Here are some opinions that people sometimes hold about pain. Read them carefully and show how much you agree or disagree with each one by ticking one of the numbers for each question. There are no right or wrong answers.

1. If I take good care of myself, I can usually avoid pain.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. Whether or not I am in pain in the future depends on the skill of the doctors.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. Whenever I am in pain, it is usually because of something I have done or not done.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. Being pain-free is largely a matter of luck.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. No matter what I do, if I am going to be in pain I will be in pain.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. Whether or not I am in pain depends on what the doctors do for me.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. I cannot get any help for my pain unless I go to seek medical help.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. When I am in pain I know that it is because I have not been taking proper exercise or eating the right food.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. Whether or not people are in pain is governed by accidental happenings.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. People's pain results from their own carelessness.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. I am directly responsible for my pain.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. Relief from pain is chiefly controlled by the doctors.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

1. People who are never in pain are just plain lucky.

\_\_ 1 Strongly disagree

\_\_ 2 Disagree

\_\_ 3 Mildly disagree

\_\_ 4 Mildly agree

\_\_ 5 Agree

\_\_ 6 Strongly agree

Internal Scale (IS) subscale (Add the scores of items 1, 3, 8, 10, 11): \_\_\_\_\_\_\_\_\_\_

Powerful Doctors (PD) subscale (Add the scores of items 2, 6, 7, 12): \_\_\_\_\_\_\_\_\_\_

Chance Happenings (CH) subscale (Add the scores of items 4, 5, 9, 13): \_\_\_\_\_\_\_\_\_\_

Suzanne M. Skevington (1990) A standardised scale to measure beliefs about controlling pain (B.P.C.Q.): A preliminary study, Psychology and Health, 4:3, 221-232, DOI: 10.1080/08870449008400392

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Capturing the concept of Locus of Control on a 6-point Likert-type scale:

INTERNAL SCALE (IS)

1. If **I** take good care of myself, I can usually avoid pain.

3. Whenever I am in pain, it is usually because of something I have done or not done.

8. When I am in pain, I know that it is because I have not been taking proper exercise or eating the right food.

10. People's pain results from their own carelessness.

11. I am directly responsible for my pain.

POWERFUL DOCTORS (PD)

2. Whether or not I am in pain in the future depends on the skill of the doctors.

6. Whether or not I am in pain depends on what the doctors do for me.

7. I cannot get any help for my pain unless I go to seek medical help.

12. Relief from pain is chiefly controlled by the doctors.

CHANCE HAPPENINGS (CH)

4. Being pain-free is largely a matter of luck.

5. No matter what I do, if I am going to be in pain I will be in pain.

9. Whether or not people are in pain is governed by accidental happenings.

13. People who are never in pain are just plain lucky.

Reference:

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