


Screen 1: Age/Gender

Hello. This app will help you tell us about your pain. We use the word "pain" to refer to both pain and hurt. This pain or hurt can be physical, emotional, spiritual or mental. To start, can you tell me about yourself?



How do you identify?

☐ Female

☐ Male


☐ X (I don't always use or identify as male/female)

☐ Gender-fluid, non-binary, and/or Two-Spirit

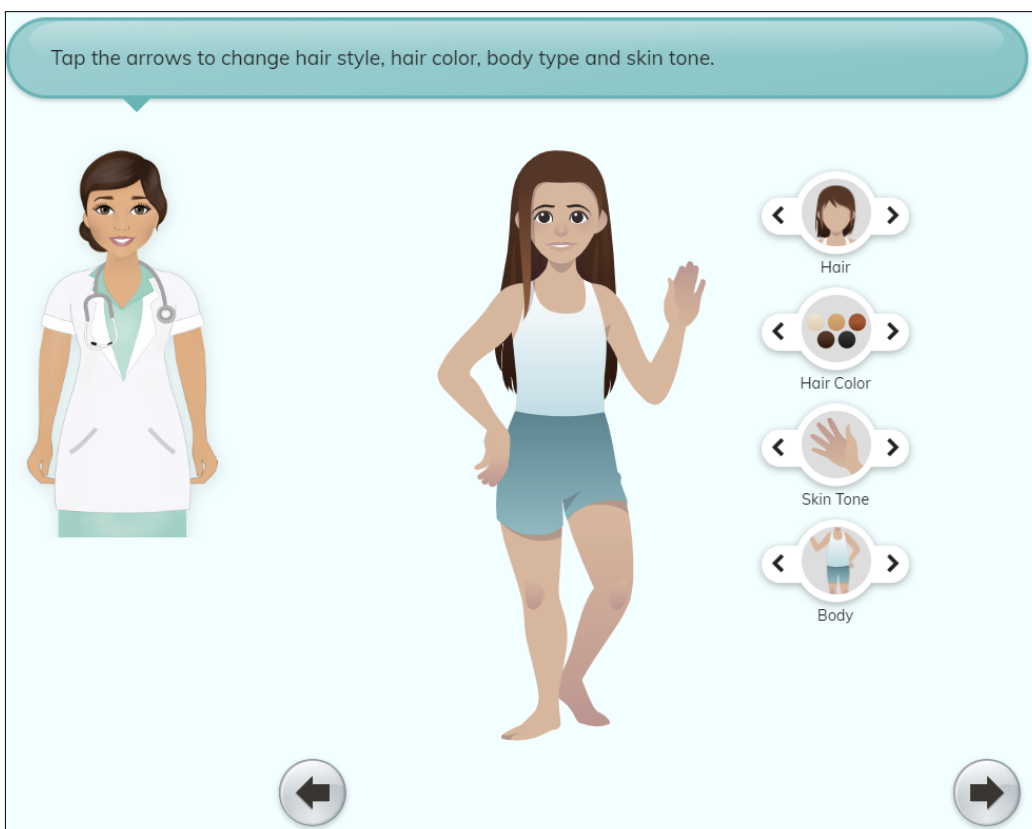
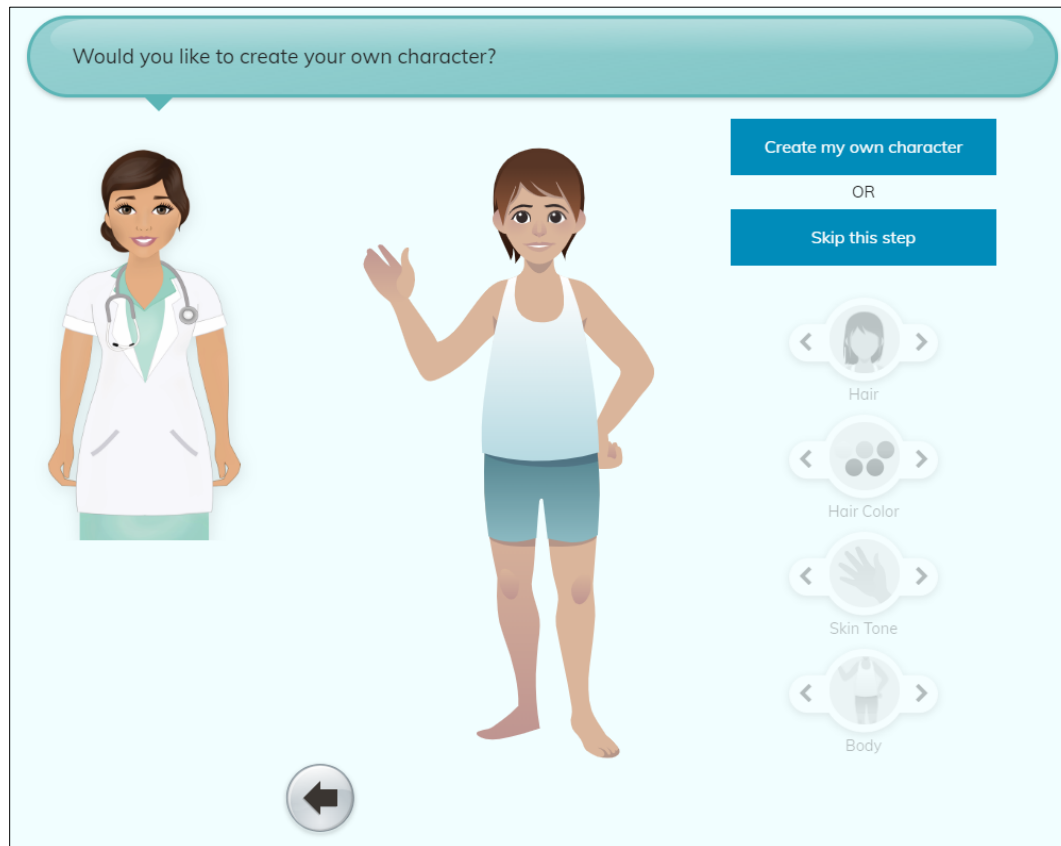
☐ I am not sure yet

☐ I am:

Age




Screen 2-3: Avatar Development



Screen 4-6: Pain Location

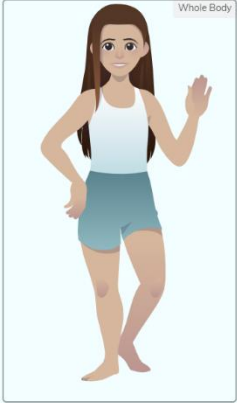
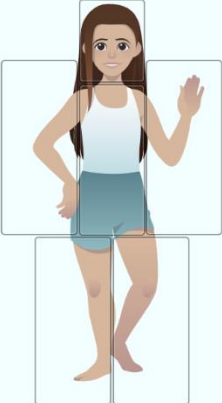

Thank you. Are you feeling any pain or hurt on your body today?



☐ No ☐ Yes

Navigation arrows: back and forward



Show me on your body where you feel pain.




Whole Body

Navigation arrows: back and forward


Where on your Left Arm does it hurt?




Left Hand




Left Wrist




Left Lower Arm




Left Shoulder




Left Elbow



Left Finger or Thumb



Left Upper Arm




Left Whole Arm

Navigation arrows: back and forward

Screen 7 - Pain Quality

What does the pain in your Left Arm feel like?



Burning

Heavy

Pins and needles

Pounding

Pinching

Sharp

Shooting


Squeezing

Aching


Navigation arrows: back and forward.

Screen 8 – Pain Intensity

This is a jar of hurt. Fill the jar with as many pieces of hurt that you feel right now.



Left Lower Arm




LESS PAIN
















MORE PAIN

Navigation arrows: back and forward.

Screen 9-10 – Storytelling (where/how did you get hurt?)





Now that we know about the pain you're feeling, tell us where you got hurt.



 My Home	 School	 Street or Highway	 Sidewalk
 Playground	 Sports field	 Gym	 Woods
 Community centre	 Water	 Ice	 Construction zone
 Someone else's house	 I don't know	 Other	



Can you tell me how you were hurt?




 I'm sick	 I cut myself	 I fell	 Someone touched or hurt me
 An animal hurt me	 I was playing sports	 I was riding my bike	 I took something that was harmful
 I over did it	 I was hurt by a machine	 I touched something hot	 I was in a car accident
 I was in smoke or fire	 I was in an ATV accident	 I was in a snowmobile accident	 I was hurt on thin ice
 I was playing in a tree	 I don't know	 Other	

Screen 11-12 – Emotional pain



Is it okay if we ask about your mood?





No




Yes




How is your mood today? Pick between 1 and 3 emotions from the list.




Excited




Happy




Calm



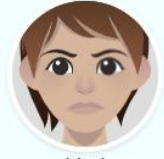
Nervous




Sad





Hurt



Mad





I don't know




Screen 13 – Emotion Intensity


These are jars of emotion. Fill the jars with as many pieces of Nervous and Hurt that you feel right now.






Nervous







LESS NERVOUS




MORE NERVOUS




Hurt





LESS HURT




MORE HURT

← →

Screen 14 – Physical symptoms of emotion/mood

Tell me how your body feels.



☐ Headache

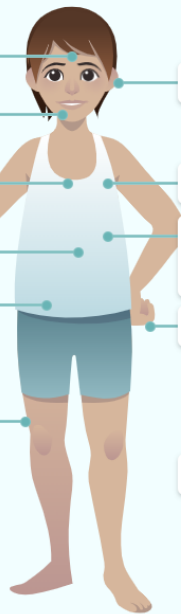
☐ Hungry

☐ Heart pounding

☐ Butterflies

☐ Stomach ache

☐ Legs shaking



☐ Dizzy/distracted


☐ Chest pain

☐ Breathing fast/can't catch breath

☐ Hands shaking


☐ My body feels fine

Screen 15 – Final Storyboard




Thank you. Here is your pain story to share with the doctors and nurses. Sharing your story will help them know how to take care of you. We hope you feel better soon.


Physical




Left Lower Arm




Pins and needles



Pieces of Hurt: 2




School




I fell


Emotional




Nervous



Pieces of Emotion: 4



Hurt



Pieces of Emotion: 1