

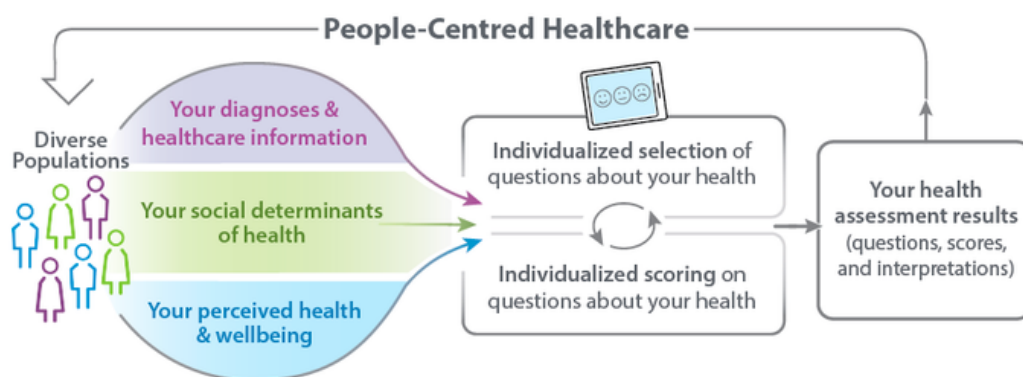
Equitable People-Centred Health Measurement (EPHM)

What is this research about?

The EPHM project is exploring ways to move away from the “one-size-fits-all” approach to how surveys are conducted. The outcome of the project will be a new online system that tailors health surveys to each person’s lived experiences, culture, and social situation.

In this short report

- we tell you about who participated in the second part of the EPHM project;
- we show (on page 3), using pain as an example, that asking a single question on pain does not capture everybody’s pain experience. Different people feel and describe pain in different ways.



*Social determinants of health (SDOH) are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks (Healthy People 2030).

The second part of the EPHM project

We invited people to join the second part of the EPHM project between December 2024 and September 2025. **The goal of the second part is to evaluate whether our tailored survey better reflects how each person views their pain and emotional wellbeing.** Participants completed the following surveys over 6 months:

	Schedule												
	Start	Every second week for 6 months											End
First survey 3 parts (*25 – 30 min.)	x												
Repeated survey 8 parts (*10 – 15 min.)		x	x	x	x	x	x	x	x	x	x	x	x
Last survey 3 parts (*20 – 30 min.)													x

* Time to complete the surveys

'First survey' completion



2,053 participants completed the ‘first survey’. This survey had three parts, which asked about:

- Your health conditions and healthcare,
- Your social and living situations,
- How you feel about you overall health and wellbeing.

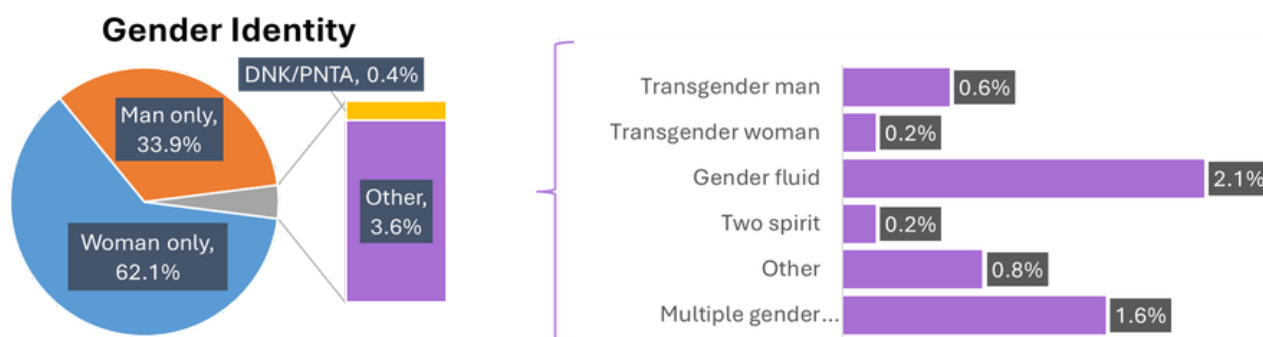
The repeated survey and last survey are in progress.

Together, let’s build a people-centred healthcare system for **everyone**.

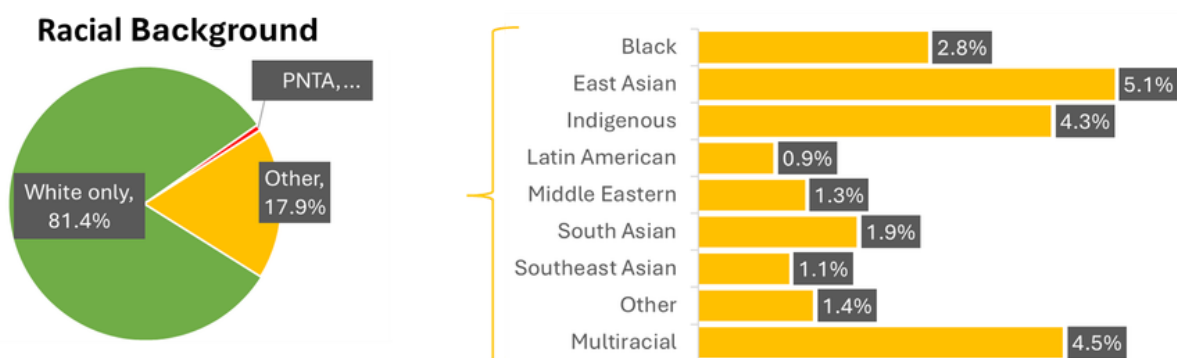
Who participated?

2,053 participants provided detailed information about their social determinants of health, which are “the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks” ([Healthy People 2030](#)).

20.0% of participants were between 18 and 34 years, 40.1% were aged 35 to 65, and 38.1% were 65 years or older (1.7% of participants did not provide their age; 0.1% is missing age data). The graphics below show some examples of other social determinants of health.



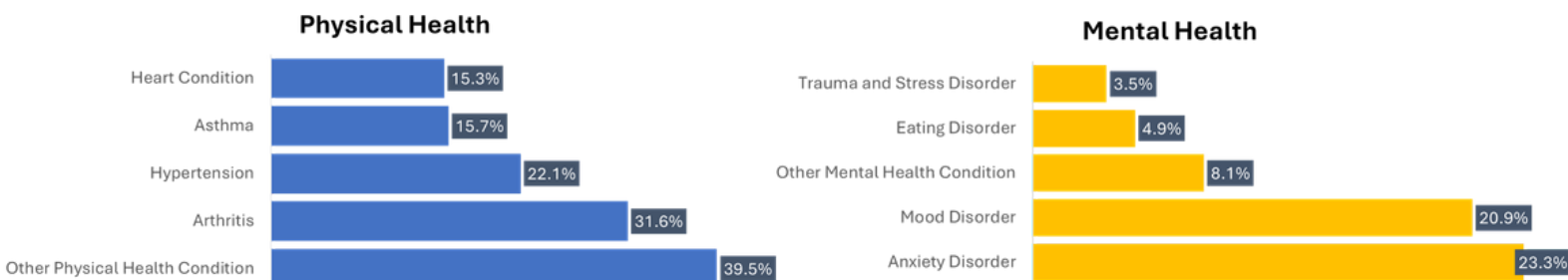
Notes. DNK = Do not know. PNTA = Prefer not to answer. The percentages for the horizontal bars do not add up to percentages of the corresponding stacked bar because people could select multiple options.



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Health Information

Participants provided information about their health conditions and healthcare. Here are some examples of the most commonly reported diagnoses.



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How does our tailored pain survey compare to a single-item pain survey?

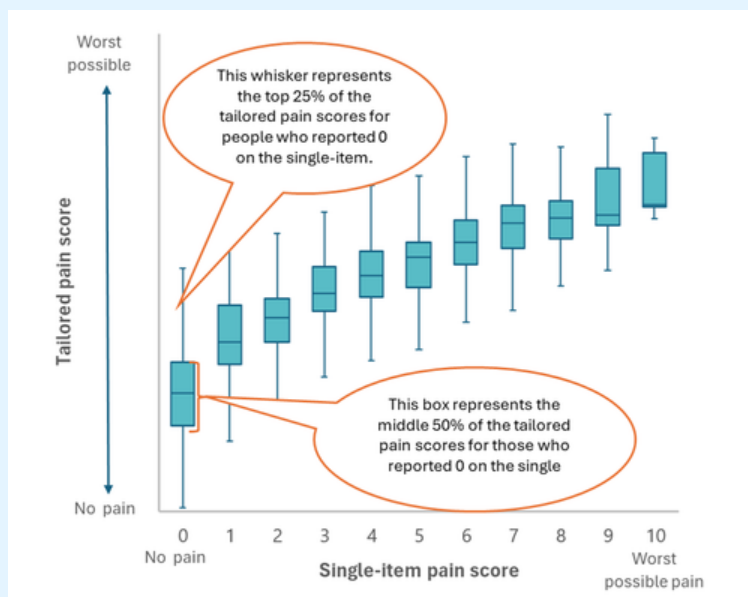
We asked participants to respond to these questions repeatedly over six months:

- **Single-item pain survey:** “Please select the number that best describes how you felt during the past 7 days”. The response options were from “0 = no pain” to “10 = worst possible pain”.
- **Tailored pain survey:** Each person answered different questions based on their personal, social, and health-related circumstances.

Most participants needed to answer only 4 or 5 questions in their tailored survey.

Why this matters?

The figure shows that people who say they DO NOT have pain when asked just a single question (‘single item’), may indicate that they DO have pain when completing the tailored pain survey.



Our tailored pain survey provides a better view of people’s pain experience.

What have we heard from participants?

Thank you for creating this very important research project. The results will assist many people.

The chronic pain is often ignored and belittled by the medical world, and has been misdiagnosed several times resulting in treatments that have caused further harm.

My physical pain is unrelenting and affects my mental state.

Outlook

Later this year, we will share another report about different approaches to measuring pain and emotional wellbeing over time.

Resources and Support

For more information, scan the QR code to watch the video or contact the research team.

On behalf of the EPHM team:

Richard Sawatzky, PhD, RN

Principal Investigator & Canada Research Chair in Equitable People-Centred Health Measurement



healthygo1.com

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