

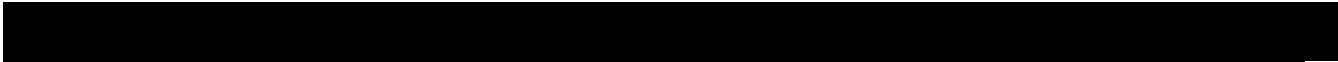
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Please provide a summary of the project, including background, findings and conclusions. It is essential that you make the content of your summary and the implications of your research evident to the lay public. It should avoid technical terms and should be written in an accessible style and emphasise in particular the potential for patient benefit arising from the study.



\* Field is mandatory

chronic low back pain.

#### Key Findings

The summary of the four viewpoints is as follows:

##### Viewpoint 1: "I can change" - a personal evolution

This viewpoint was the largest in the study. It was expressed by some patients, but mainly by healthcare providers. The main feature of this perspective was the idea that successful self-



Expected impacts



a patient's perspective.

The second phase of the Q-methodology (Q sort task) allows the research participants to autonomously define their own personal viewpoint of the research topic by prioritising a prescribed set of statements covering a wide range of dimensions within the topic of self-management in chronic low back pain. The task has no right or wrong responses, as it is purely based on an individual's own subjective response towards the research topic. The participants (total of 60 patients and 60 healthcare providers) therefore needed to make an active and careful decision to complete the task, hence making each responses of the Q sort task unique to each individual. The collection of these responses was then put into analysis to statistically formulate a collective pattern of responses, or "shared" viewpoints. The research team then carefully interpreted in qualitative manner the viewpoints from the standpoint of academic researchers, clinicians, and patients representatives. This mixture of standpoint has built a robust form of qualitative interpretation, ensuring that the data is not only interpreted from an academic and clinician's standpoint but also from a patient's point of view. Frequent communication amongst the research team during this phase has led to a very strong understanding of the vital data provided by the participants and produced a confident interpretation of the findings.

As an extension from the Q-methodology research design, the research team organised a participant-led knowledge translation conference where all the research participants as well as the local patient and healthcare providers were invited to further discuss the main findings (i.e. the viewpoints). The event was structured to encourage the attendees to voice their thoughts during a mixed group discussions on the findings and how this can relate to each individuals (as a patient or healthcare provider). The discussion and insightful feedback on the viewpoints have provided a strong face validity of the research team's interpretation of the viewpoints. The attendees' general feedback on the event was also strongly positive; the majority of the attendees expressed that having participated in a discussion where a mixture of patients and healthcare providers openly discuss



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Please list here any presentations and publications which have resulted from the work. This should include journal articles, conference proceedings, press releases and all publications in the lay and scientific press, including website links to published articles if appropriate. Items

