



Live Well with Pain website Site analytics January – December 2025

**ANDRASSY
MEDIA
DESIGN
FOR
CHANGE**

Total number of site users



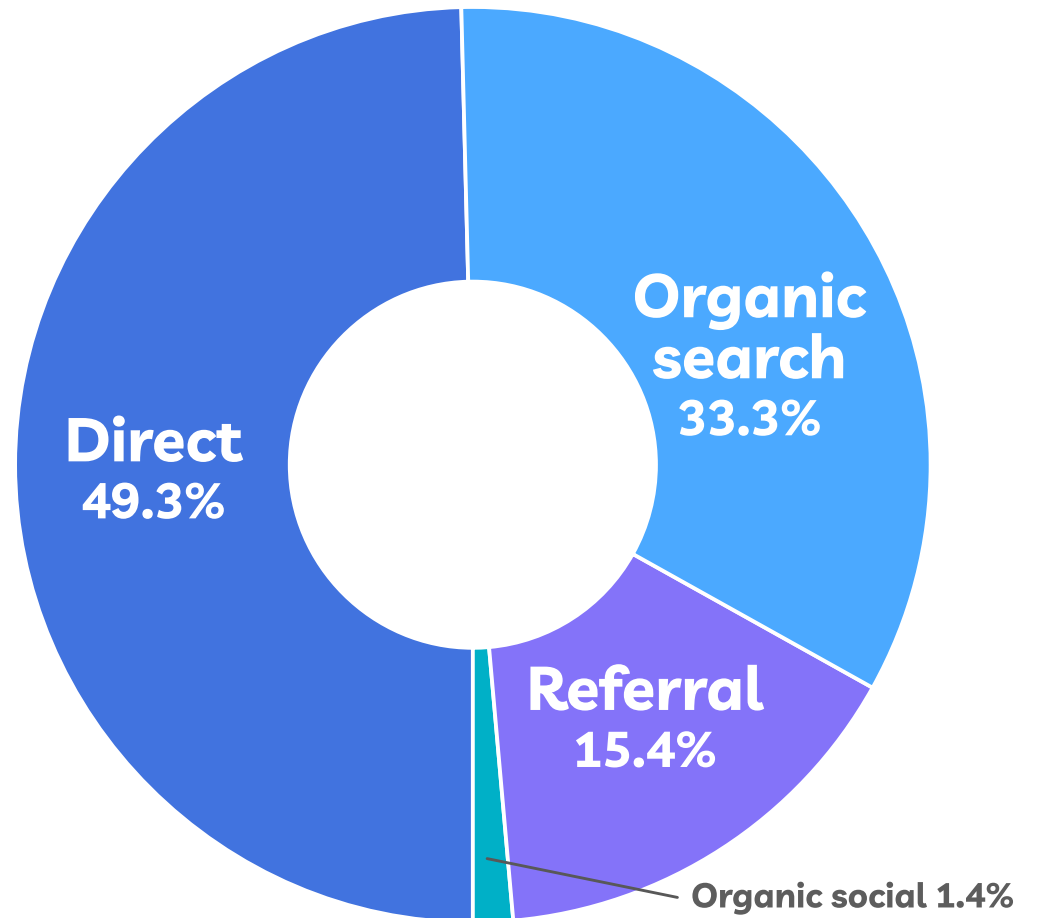
User acquisition

Direct is where the person types/pastes in a Live Well with Pain page address directly

Organic search is where a search engine (eg. Google) is used to find content

Referral is where a link on another site to Live Well with Pain's site has been clicked on

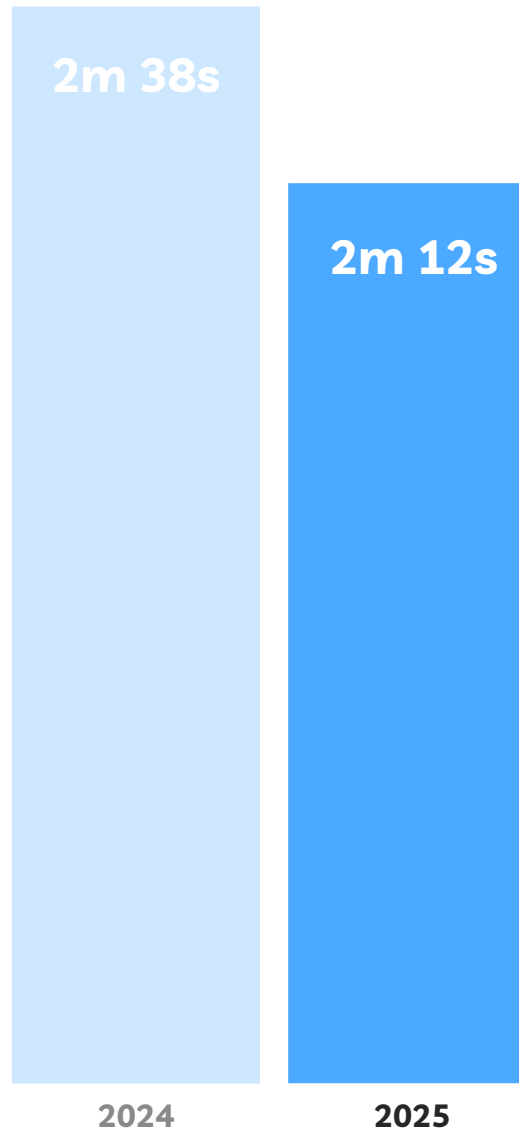
Organic social is where a link in a social media post has been clicked on



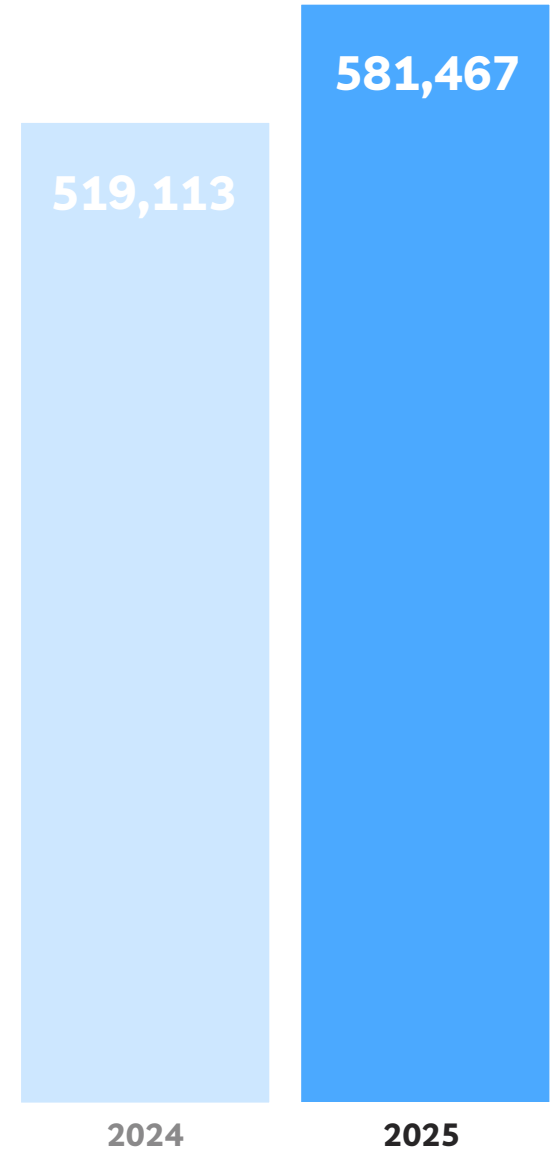
Average number of page views per user



Average user engagement time



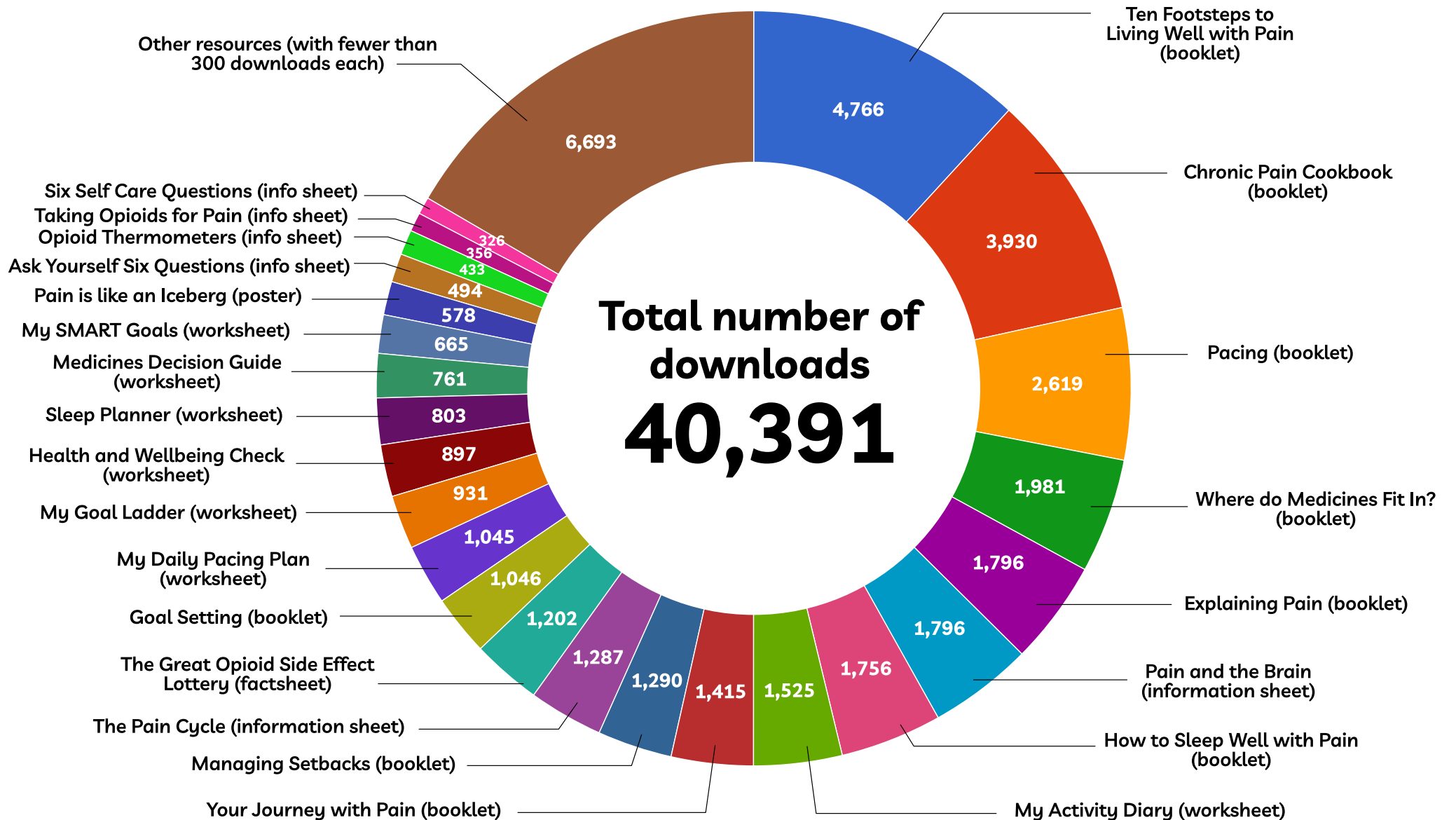
Total number of page views



10 most visited pages

1. / [home page]	110,778
2. /resources-for-people-with-pain/ten-footsteps-to-living-well-with-pain/	69,457
3. /resources-for-people-with-pain/	36,449
4. /ten-footsteps-programme/	35,153
5. /resources-for-people-with-pain/ten-footsteps-to-living-well-with-pain/pain-and-the-brain/	23,340
6. /resources-for-people-with-pain/nutrition-and-pain/hows-your-nutrition/nutrition-self-assessment/	18,325
7. /resources-for-people-with-pain/ten-footsteps-to-living-well-withpain/pacing/	12,868
8. /resources-for-people-with-pain/ten-footsteps-to-living-well-with-pain/acceptance/	11,028
9. /resources-for-people-withpain/shortcuts/	10,336
10. /resources-for-people-with-pain/ten-footsteps-to-living-well-with-pain/setting-goals/	7,944

PDF resources downloaded



Health and Wellbeing Check tool results

Number of people completing the tool during its first four months on the site (28/8/25 – 31/12/25)

1,161

Frequency with which 'other difficulties' were reported

Walking or moving about, lack of fitness and stamina	894
Balance or recurrent falls	483
Side effects or problems with current pain medication e.g. tablets etc.	345
Pain relief	650
Understanding why persistent pain occurs	427
An unhelpful pattern of activity of doing too much, getting more pain, then doing too little	637
Eating the right sort of foods, weight changes	524
Disturbed sleep, tiredness or lack of energy	927
Managing mood changes of depression, anger, anxiety or worry	733
Relationship difficulties: with partner, family etc, or sex life concerns	438
Remaining in work or returning to work and/or training	411
Financial or money difficulties	299
Other issues (eg: housing, leisure or social events, drinking, gambling or drug use)	225
None. I am not experiencing any other difficulties.	27