Instructions: Individuals who experience pain have developed a number of ways to cope, or deal with, their pain. These include saying things to themselves when they experience pain, or engaging in different activities. Below is a list of things that people have reported doing when they feel pain. For each activity, please indicate, using the scale below, how much your engage in that activity when you feel pain, where a 0 indicates you never do that when you are experiencing pain, a 3 indicates you sometimes do that when you are experiencing pain, and a 6 indicates you always do it when you are experiencing pain. Remember, you can use any point along the scale.

When I feel pain...

1. It is terrible and I feel it is never going to get any better.

\_0. Never do \_1. \_2. \_3. Sometimes do that \_4. \_5. \_6. Always do that

2. I feel I can't stand it anymore.

\_0. Never do \_1. \_2. \_3. Sometimes do that \_4. \_5. \_6. Always do that

Notes:

Single item scale: use just question 1

Two item scale: use both questions. Score for the two-item scale is the average of the two items.

References:

Rosenstiel AK, Keefe FJ. The use of coping strategies in chronic low back pain patients: relationship to patient characteristics and current adjustment. Pain 1983;17:33–44.

Jensen, MP & Keefe, FJ & Lefebvre, JC & Romano, Joan & Turner, JA. (2003). One- and two-item measures of pain beliefs and coping strategies. Pain. 104. 453-469. 10.1016/S0340-3959(03)00076-9.