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# **Implementing a Graded Activity Exposure Protocol for Adolescents with Chronic Pain in Secondary Schools in Windhoek, Namibia: A Feasibility Study**

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# | Abstract

This study addresses a current research gap in Medicine concerning Implementing a graded activity exposure protocol for adolescents with chronic pain in secondary schools in Windhoek, Namibia in Namibia. The objective is to clarify key debates, identify practical implications, and outline a focused agenda for scholarship and policy. A mixed-methods design was used, combining survey and interview data collected over the study period. The analysis indicates persistent structural constraints alongside emerging local innovations; however, evidence remains uneven across contexts and sectors. The paper argues for context-specific approaches and stronger empirical foundations in future research. Stakeholders should prioritise inclusive, locally grounded strategies and improve data transparency. Implementing a graded activity exposure protocol for adolescents with chronic pain in secondary schools in Windhoek, Namibia, Namibia, Africa, Medicine, original research This structured abstract provides a standardised summary to support rapid screening, indexing, and assessment of scholarly contribution.

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