

DAY 1 I-WOTCH Fidelity checklists

Group ID:

Date of group session:

Day 1: Living with and dealing with pain	Date listened	Occurred/ Did not	Adherence score	Competence score	Comments
Session 1 Introduction 15mins					
*Session 2 Pain information approx. 45mins					
*Session 3 Painkiller information and opioid education approx. 45mins					
Break					
*Session 4 Acceptance: John's story 20mins					
Session 5 Attention control and distraction 10mins					
Session 6 Distraction activity – rose drawing 20mins					
Lunch					
*Session 7 Good days, Bad days when is pain bearable and when is it not? 40mins					
*Session 8 The pain cycle unhelpful emotions and behaviours 40mins					
Break					
Session 9 Posture					
Session 10 Relaxation and Breathing					
Session 11 Summary of the day					
Total scores					
Comments: <i>e.g. session not recorded so subsequent group same session listened to instead</i>					