

European Pain Federation EFIC

Research Strategy



Why Pain Research Matters

The Problem of Pain

Pain is the main reason people go to the doctor in Europe. Some types of pain, like the kind you get from an injury, are short-term and help protect your body. But pain that lasts for more than three months - called chronic pain - can have a serious impact on your daily life. It can make it hard to work, go to school, or enjoy time with your family and friends. Long-term (chronic) pain is not just a sign that there is a problem, it is a serious health issue on its own.

More than 150 million people in Europe live with chronic pain. It can affect anyone, but it is often worse for women, older people, people from minority or low-income backgrounds and people with less access to care and more health problems.

Chronic pain is a complicated problem. We are learning more about it, and treatments are getting better. But for many people, it is still difficult to manage. That is why the European Pain Federation (EFIC) created a plan called PRiSE – a Pain Research Strategy for Europe. This plan is designed to improve pain research that leads to better pain care across Europe.

A Research Plan for Pain

PRiSE is a clear guide for pain research in Europe. Experts, researchers, and people who live with pain helped create it. The goal is to focus on big challenges and improve how pain is understood and treated. PRiSE focuses on five main areas:

1. Understanding pain better – by studying how the body, mind, and lived experiences affect pain.
2. Looking at related health issues – like depression, sleep problems, and weight-gain.
3. Testing treatments – and finding out which ones help, and which ones don't.
4. Studying the impact of living with pain on society – like its impact on daily life and communities.
5. Listening to people who live with pain – by involving them in research and decisions about their care.

What can I do?

People living with pain can make a valuable contribution to pain research. For example, you could:

- Volunteer to be part of a research group and help ‘co-design’ a research project.
- Volunteer to participate in pain research projects, like clinical trials, surveys or projects studying what it is like to live with pain
- Read about research on pain and share your understanding with others.
- Join an advocacy group that represents people living with pain.

[Pain Alliance Europe](#), who helped write this document, can help you get involved.

Making a Difference

The PRiSE plan is a path toward better pain care. With strong teamwork between researchers, healthcare professionals, people living with pain, and relevant stakeholders, real change is possible. You can read the full plan in the *European Journal of Pain* [here](#).