Interview Guide for Exploring Chronic Pain Rehabilitation Needs in Middle Eastern Women

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Introduction

Chronic pain is a complex, multifactorial condition that significantly impacts physical function, psychological well-being, and social participation. Its management requires a holistic approach, especially when addressing the unique rehabilitation needs of diverse cultural groups. Among these, women from the Middle East represent a population with distinct socio-cultural, linguistic, and gender-specific factors that influence their experiences of chronic pain and their interactions with health systems. Migration, displacement, trauma, and culturally embedded norms around gender roles and help-seeking behavior often compound the challenges faced by Middle Eastern women living in Western healthcare contexts. Yet, despite growing awareness of the need for culturally sensitive rehabilitation services, there remains a gap in practical tools that effectively elicit and understand the lived experiences and specific support needs of these women. To bridge this gap, the development of a targeted interview guide serves as a foundational step in capturing nuanced, qualitative data that can inform patient-centered care [1].

Description

The development of the interview guide was grounded in both empirical evidence and theoretical frameworks, including the bio psychosocial model of pain, cultural competence theory, and feminist intersectionality, to ensure a comprehensive and empathetic approach. The process began with a scoping review of literature related to chronic pain in immigrant and refugee populations, especially studies focused on Middle Eastern women. Common themes included communication barriers, stigma around mental health and pain expression, limited awareness of rehabilitation services, and gendered restrictions on mobility and independence. These findings were then triangulated with insights from healthcare professionals, cultural mediators, and focus groups with women from Middle Eastern backgrounds, ensuring the interview questions would be contextually relevant and respectful. The initial draft of the guide was organized around five key domains: pain perception and experience, impact on daily life, knowledge and access to rehabilitation services, cultural beliefs and gender roles, and expectations and preferences for care. Each domain was accompanied by open-ended prompts designed to invite storytelling and reflection, rather than binary or clinical responses, thereby promoting richer and more authentic narratives [2].

To ensure linguistic and cultural appropriateness, the interview guide was translated into Arabic, Farsi, and Kurdish using a rigorous forward-backward

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translation process, followed by cognitive interviewing to test clarity and meaning. Special attention was given to terminology related to pain, suffering, family obligations, and therapy, as these often carry culturally loaded connotations. The interviews were conducted by trained female researchers with lived experience or strong familiarity with Middle Eastern cultures to enhance trust and rapport. Pilot interviews revealed that women often contextualized their pain within narratives of migration, trauma, caregiving, and identity loss, underscoring the need to address social and emotional rehabilitation alongside physical interventions. The guide was iteratively refined based on feedback from participants and interviewers, eliminating ambiguous or repetitive questions and adding culturally salient prompts, such as inquiries about religious coping strategies, intergenerational responsibilities, and healthcare decision-making within family structures [3].

Throughout this process, ethical considerations remained paramount. Informed consent procedures were adapted to account for varying levels of literacy and familiarity with research norms. Confidentiality and emotional safety were emphasized, particularly given the sensitive nature of discussions around pain, mental health, and systemic barriers. Interviewers were trained in trauma-informed care to handle disclosures related to domestic violence, displacement trauma, or medical neglect. Ultimately, the finalized interview guide not only served as a data collection tool but also acted as an empowerment mechanism, providing women with a structured, safe space to articulate their needs, frustrations, and hopes many for the first time. From an analytical perspective, the data derived from the interviews helped identify gaps in service delivery, such as the lack of female physiotherapists, culturally safe pain education materials, and flexibility in appointment scheduling to accommodate childcare and household roles. The guide thus contributes not only to academic inquiry but also to policy-making and program design that aligns with cultural humility and gender-sensitive rehabilitation [4].

As healthcare continues to grapple with diversity and inclusion challenges, tools like this interview guide provide a path toward more responsive, compassionate, and effective rehabilitation services. Future efforts should focus on integrating the insights gained from its use into clinical training, interdisciplinary care planning, and health policy. In doing so, the mining industry can become a model for sustainable development where waste is no longer seen as a burden, but as an opportunity for ecological harmony, economic innovation, and social progress. In doing so, we not only improve outcomes for Middle Eastern women living with chronic pain but also advance the broader goals of person-centered and culturally respectful rehabilitation This paper outlines the conceptualization, design, and refinement of an interview guide aimed at identifying the rehabilitation needs of Middle Eastern women living with chronic pain, with the goal of facilitating more responsive and inclusive healthcare [5].

Conclusion

Integrating industrial ecology thinking into the management of mining waste represents a strategic and ethical imperative in the age of environmental crisis, resource scarcity, and growing demands for corporate accountability. By shifting from a linear to a circular approach, mining companies can unlock hidden value

within waste streams, reduce their environmental footprint, and contribute meaningfully to broader sustainability goals, including the United Nations Sustainable Development Goals (SDGs). This transition is not without its challenges technical, financial, and organizational but the benefits are manifold. Applying industrial ecology principles like material looping, life cycle optimization, and industrial symbiosis encourages innovation, collaboration, and resilience. It transforms the mining sector from a traditional extractor of resources into an active participant in regenerative, closed-loop industrial systems. Moreover, as society increasingly demands transparency and sustainability from resource-intensive sectors, companies that embrace these approaches will likely gain competitive advantages in terms of reputation, compliance, and investor confidence. Future work must focus on building robust data ecosystems, fostering public-private partnerships, and creating education and training programs to embed circular thinking into mining culture.

Acknowledgment

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Conflict of Interest

None.

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