Please choose one response for each question

In the past 7 days, when I was in pain I became irritable

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I grimaced

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I would lie down

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I moved extremely slowly

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I became angry

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I clenched my teeth

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I tried to stay very still

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I appeared upset or sad

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I gasped

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I asked for help doing things that needed to be done

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain it showed on my face (squinching eyes, opening eyes wide, frowning)

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain caused me to bend over while walking

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I asked one or more people to leave me alone

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I moved stiffly.

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I called out for someone to help me

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain caused me to curl up in a ball

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, I had pain so bad it made me cry

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I squirmed

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I used a cane or something else for support

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, I limped because of pain

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I became quiet and withdrawn

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I frowned

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I asked for help when walking or changing positions

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I groaned.

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I isolated myself from others

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I drew my knees up

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I moaned, whined or whimpered

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I flung my arms or limbs around

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I screamed.

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain my upper body would tense up

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I walked carefully

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I bit or pursed my lips

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I thrashed

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I protected the part of my body that hurt.

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain my body became stiff

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I clenched my jaw or gritted my teeth

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I winced

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I moved my limbs protectively

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

In the past 7 days, when I was in pain I avoided physical contact with others

1. Had no pain
2. Never
3. Rarely
4. Sometimes
5. Often
6. Always

Notes:

* Total raw score is sum of all items.
* T-score should be calculated based on the total score, using the tables in the scoring manual or an automated system such as Health Measures or REDCap.

Reference:

Revicki, D. A., Chen, W‐H., Harnam, N., Cook, K., Amtmann, D., Callahan, L. F., Jensen, M. P., & Keefe, F. J. (2009). Development and psychometric analysis of the PROMIS pain behavior item bank. Pain, 146(1‐2), 158‐69.