Unpacking the ‘black box’: Exploring the realities of managing arthritis as a young person

Arthritis affects 1 in 1000 children and young people under 16 in the UK. However, there are few programmes that have been developed to help children, and their families, to better manage arthritis, and their health more broadly. In order to do so, you need to unpack the ‘black box’ – the contents of which could aid the development of good quality programmes to help young people and families to take care of their health. What seems an empty box from the outside can reveal a wealth of experiences, anxieties and fears within, when explored in the right way...

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