

# YouTube Support for Teens With Chronic Pain: A Systematic Search & Review

## UROP Experience

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### PURPOSE

**Study:** To review YouTube videos intended to provide teens with chronic pain management strategies and determine the key coping/management strategies, view numbers, video length, and content of comments.

**UROP:** To gain research knowledge and skills by conducting searches of major databases, assist with protocol development of a YouTube systematic search, act as first reviewer for video screening and data extraction, and increase understanding about research ethics.

### RELEVANCE AND OBJECTIVES

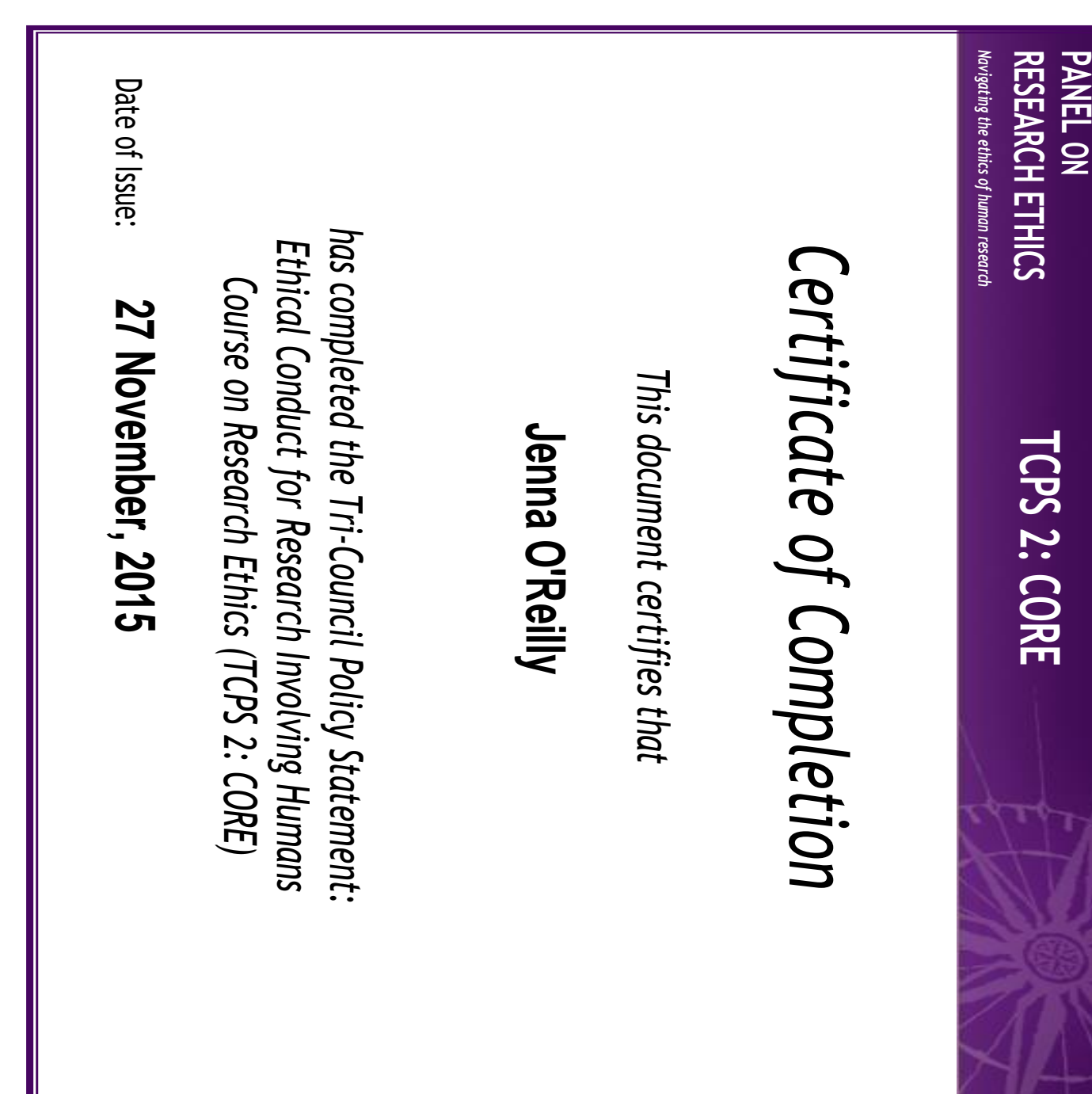
Teens use social media as a source of information gathering and support seeking.<sup>1</sup> YouTube hosts over 60% of the videos watched online, thus it is a powerful platform through which teens may seek health related information. However, due to YouTube's open platform safeguards as to the accuracy of health related information portrayed within a posted video do not exist.

Research, suggests that teens with chronic pain desire opportunities to know another teen with chronic pain but few actual have this experience.<sup>2</sup> Youtube videos of another teen's experience (along with engaging with comments) may fill this need to *meet* another. Yet, the accuracy of the pain related information and/or advice provided may not reflect best evidence. The findings from this systematic search and review will inform the content and composition of a evidence based Youtube knowledge dissemination video targeting teens with chronic pain.

Figure 1: Data Extraction Table

Name of Video
Video URL
Date Retrieved
Date Posted
Search Term
<b>Video Ratings</b>
View Count on Video
Like Count on Video
Dislike Count on Video
<b>Overall</b>
Number of Teens in the Video
Gender of Teen in the Video
<b>Pharmacology</b>
Drug treatment in the Video
Name of Drug
<b>Physical Treatments</b>
Activities performed for treatment
<b>Psychological Therapies</b>
Meditation/Mindfulness
Distraction
Relaxation
Other
<b>Social Life</b>
Are there Friends or Family involved in the Video?
Peer related issues (i.e. teasing, bullying)
Social Life With Friends
<b>School/Extracurriculars</b>
Part time/Full time
Other Programs outside of School (Sports, etc)
<b>Alternative Treatments</b>
Other treatments mentioned

Figure 2: Ethics Certificate



### METHOD

**Design:** Systematic search and review the content of YouTube videos aimed at teens with chronic pain by teens with chronic pain.

**Methods:** Using a new account (to decrease previous search bias) two reviewers will complete a YouTube search on a specified day. Endpoint for video review using each of the search phrases will be when 20 consecutive videos do not return videos that meet inclusion/exclusion criteria.<sup>3</sup>

**Inclusion criteria:** English videos, focus on pain coping/management for teens chronic pain, and a teen must be in the video.

**Exclusion criteria:** Videos aimed at parents or clinicians, commercial product videos, and videos that focus on non- pain symptoms.

**UROP activities:** Complete a tutorial on synthesis reviews (including YouTube reviews) and research ethics. Create a data extraction sheet for the YouTube videos (*Figure 1*) based on evidenced based pain management practices and information desired by teens with chronic pain (as advised Dr. Forgeron's research advisory board consisting of young adults with chronic pain). Act as a first reviewer for video screening and data extraction.

**Progress to Date:** Tri Council Course on Research Ethics completed (*Figure 2*) completed. Systematic review tutorial reviewed and discussed. Development of the protocol and data extraction sheet and preliminary search to determine search terms.

**Next Steps:** Article screening and data extraction into an excel file with statistical analyses (Cohen's Kappa) for inter-rater reliability. Content analysis and descriptive statistics to analyze extracted data. Manuscript preparation for peer reviewed publication.

#### References:

1. Yonker, et al., (2015) *JMIR*, 17(1), e4.
2. Forgeron et al., (2015), *Pain Management Nursing*, 16 (5), 721-732.
3. Sampson et al., (2013). *Peer J*, 1, e147.