

Chronic Pain Questionnaire

This questionnaire was developed to help determine to what extent pain interferes with one's life. It serves a guide only and is not a formal, standardized screening test.

Answer each of the 10 questions listed below using the following 1-4 scale:

1 = Not at all true

2 = Hardly true

3 = Moderately true

4 = Exactly true

-I can do most of the things I want to do despite my pain.

-I have a positive attitude about my future.

-I can enjoy things despite my pain.

-I do not let my pain get me down.

-I am confident that I could deal efficiently with unexpected events despite my pain.

-I can socialize with friends and family.

-I can cope with pain in most situations.

-I can gradually become more active over time.

-I can get by with less medication on some days.

-I get the support I need family and friends.

Scoring: If you have had pain for more than six (6) months and your total score on this test is less than 20, your medical condition, mood, beliefs, attitudes, or your support system may be holding you back from recovery. You may benefit from participation in a multidisciplinary pain program.