or location resource was found:	Condition category	Full reference
The Dream Machine ²¹	Amarante	2023	Other: Author is Canadian	The Dream Machine	Other: Children's book with Educational Content	Osteogenesis Imperfecta	Amarante, C. (2022). The Dream Machine. Tellwell Talent. https://www.amazon.com.au/Dream-Machine-Dave-Reed/dp/0228846528
Blended-Learning Pain Neuroscience Education and Exercise in High School Students With Chronic Neck Pain: A Randomized Controlled Trial. ²³	Andias et al.	2022	Other: Portugal	No title - resource is described in the paper	Randomised controlled trial	Chronic pain (musculoskeletal)	Andias, R., Neto, M., & Silva, A. G. (2018). The effects of pain neuroscience education and exercise on pain, muscle endurance, catastrophizing and anxiety in adolescents with chronic idiopathic neck pain: a school-based pilot, randomized and controlled study. Physiotherapy Theory & Practice, 34(9), 682-691. https://doi.org/10.1080/09593985.2018.1423590
The effects of pain neuroscience education and exercise on pain, muscle endurance, catastrophizing and anxiety in adolescents with chronic idiopathic neck pain: a school-based pilot, randomized and controlled study. ²²	Andias et al.	2018	Other: Portugal	No title - resource is described in the paper	Randomised controlled trial	Chronic pain (musculoskeletal)	Andias, R., Sa-Couto, P., & Silva, A. G. (2022). Blended-Learning Pain Neuroscience Education and Exercise in High School Students With Chronic Neck Pain: A Randomized Controlled Trial. PTJ: Physical Therapy & Rehabilitation Journal, 102(6), 1-13. https://doi.org/10.1093/ptj/pzac048

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Acceptability of a Pain History Assessment and Education Chatbot (Dolores) Across Age Groups in Populations With Chronic Pain: Development and Pilot Testing ²⁴	Andrews et al.	2023	Australia	Dolores chatbot	Non-randomised experimental study	Chronic pain (unspecified)	Andrews, N. E., Ireland, D., Vijayakumar, P., Burvill, L., Hay, E., Westerman, D., Rose, T., Schlumpf, M., Strong, J., & Claus, A. (2023). Acceptability of a Pain History Assessment and Education Chatbot (Dolores) Across Age Groups in Populations With Chronic Pain: Development and Pilot Testing. <i>JMIR Form Res</i> , 7, e47267. https://doi.org/10.2196/47267
Headache Relief Guide ²⁵	Bickel & Connelly		United States	Headache Relief Guide	Website	Chronic pain (Headache/migraine)	Bickel, J., & Connelly, M. (2025). Headache Relief Guide. https://www.headachereliefguide.com/about.php
Chronic Pain as You've Never Heard It Before The Comfort Ability Program, Boston Children's Hospital ²⁶	Boston Children's Hospital	2024	United States	The ComfortAbility Program	Other: Licenced manual and accompanying website	Chronic pain (unspecified)	Boston Children's Hospital. (2025). Chronic Pain as You've Never Heard It Before The Comfort Ability Program, . https://chronicpainasyouveneverhearditbefore.podbean.com/
Can pain neurophysiology education contribute to improving the functional abilities of chronic pain patients from a physiotherapeutic perspective? ²⁷	Brem	2009	Other: Switzerland	No title - resource is described in the paper	Case report	Chronic pain (musculoskeletal)	Brem, P. (2010). Can pain neurophysiology education contribute to improving the functional abilities of chronic pain patients from a physiotherapeutic perspective? <i>Manuelle Therapie</i> , 14(1), 22-28. https://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=cul&AN=105163920&site=ehost-live&scope=site&custid=s6967740

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MyCarePath Modules ²⁸	British Columbia Children's Hospital	2025	Canada	MyCarePath - Our Modules	Website	Chronic pain (unspecified)	British Columbia Children's Hospital. (2024). MyCarePath Modules. https://mycarepath.ca/courses
Cognitive Functional Therapy for the Management of Low Back Pain in an Adolescent Male Rower: A Case Report. ²⁹	Caneiro et al.	2013	Australia	No title - resource is described in the paper	Case report	Chronic pain (musculoskeletal)	Cañeiro, J., Ng, L., Burnett, A., Campbell, A., & O'Sullivan, P. (2013). Cognitive Functional Therapy for the Management of Low Back Pain in an Adolescent Male Rower: A Case Report. 43, 542-554. https://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=cul&AN=89686631&site=ehost-live&scope=site&custid=s6967740
The effect of self-management online modules plus nurse-led support on pain and quality of life among young adults with irritable bowel syndrome: A randomized controlled trial. ³¹	Chen et al.	2022	United States	No title - resource is described in the paper	Randomised controlled trial	Chronic pain (Abdominal)	Chen, A. T., Swaminathan, A., Kearns, W. R., Alberts, N. M., Law, E. F., & Palermo, T. M. (2019). Understanding User Experience: Exploring Participants' Messages With a Web-Based Behavioral Health Intervention for Adolescents With Chronic Pain. <i>Journal of Medical Internet Research</i> , 21(4), N.PAG-N.PAG. https://doi.org/10.2196/11756
Understanding User Experience: Exploring Participants' Messages With a Web-Based Behavioral Health Intervention for	Chen et al.	2019	United States	Web-based Management for Adolescent Pain (Web-MAP mobile)	Non-randomised experimental study	Chronic pain (unspecified)	Chen, J., Zhang, Y., Barandouzi, Z. A., Lee, J., Zhao, T., Xu, W., Chen, M.-H., Feng, B., Starkweather, A., & Cong, X. (2022). The effect of self-management online modules plus nurse-led support on pain and quality of life among young adults with irritable bowel

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Adolescents With Chronic Pain. ³⁰								syndrome: A randomized controlled trial. International journal of nursing studies, 132, N.PAG-N.PAG. https://doi.org/10.1016/j.ijnurstu.2022.104278
Kids In Pain - Chronic Pain Australia ³²	Chronic Pain Australia	2020	Australia	Kids In Pain - Chronic Pain Australia	Website		Chronic pain (unspecified)	Chronic Pain Australia. (2024). Kids In Pain - Chronic Pain Australia. https://chronicpinaustralia.org.au/kids-in-pain/
Mobilizing the psychology evidence base for the treatment of pediatric chronic pain: The development, implementation, and impact of the Comfort Ability Program. ³³	Coakley et al.	2019	United States	The ComfortAbility Program	Other: Review paper		Chronic pain (headache/migraine; chronic pain (abdominal); chronic pain (musculoskeletal))	Coakley, R., & Bujoreanu, S. (2020). Mobilizing the psychology evidence base for the treatment of pediatric chronic pain: The development, implementation, and impact of the Comfort Ability Program. Paediatric & Neonatal Pain, 2(4), 148-159. https://doi.org/10.1002/pne2.12019
The Comfort Ability Pain Management Workshop: A Preliminary, Nonrandomized Investigation of a Brief, Cognitive, Biobehavioral, and Parent Training Intervention for	Coakley et al.	2018	United States	The ComfortAbility Program	Non-randomised experimental study		Chronic pain (unspecified)	Coakley, R., Wihak, T., Kossowsky, J., Iversen, C., & Donado, C. (2018). The Comfort Ability Pain Management Workshop: A Preliminary, Nonrandomized Investigation of a Brief, Cognitive, Biobehavioral, and Parent Training Intervention for Pediatric Chronic Pain. Journal of Pediatric Psychology, 43(3), 253-265. https://doi.org/10.1093/jpepsy/jsx112

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Pediatric Chronic Pain. ³⁴								Cooke, M., Richards, J., Tjondronegoro, D., Raj Chakraborty, P., Jauncey-Cooke, J., Andresen, E., Theodoros, J., Paterson, R., Schults, J., Raithatha, B., Wilson, S., & Alcock, M. (2021). myPainPal: Co-creation of a mHealth app for the management of chronic pain in young people. <i>Inform Health Soc Care</i> , 46(3), 291-305. https://doi.org/10.1080/17538157.2021.1892697
myPainPal: Co-creation of a mHealth app for the management of chronic pain in young people ³⁵	Cooke et al.	2021	Australia	myPainPal	Qualitative research	Chronic pain (unspecified)		
Flippin' Pain ³⁶	Cora Health Group	2025	UK	Flippin' Pain	Website	Chronic pain (unspecified)		Cora Health Group. (2025). <i>Flippin' Pain</i> . https://www.flippinpain.co.uk/#
Creative healing for youth and pain ³⁷	Creative Healing for Youth in Pain	2025	United States	Creative Healing for Youth in Pain	Website	Chronic pain (unspecified)		Creative Healing for Youth in Pain. (2025). <i>Creative healing for youth in pain</i> . https://mychyp.org
HELP Lab: Healing Emotional Illness Pain ³⁸	Cunningham	2024	United States	HELP Lab: Healing Emotional Illness Pain videos	Other: Youtube videos	Lupus		Cunningham, N. (2023). <i>HELP Lab: Healing Emotional Illness Pain Michigan State University HELP Lab</i> . https://www.youtube.com/@MSUhelplab
How does your brain respond to pain? (TED-Ed) ³⁹	Davis	2014	Canada	How does your brain respond to pain? (TED-Ed)	Other: Youtube video	Chronic pain (unspecified)		Davis, K. D. (2014). <i>How does your brain respond to pain? (TED-Ed)</i> . https://www.youtube.com/watch?v=l7wfDenj6CQ
Kids B.E.A.R. Pain: A Pediatric Psychosocial Chronic Pain Protocol ⁴⁰	Dawson et al.	2023	United States	Kids B.E.A.R. Pain	Other: Protocol	Sickle cell disease; Lupus; Arthritis; Chronic pain		Dawson, S., Scott, E., Elder, L., Omodior, E., & Harrison, A. H. (2023). <i>Kids B.E.A.R. Pain: A Pediatric Psychosocial Chronic Pain Protocol</i> .

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						(headache/migraine, Chronic pain (abdominal), CRPS	Therapeutic Recreation Journal, 57(2). https://doi.org/10.18666/TRJ-2023-V57-I2-11885
Assessing Digital Health Implementation for a Pediatric Chronic Pain Intervention: Comparing the RE-AIM and BIT Frameworks Against Real-World Trial Data and Recommendations for Future Studies. ⁴¹	de la Vega et al.	2020	United States	Web-based Management for Adolescent Pain (Web-MAP mobile)	Randomised controlled trial	Chronic pain (unspecified)	de la Vega, R., Ritterband, L., & Palermo, T. M. (2020). Assessing Digital Health Implementation for a Pediatric Chronic Pain Intervention: Comparing the RE-AIM and BIT Frameworks Against Real-World Trial Data and Recommendations for Future Studies. Journal of Medical Internet Research, 22(9), N.PAG-N.PAG. https://doi.org/10.2196/19898
Fibroline: A mobile app for improving the quality of life of young people with fibromyalgia ⁴²	de la Vega et al.	2018	Other: Spain	Fibroline	Non-randomised experimental study	Fibromyalgia	de la Vega, R., Roset, R., Galán, S., & Miró, J. (2016). Fibroline: A mobile app for improving the quality of life of young people with fibromyalgia. J Health Psychol, 23(1), 67-78. https://doi.org/10.1177/1359105316650509
Internet-Delivered Psychological Pain-Management for Young Adults With Chronic Pain: An Investigation of Clinical Trial Data. ⁴³	Dudeney et al.	2024	Australia	The Pain Course	Randomised controlled trial	Chronic pain (unspecified)	Dudeney, J., Scott, A. J., Hathway, T., Bisby, M. A., Harte, N., Titov, N., & Dear, B. F. (2024). Internet-Delivered Psychological Pain-Management for Young Adults With Chronic Pain: An Investigation of Clinical Trial Data. The Journal of Pain, 25(6), 104447.

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							https://doi.org/https://dx.doi.org/10.1016/j.jpain.2023.12.004
The Learning About My Pain study protocol: Reducing disparities with literacy-adapted psychosocial treatments for chronic pain, a comparative behavioral trial. ⁴⁴	Eyer et al.	2016	United States	Learning About My Pain	Other: Protocol	Chronic pain (unspecified)	Eyer, J. C., & Thorn, B. E. (2016). The Learning About My Pain study protocol: Reducing disparities with literacy-adapted psychosocial treatments for chronic pain, a comparative behavioral trial. J Health Psychol, 21(9), 2063-2074. https://doi.org/https://dx.doi.org/10.1177/1359105315570985
Sleep outcomes in youth with chronic pain participating in a randomized controlled trial of online cognitive-behavioral therapy for pain management. ⁴⁵	Fales et al.	2015	United States	Web-based Management for Adolescent Pain (Web-MAP mobile)	Randomised controlled trial	Chronic pain (unspecified)	Fales, J., Palermo, T. M., Law, E. F., & Wilson, A. C. (2015). Sleep outcomes in youth with chronic pain participating in a randomized controlled trial of online cognitive-behavioral therapy for pain management. Behav Sleep Med, 13(2), 107-123. https://doi.org/https://dx.doi.org/10.1080/15402002.2013.845779
Effects of a person-centred approach in a school setting for adolescents with chronic pain-The HOPE randomized controlled trial. ⁴⁶	Fors et al.	2019	Other: Sweden	Help Overcoming Pain Early (HOPE)	Randomised controlled trial	Chronic pain (unspecified)	Fors, A., Wallbing, U., Alfvén, G., Kemani, M. K., Lundberg, M., Wigert, H., & Nilsson, S. (2020). Effects of a person-centred approach in a school setting for adolescents with chronic pain-The HOPE randomized controlled trial. European Journal of Pain, 24(8), 1598-1608. https://doi.org/10.1002/ejp.1614
Pain neuroscience education and	Galan-Martin et al.	2019	Other: Spain	No title - resource is described in the paper	Randomised controlled trial	Chronic pain (musculoskeletal)	Galán-Martín, M. A., Montero-Cuadrado, F., Lluch-Girbes, E., Coca-

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physical exercise for patients with chronic spinal pain in primary healthcare: a randomised trial protocol. ⁴⁷								López, M. C., Mayo-Iscar, A., & Cuesta-Vargas, A. (2019). Pain neuroscience education and physical exercise for patients with chronic spinal pain in primary healthcare: a randomised trial protocol. <i>BMC Musculoskeletal Disorders</i> , 20(1), N.PAG-N.PAG. https://doi.org/10.1186/s12891-019-2889-1
myHeadeggs ⁴⁹	German Paediatric Pain Centre	2025	Other: Germany	Headeggs	Website		Chronic pain (headache/migraine)	German Paediatric Pain, C. (2022). Our aim: You've got control of your pain! https://www.deutsches-kinderschmerzzentrum.de/en/
Our aim: You've got control of your pain! ⁴⁸	German Paediatric Pain Centre	2022	Other: Germany	German Paediatric Pain Centre website	Website		Chronic pain (unspecified)	German Pediatric Pain, C. (2025). myHeadeggs. http://headeggs.org/
The Feasibility and Acceptability of Resilience Coaching for Adolescent Chronic Musculoskeletal Pain: A Single-Arm Pilot Trial. ⁵⁰	Gmuca et al.	2022	United States	Promoting Resilience in Stress Management (PRISM)	Non-randomised experimental study		Chronic pain (musculoskeletal)	Gmuca, S., Weiss, P. F., McGill, M., Xiao, R., Ward, M., Nelson, M., Sherry, D. D., Cronholm, P. F., Gerber, J. S., Palermo, T. M., Young, J. F., & Rosenberg, A. R. (2022). The Feasibility and Acceptability of Resilience Coaching for Adolescent Chronic Musculoskeletal Pain: A Single-Arm Pilot Trial. <i>Children</i> , 9(10), 1432-N.PAG. https://doi.org/10.3390/children9101432
Peer mentorship teaches social tools for pain self-management: A case study. ⁵¹	Goldenberg et al.	2013	United States	No title - resource is described in the paper	Case report		Chronic pain (unspecified)	Goldenberg, D., Payne, L. A., Hayes, L. P., Zeltzer, L. K., & Tsao, J. C. I. (2013). Peer mentorship teaches social tools for pain self-management: A case study. <i>J Pain Manag</i> , 6(1), 61-68.

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Evaluation of a Cognitive-Behavioral Pain Management Program for Children with Chronic Abdominal Pain: A Randomized Controlled Study. ⁵²	Gross et al.	2013	Other: Germany	Stop the pain with Happy-Pingu	Randomised controlled trial	Chronic pain (Abdominal)	Groß, M., & Warschburger, P. (2013). Evaluation of a Cognitive-Behavioral Pain Management Program for Children with Chronic Abdominal Pain: A Randomized Controlled Study. <i>Int J Behav Med</i> , 20(3), 434-443. https://doi.org/10.1007/s12529-012-9228-3
Improving the Patient Experience With Migraine Camp, a One Day Group Intervention for Adolescents With Chronic Headache and Their Parents. ⁵³	Hall et al.	2019	United States	Migraine Camp	Case report	Chronic pain (Headache/migraine)	Hall, A. L., Karvounides, D., Gelfand, A. A., Mankin, H., Kessel, S., Corroo, J., Malavolta, C. P., Pezzuto, T., Chadehumbe, M., & Szperka, C. L. (2019). Improving the Patient Experience With Migraine Camp, a One-Day Group Intervention for Adolescents With Chronic Headache and Their Parents. <i>Headache: The Journal of Head & Face Pain</i> , 59(8), 1392-1400. https://doi.org/10.1111/head.13570
The Acceptability, Feasibility, and Preliminary Effects of a Cognitive Behavioral Skills Building Intervention in Adolescents With Chronic Daily Headaches. ⁵⁴	Hickman	2014	United States	Creating Opportunities for Personal Empowerment - Headache Education Program (COPE-HEP)	Randomised controlled trial	Chronic pain (headache/migraine)	Hickman, C. (2012). The Acceptability, Feasibility, and Preliminary Effects of a Cognitive Behavioral Skills Building Intervention in Adolescents With Chronic Daily Headaches. 379 p-379 p. https://search.ebscohost.com/login.aspx?direct=true&AuthType=sso&db=cui&AN=109859805&site=ehost-live&scope=site&custid=s6967740
Helping adolescents with chronic pain ⁵⁵	Hoiyan	2016	Australia	Helping Outside of school hours Pain Program	Website	Chronic pain (unspecified)	Hoiyan, K. L. (2016). Helping adolescents with chronic pain. <i>Australian Psychological Society</i> .

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							https://psychology.org.au/inpsych/2016/august/hoi-li
The efficacy of an educational movie to improve pain and dysfunctional behavior in school children: A randomized controlled trial. ⁵⁶	Kisling et al.	2020	Other: Germany	Understanding pain - and what's to be done about it in 10 minutes	Randomised controlled trial	Chronic pain (unspecified)	Kisling, S., Claus, B. B., Stahlschmidt, L., & Wager, J. (2021). The efficacy of an educational movie to improve pain and dysfunctional behavior in school children: A randomized controlled trial. Eur J Pain, 25(7), 1612-1621. https://doi.org/https://dx.doi.org/10.1002/ejp.1777
iPeer2Peer program: a pilot feasibility study in adolescents with chronic pain. ⁵⁷	Kohut et al.	2016	Canada	iPeer2Peer	Non-randomised experimental study	Chronic pain (unspecified)	Kohut, S. A., Stinson, J. N., Ruskin, D., Forgeron, P., Harris, L., van Wyk, M., Luca, S., Campbell, F., & Ahola Kohut, S. (2016). iPeer2Peer program: a pilot feasibility study in adolescents with chronic pain. PAIN, 157(5), 1146-1155. https://doi.org/10.1097/j.pain.0000000000000496
Characterizing User Engagement With a Digital Intervention for Pain Self-management Among Youth With Sickle Cell Disease and Their Caregivers: Subanalysis of a Randomized Controlled Trial. ⁵⁸	Laloo et al.	2022	Canada	iCanCope with Pain™	Randomised controlled trial	Sickle cell disease	Laloo, C., Nishat, F., Zempsky, W., Bakshi, N., Badawy, S., Ko, Y. J., Dampier, C., Stinson, J., & Palermo, T. M. (2022). Characterizing User Engagement With a Digital Intervention for Pain Self-management Among Youth With Sickle Cell Disease and Their Caregivers: Subanalysis of a Randomized Controlled Trial. Journal of Medical Internet Research, 24(8), N.PAG-N.PAG. https://doi.org/10.2196/40096
Complex regional pain syndrome	Lauder & Massey	2010	Canada	Complex regional pain syndrome (CRPS)	Other: Book	CRPS	Lauder, G. R. (2010). Complex regional pain syndrome

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(CRPS) explained: for teenagers, by teenagers "Info that clicks" ⁵⁹				explained: for teenagers, by teenagers "Infor that clicks"			(CRPS) explained: for teenagers, by teenagers "Info that clicks". Xlibris Corp.
Evaluating treatment participation in an internet-based behavioral intervention for pediatric chronic pain. ⁶¹	Law et al.	2012	United States	Web-based Management for Adolescent Pain (Web-MAP mobile)	Other: RCT but data looks only at treatment participation of intervention group + treatment outcome, so non-randomised experimental study.	Chronic pain (unspecified)	Law, E. F., Beals-Erickson, S. E., Noel, M., Claar, R., & Palermo, T. M. (2015). Pilot Randomized Controlled Trial of Internet-Delivered Cognitive-Behavioral Treatment for Pediatric Headache. <i>Headache: The Journal of Head & Face Pain</i> , 55(10), 1410-1425. https://doi.org/10.1111/head.12635
Executive Functioning and Self-Management Processes Mediate the Relationship Between Insomnia and Pain-Related Disability. ⁶²	Law et al.	2023	United States	Web-based Management for Adolescent Pain (Web-MAP mobile)	Non-randomised experimental study	Chronic pain (unspecified)	Law, E. F., Murphy, L. K., Palermo, T. M., Law, E. F., Murphy, L. K., & Palermo, T. M. (2012). Evaluating treatment participation in an internet-based behavioral intervention for pediatric chronic pain. <i>Journal of Pediatric Psychology</i> , 37(8), 893-903. https://doi.org/10.1093/jpepsy/jss057
Pilot Randomized Controlled Trial of Internet-Delivered Cognitive-Behavioral Treatment for Pediatric Headache. ⁶⁰	Law et al.	2015	United States	Web-based Management for Adolescent Pain (Web-MAP mobile)	Randomised controlled trial	Chronic pain (headache/migraine)	Law, E. F., Tham, S. W., Howard, W., Ward, T. M., & Palermo, T. M. (2024). Executive Functioning and Self-Management Processes Mediate the Relationship Between Insomnia and Pain-Related Disability. <i>The Journal of Pain</i> , 25(1), 273-283. https://doi.org/https://dx.doi.org/10.1016/j.jpain.2023.08.010
Codesign and Evaluation of Pain	Leake et al.	2024	Australia	chronic_pain_project	Qualitative research	Chronic pain (unspecified)	Leake, H. B., Heathcote, L. C., Ferencz, N., Birnie, K. A., Davis, A., Karran,

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Science Messages on Social Media With Adolescents With a History of Chronic Pain ⁶³							E. L., Starr, T. S., Thorpe, M., & Moseley, G. L. (2024). Codesign and Evaluation of Pain Science Messages on Social Media With Adolescents With a History of Chronic Pain. <i>The Journal of Pain</i> , 25(9). https://doi.org/10.1016/j.jpain.2024.104580
Differential changes in functional disability and pain intensity over the course of psychological treatment for children with chronic pain. ⁶⁴	Lynch-Jordan et al.	2014	United States	No title - resource is described in the paper	Non-randomised experimental study	Chronic pain (headache/migraine; Chronic pain (musculoskeletal); Chronic pain (abdominal)	Lynch-Jordan, A. M., Sil, S., Peugh, J., Cunningham, N., Kashikar-Zuck, S., & Goldschneider, K. R. (2014). Differential changes in functional disability and pain intensity over the course of psychological treatment for children with chronic pain. PAIN, 155(10), 1955-1961. https://doi.org/10.1016/j.pain.2014.06.008
A two-week inpatient programme with a booster improved long-term management of severe chronic paediatric pain. ⁶⁵	Major et al.	2017	Other: Hungary	No title - resource is described in the paper	Cohort study	Chronic pain (unspecified)	Major, J., Varga, Z. K., Gyimesi-Szikszai, A., & Ádám, S. (2017). A two-week inpatient programme with a booster improved long-term management of severe chronic paediatric pain. Journal of child health care, 21(2), 171-180. https://doi.org/10.1177/1367493517697479
Multimodal physiotherapy treatment based on a biobehavioral approach for patients with chronic cervico-craniofacial pain: a	Marcos-Martin et al.	2018	Other: Spain	No title - resource is described in the paper	Case series	Temporomandibular disorder	Marcos-Martín, F., González-Ferrero, L., Martín-Alcocer, N., Paris-Alemany, A., & La Touche, R. (2018). Multimodal physiotherapy treatment based on a biobehavioral approach for patients with chronic cervico-craniofacial pain: a prospective case series.

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prospective case series. ⁶⁶								Physiotherapy Theory & Practice, 34(9), 671-681. https://doi.org/10.1080/09593985.2017.1423522
Video-based pain education in schools: A study with adolescents. ⁶⁷	Marti et al.	2021	Other: Spain	No title - resource is described in the paper	Non-randomised experimental study	Chronic pain (musculoskeletal); chronic pain (headache/migraine); chronic pain (abdominal)		Marti, L., Castarlenas, E., Sole, E., de la Vega, R., & Miro, J. (2021). Video-based pain education in schools: A study with adolescents. Clin J Pain, 37(3), 199-205. https://doi.org/https://dx.doi.org/10.1097/AJP.0000000000000906
Knowledge and Experience of In-Home Virtual Reality for Chronic Pain in Sickle Cell Disease. ⁶⁸	Matthie et al.	2024	United States	EaseVRx	Qualitative research	Sickle cell disease		Matthie, N., & Jenerette, C. (2024). Knowledge and Experience of In-Home Virtual Reality for Chronic Pain in Sickle Cell Disease. The Journal of Pain, 25(12), 104668. https://doi.org/https://dx.doi.org/10.1016/j.jpain.2024.104668
Translating Emma ⁶⁹	Mead	2025	Australia	Translating Emma	Other: Young adult fiction book	CRPS		Mead, J. (2025). <i>Translating Emma</i> . Dettori Publishing.
Chronic Pain Resources ⁷⁰	Meg Foundation	2025	United States	Meg Foundation website	Website	Chronic pain (unspecified)		Meg Foundation. (2025). Chronic Pain Resources. Retrieved 29/9/25 from https://www.megfoundationforpain.org/chronic-pain-resources/
My PainToolkit: For young people and teenagers living with pain ⁷¹	Moore & Bird	Not reported	UK	My PainToolkit: For young people and teenagers living with pain	Other: PDF	Chronic pain (unspecified)		Moore, P., & Bird, J. My PainToolkit: For young people and teenagers living with pain. In.
Cognitive Behavioral Therapy for Pediatric	Noel et al.	2012	Canada	No title - resource is described in the paper	Non-randomised experimental study	Chronic pain (Abdominal)		Noel, M., Petter, M., Parker, J. A., & Chambers, C. T. (2012). Cognitive

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Chronic Pain: The Problem, Research, and Practice. ⁷²							Behavioral Therapy for Pediatric Chronic Pain: The Problem, Research, and Practice. Journal of Cognitive Psychotherapy, 26(2), 143-156. https://doi.org/10.1891/0889-8391.26.2.143
PainBytes ⁷³	NSW Agency for Clinical Innovation	Australia	PainBytes	Other: website and videos		Chronic pain (unspecified)	NSW Agency for Clinical Innovation. (2024). PainBytes. https://aci.health.nsw.gov.au/chronic-pain/painbytes
The treatment of central sensitization in an adolescent using pain neuroscience education and graded exposure to activity: A case report. ⁷⁴	Pack et al.	2018	United States	Explain Pain	Case report	Chronic pain (unspecified)	Pack, R., Gilliland, R., & Mecham, A. (2020). The treatment of central sensitization in an adolescent using pain neuroscience education and graded exposure to activity: A case report. Physiotherapy Theory & Practice, 36(10), 1164-1174. https://doi.org/10.1080/09593985.2018.1551454
Pain Revolution: Pain Facts ⁷⁵	Pain Revolution	ongoing	Australia	Pain Revolution: Pain Facts	Website	Chronic pain (unspecified)	Pain Revolution. (2025). Pain Revolution: Pain Facts. https://www.painrevolution.org/painfacts
A digital health psychological intervention (WebMAP Mobile) for children and adolescents with chronic pain: results of a hybrid effectiveness-	Palermo et al.	2020	United States	Web-based Management for Adolescent Pain (Web-MAP mobile)	Randomised controlled trial	Chronic pain (unspecified)	Palermo, T. M., de la Vega, R., Murray, C., Law, E., Chuan, Z., & Zhou, C. (2020). A digital health psychological intervention (WebMAP Mobile) for children and adolescents with chronic pain: results of a hybrid effectiveness-implementation stepped-wedge cluster randomized trial. PAIN, 161(12), 2763-2774. https://doi.org/10.1080/09593985.2020.1811111

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implementation stepped-wedge cluster randomized trial. ⁷⁶							https://doi.org/10.1097/j.pain.0000000000001994
iCanCope with Sickle Cell Pain: Design of a randomized controlled trial of a smartphone and web-based pain self-management program for youth with sickle cell disease. ⁷⁹	Palermo et al.	2018	Other: United States and Canada	iCanCope with Pain™	Randomised controlled trial	Chronic pain (unspecified)	Palermo, T. M., Law, E. F., Fales, J., Bromberg, M. H., Jessen-Fiddick, T., & Tai, G. (2016). Internet-delivered cognitive-behavioral treatment for adolescents with chronic pain and their parents: a randomized controlled multicenter trial. <i>PAIN</i> , 157(1). https://journals.lww.com/pain/fulltext/2016/01000/internet_delivered_cognitive_behavioral_treatment.18.aspx
Internet-delivered cognitive-behavioral treatment for adolescents with chronic pain and their parents: a randomized controlled multicenter trial ⁷⁷	Palermo et al.	2016	Australia	Web-based Management for Adolescent Pain (Web-MAP mobile)	Randomised controlled trial	Chronic pain (unspecified)	Palermo, T. M., Law, E. F., Zhou, C., Holley, A. L., Logan, D., & Tai, G. (2015). Trajectories of change during a randomized controlled trial of internet-delivered psychological treatment for adolescent chronic pain: how does change in pain and function relate? <i>PAIN</i> , 156(4), 626-634. https://doi.org/10.1097/01.j.pain.0000460355.17246.6c
Trajectories of change during a randomized controlled trial of internet-delivered psychological treatment for	Palermo et al.	2015	United States	Web-based Management for Adolescent Pain (Web-MAP mobile)	Randomised controlled trial	Chronic pain (unspecified)	Palermo, T. M., Zempsky, W. T., Dampier, C. D., Lalloo, C., Hundert, A. S., Murphy, L. K., Bakshi, N., & Stinson, J. N. (2018). iCanCope with Sickle Cell Pain: Design of a randomized controlled trial of a smartphone and web-based pain self-management program for youth with sickle

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adolescent chronic pain: how does change in pain and function relate? ⁷⁸							cell disease. Contemp Clin Trials, 74(101242342), 88-96. https://doi.org/https://dx.doi.org/10.1016/j.cct.2018.10.006
Development and feasibility testing of a Pain Neuroscience Education program for children with chronic pain: treatment protocol. ⁸⁰	Pas et al.	2018	Other: Belgium	PNE4Kids	Other: Protocol	Chronic pain (unspecified)	Pas, R., Meeus, M., Malfliet, A., Baert, I., Oosterwijck, S. V., Leysen, L., Nijs, J., & Ickmans, K. (2018). Development and feasibility testing of a Pain Neuroscience Education program for children with chronic pain: treatment protocol. Braz J Phys Ther, 22(3), 248-253. https://doi.org/10.1016/j.bjpt.2018.02.004
Pain Neuroscience Education for Children with Functional Abdominal Pain Disorders: A Randomized Comparative Pilot Study ⁸¹	Pas et al.	2020	Other: Belgium	PNE4Kids	Randomised controlled trial	Chronic pain (Abdominal)	Pas, R., Rheel, E., Van Oosterwijck, S., Foubert, A., De Pauw, R., Leysen, L., Roete, A., Nijs, J., Meeus, M., & Ickmans, K. (2020). Pain Neuroscience Education for Children with Functional Abdominal Pain Disorders: A Randomized Comparative Pilot Study. 9(6).
Zoe and Zak's Pain Hacks ⁸²	Pate	2022	Australia	Zoe and Zak's Pain Hacks	Other: Book	Chronic pain (unspecified)	Pate, J. (2022). Zoe and Zak's Pain Hacks. https://www.zoemandzakspainhacks.com/
Creating online animated videos to reach and engage youth: Lessons learned from pain science education and a call to action ⁸³	Pate et al.	2020	Australia	Mysterious Science of Pain' and 'Tame the Beast'	Text and opinion	Chronic pain (unspecified)	Pate, J. W., Heathcote, L. C., Simons, L. E., Leake, H., & Moseley, G. L. (2020). Creating online animated videos to reach and engage youth: Lessons learned from pain science education and a call to action. Paediatr Neonatal Pain, 2(4), 131-138. https://doi.org/10.1002/pne2.12015

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<p>A journey to learn about pain: the development and validation of a comic book about pain neuroscience education for children⁸⁴</p>	<p>Reis et al.</p>	<p>2022</p>	<p>Other: Brazil</p>	<p>A journey to learn about pain: comic book</p>	<p>Book</p>	<p>Chronic pain (unspecified)</p>	<p>Reis, F., Palermo, T. M., Acalantis, L., Nogueira, L. C., Meziat-Filho, N., Louw, A., & Ickmans, K. (2022). "A journey to learn about pain": the development and validation of a comic book about pain neuroscience education for children. <i>Braz J Phys Ther</i>, 26(1), 100348. https://doi.org/https://doi.org/10.1016/j.bjpt.2021.04.009</p>
<p>RetrainPain English resources⁸⁵</p>	<p>RetrainPain</p>	<p>2025</p>	<p>United States</p>	<p>RetrainPain</p>	<p>Website</p>	<p>Chronic pain (unspecified)</p>	<p>RetrainPain. (2025). RetrainPain English resources. https://www.retrainpain.org/languages/english</p>
<p>Changes in Coping, Pain, and Activity After Cognitive-Behavioral Training: A Randomized Clinical Trial for Pediatric Sickle Cell Disease Using Smartphones⁸⁶</p>	<p>Schatz et al.</p>	<p>2015</p>	<p>United States</p>	<p>No title - resource is described in the paper</p>	<p>Randomised controlled trial</p>	<p>Sickle cell disease</p>	<p>Schatz, J., Schlenz, A. M., McClellan, C. B., Puffer, E. S., Hardy, S., Pfeiffer, M., & Roberts, C. W. (2015). <i>Changes in Coping, Pain, and Activity After Cognitive-Behavioral Training: A Randomized Clinical Trial for Pediatric Sickle Cell Disease Using Smartphones</i>. <i>Clin J Pain</i>, 31(6). https://journals.lww.com/clinicalpain/fulltext/2015/06000/changes_in_coping_pain_and_activity_after.7.aspx</p>
<p>Management of chronic pain in children and young people: summary.⁸⁷</p>	<p>Scottish Government</p>	<p>2018</p>	<p>UK</p>	<p>Management of chronic pain in children and young people: summary</p>	<p>Other: Summary guideline (available online)</p>	<p>Chronic pain (unspecified)</p>	<p>Scottish Government. (2018). <i>Management of chronic pain in children and young people: summary</i>. https://www.gov.scot/publications/management-chronic-pain-children-young-people/</p>

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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. ⁸⁹	Shaygan et al.	2021	Other: Iran	No title - resource is described in the paper	Randomised controlled trial	Chronic pain (unspecified)	Shaygan, M., & Jaberi, A. (2021). The effect of a smartphone-based pain management application on pain intensity and quality of life in adolescents with chronic pain. <i>Sci Rep</i> , 11(1), 6588. https://doi.org/https://dx.doi.org/10.1038/s41598-021-86156-8
The effect of a smartphone-based pain management application on pain intensity and quality of life in adolescents with chronic pain. ⁸⁸	Shaygan et al.	2021	Other: Iran	No title - resource is described in the paper	Other: Mixed methods	Chronic pain (unspecified)	Shaygan, M., Jahandide, Z., & zarifsanaiey, N. (2021). 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. <i>Quality of Life Research</i> , 30(12), 3431-3442. https://doi.org/10.1007/s11136-021-02891-5
Rapid Transition to Virtual Assessment and Treatment in an Interdisciplinary Randomized Clinical Trial for Youth With Chronic Pain: Adaptations and	Shear et al.	2023	United States	GET Living	Randomised controlled trial	Chronic pain (musculoskeletal)	Shear, D., Harrison, L. E., O'Brien, S., Khazendar, Z., Lyons, S., Morgan, J. J., Chan, S. K., Feinstein, A. B., & Simons, L. E. (2022). Rapid Transition to Virtual Assessment and Treatment in an Interdisciplinary Randomized Clinical Trial for Youth With Chronic Pain: Adaptations and Implications for Future Trials. <i>Clinical</i>

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Implications for Future Trials. ⁹⁰							Journal of Pain, 38(7), 459-469. https://doi.org/10.1097/AJP.0000000000001040
Preliminary evaluation of the clinical implementation of cognitive-behavioral therapy for chronic pain management in pediatric sickle cell disease. ⁹¹	Sil et al.	2020	United States	No title - resource is described in the paper	Other: comparative effectiveness study	Chronic pain (unspecified)	Sil, S., Lai, K., Lee, J. L., Gilleland Marchak, J., Thompson, B., Cohen, L., Lane, P., & Dampier, C. (2020). Preliminary evaluation of the clinical implementation of cognitive-behavioral therapy for chronic pain management in pediatric sickle cell disease. Complement Ther Med, 49, N.PAG-N.PAG. https://doi.org/10.1016/j.ctim.2020.102348
The comfort ability program for adolescents with sickle cell pain: Evaluating feasibility and acceptability of an inpatient group-based clinical implementation. ⁹²	Sil et al.	2021	United States	The ComfortAbility Program	Non-randomised experimental study	Sickle cell disease	Sil, S., Lee, J. L., Klosky, J., Vaz, A., Mee, L., Cochran, S., Thompson, B., & Coakley, R. (2021). The comfort ability program for adolescents with sickle cell pain: Evaluating feasibility and acceptability of an inpatient group-based clinical implementation. Pediatr Blood Cancer, 68(6), 1-10. https://doi.org/10.1002/pbc.29013
The Effect of a Brief Physician-Delivered Neurobiologically Oriented, Cognitive Behavioural Therapy (Brief-CBT) Intervention on Chronic Pain Acceptance in Youth	Simmonds et al.	2022	Canada	Pain 101	Randomised controlled trial	Chronic pain (unspecified)	Simmonds, M. K., Dick, B. D., Verrier, M. J., Reid, K. L., Jamieson-Lega, K., Balisky, K. J., Davey, A. E., & Freeman, K. M. (2022). The Effect of a Brief Physician-Delivered Neurobiologically Oriented, Cognitive Behavioural Therapy (Brief-CBT) Intervention on Chronic Pain Acceptance in Youth with Chronic Pain—A Randomized Controlled Trial. Children, 9(9), N.PAG-

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with Chronic Pain: A Randomized Controlled Trial. ⁹³								N.PAG. https://doi.org/10.3390/children9091293
A randomized controlled trial of graded exposure treatment (GET living) for adolescents with chronic pain. ⁹⁴	Simons et al.	2024	United States	GET living		Randomised controlled trial	Chronic pain (musculoskeletal)	Simons, L. E., Harrison, L. E., Boothroyd, D. B., Parvathinathan, G., Van Orden, A. R., O'Brien, S. F., Schofield, D., Kraindler, J., Shrestha, R., Vlaeyen, J. W. S., & Wicksell, R. K. (2024). A randomized controlled trial of graded exposure treatment (GET living) for adolescents with chronic pain. <i>PAIN</i> , 165(1), 177-191. https://doi.org/https://dx.doi.org/10.1097/j.pain.0000000000003010
Evaluation of Digital Technologies Tailored to Support Young People's Self-Management of Musculoskeletal Pain: Mixed Methods Study. ⁹⁵	Slater et al.	2020	Australia	iCanCope with Pain™; Young Pain Health		Other: Mixed methods	Chronic pain (musculoskeletal)	Slater, H., Stinson, J. N., Jordan, J. E., Chua, J., Low, B., Laloo, C., Pham, Q., Cafazzo, J. A., & Briggs, A. M. (2020). Evaluation of Digital Technologies Tailored to Support Young People's Self-Management of Musculoskeletal Pain: Mixed Methods Study. <i>J Med Internet Res</i> , 22(6), e18315. https://doi.org/10.2196/18315
ImaginAction ⁹⁶	Stanford Medicine	2019	United States	ImaginAction		Website	Chronic pain (unspecified)	Stanford Medicine. (2019). ImaginAction. https://imaginaction.stanford.edu/manage-my-chronic-pain/
iCanCope with Pain: User-centred design of a web- and mobile-based self-management	Stinson et al.	2014	Canada	iCanCope with Pain™		Qualitative research	Chronic pain (unspecified)	Stinson, J. N., Laloo, C., Harris, L., Isaac, L., Campbell, F., Brown, S., Ruskin, D., Gordon, A., Galonski, M., Pink, L. R., Buckley, N., Henry, J. L., White, M., & Karim, A. (2014). iCanCope with

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program for youth with chronic pain based on identified health care needs. ⁹⁷							Pain™: User-centred design of a web- and mobile-based self-management program for youth with chronic pain based on identified health care needs. Pain Res Manag, 19(5), 257-265. https://doi.org/10.1155/2014/935278
Chronic pain: How to treat and manage in older children. ⁹⁹	The Hospital for Sick Children	2019	Canada	Chronic pain: How to treat and manage in older children: The Hospital for Sick Children	Website	Chronic pain (unspecified)	The Hospital for Sick Children. (2021). What is chronic pain? https://www.youtube.com/watch?v=EL1E54nH_7c
Power Over Pain Youth Portal ¹⁰⁰	The Hospital for Sick Children	2025	Canada	Power Over Pain Youth Portal	Website	Chronic pain (unspecified)	The Hospital for Sick Children. (2025a). Chronic pain: How to treat and manage in older children. https://www.aboutkidshealth.ca/healthaz/pain/anaesthesia/chronic-pain-how-to-treat-and-manage-in-older-children/?hub=chronicpain&hubSite=https://www.aboutkidshealth.ca/&collectionHub=pain&topic=chronicpain
What is chronic pain? ⁹⁸	The Hospital for Sick Children	2021	Canada	Chronic pain: How to treat and manage in older children: The Hospital for Sick Children	Other: Youtube video	Chronic pain (unspecified)	The Hospital for Sick Children. (2025b). Power Over Pain Youth Portal. https://www.popyouth.ca/
A randomized controlled trial of Internet-based self-help training for recurrent headache	Trautmann & Kröner-Herwig	2009	Other: Germany	No title - resource is described in the paper	Randomised controlled trial	Chronic pain (Headache/migraine)	Trautmann, E., & Kröner-Herwig, B. (2010). A randomized controlled trial of Internet-based self-help training for recurrent headache in childhood and adolescence. Behaviour Research and Therapy, 48(1), 28-37.

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in childhood and adolescence ¹⁰¹							https://doi.org/https://doi.org/10.1016/j.brat.2009.09.004
Living Well with Chronic Pain ¹⁰²	U.S. Pain Foundation	2023	United States	Living Well with Chronic Pain	Website	Chronic pain (musculoskeletal); Chronic pain (headache/migraine)	U. S. Pain Foundation. (2023). Living Well with Chronic Pain . https://uspainfoundation.org/resources/
Advice on chronic pain for young people ¹⁰³	University of Oxford; Department of Psychiatry of Psychiatry	2023	UK	Advice on chronic pain for young people: University of Oxford	Website	Chronic pain (unspecified)	University of Oxford. (2023). Advice on chronic pain for young people . https://www.psych.ox.ac.uk/news/advice-on-chronic-pain-for-young-people
Effects of a Guided Internet-Delivered Self-Help Intervention for Adolescents With Chronic Pain. ¹⁰⁴	Voermann et al.	2015	Other: The Netherlands	Move it Now	Randomised controlled trial	Chronic pain (headache/migraine, Chronic pain (musculoskeletal)	Voerman, J. S., Remerie, S., Westendorp, T., Timman, R., Busschbach, J. J. V., Passchier, J., & de Klerk, C. (2015). Effects of a Guided Internet-Delivered Self-Help Intervention for Adolescents With Chronic Pain . <i>Journal of Pain</i> , <i>16</i> (11), 1115-1126. https://doi.org/10.1016/j.jpain.2015.07.011
The impact of a short educational movie on promoting chronic pain health literacy in school: A feasibility study. ¹⁰⁵	Wager et al.	2018	Other: Germany	Understanding pain – and what’s to be done about it in 10 minutes	Non-randomised experimental study	Chronic pain (unspecified)	Wager, J., Stahlschmidt, L., Heuer, F., Troche, S., & Zernikow, B. (2018). The impact of a short educational movie on promoting chronic pain health literacy in school: A feasibility study . <i>European Journal of Pain</i> , <i>22</i> (6), 1142-1150. https://doi.org/10.1002/ejp.1202
Adolescents' experiences of Help Overcoming Pain Early school based	Wallbing et al.	2023	Other: Sweden	Help Overcoming Pain Early (HOPE)	Qualitative research	Chronic pain (unspecified)	Wallbing, U., Nilsson, S., Wigert, H., & Lundberg, M. (2023). Adolescents' experiences of Help Overcoming Pain Early—A school based

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person-centred intervention for adolescents with chronic pain. ¹⁰⁶							person-centred intervention for adolescents with chronic pain. Paediatric & Neonatal Pain, 5(4), 119-126. https://doi.org/10.1002/pne2.12113
Managing Chronic Pain in Schools ¹⁰⁷	Women's and Children's Hospital	2025	Australia	Managing Chronic Pain in Schools	Website	Chronic pain (unspecified)	Women's and Children's Health Network. (2025). Managing Chronic Pain in Schools. https://www.wch.sa.gov.au/patients-visitors/children/care-and-support/paediatric-chronic-pain-service/managing-chronic-pain-in-schools
Use of Therapeutic Neuroscience Education to address psychosocial factors associated with acute low back pain: a case report. ¹⁰⁸	Zimney et al.	2013	United States	No title - resource is described in the paper	Case report	Chronic pain (musculoskeletal)	Zimney, K., Louw, A., & Puentedura, E. J. (2014). Use of Therapeutic Neuroscience Education to address psychosocial factors associated with acute low back pain: a case report. Physiotherapy Theory & Practice, 30(3), 202-209. https://doi.org/10.3109/09593985.2013.856508
The Chronic Pain & Illness Workbook for Teens: CBT and Mindfulness-Based Practices to Turn the Volume down on Pain ¹⁰⁹	Zoffness	2019	United States	The Chronic Pain & Illness Workbook for Teens: CBT and Mindfulness-Based Practices to Turn the Volume down on Pain	Other: Teens workbook	Chronic pain (unspecified)	Zoffness, R. (2019). <i>The Chronic Pain & Illness Workbook for Teens: CBT and Mindfulness-Based Practices to Turn the Volume down on Pain</i>. Instant Help Books.