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# Significance of the conceptual utility model for pain management mobile apps: clinicians' and older adults' perspectives

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## Abstract

Pain management mobile apps can be an effective tool for treating chronic pain. We had proposed a conceptual utility model to evaluate the comprehensiveness of pain management mobile applications with respect to their functional requirements. This research aims to identify clinicians' and older adults' perspectives in relevance to the proposed conceptual utility model of pain self-management mobile applications. Two rounds of focus group discussions with 16 medical doctors, and a questionnaire survey among 40 older adults were conducted to gather the relevant information. The study resulted in the older adults' specific guidelines, recommendations, and suggestions for implementing pain self-management mobile applications at the component or sub-component level of the conceptual utility model. The proposed conceptual utility model was well-

accepted by both clinicians and older adults, which further validated and affirmed the significance of the proposed conceptual utility model. © The Author(s) 2025.

Author keywords

Focus group discussion; Geriatrics; Human and health; MHealth; Pain management; Questionnaire survey

Indexed keywords

Engineering controlled terms

Geriatrics; Mobile applications; Mobile computing

Engineering uncontrolled terms

Focus group discussion; Focus groups; Group discussions; Human and health; Mobile app; Mobile applications; Older adults; Pain management; Questionnaire surveys; Utility model

Engineering main heading

mHealth

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Universiti Malaya <a href="#">See opportunities by UM</a>	GC003B—14HTM	UM
Universiti Malaya <a href="#">See opportunities by UM</a>		UM

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