**Instructions:** The statements below are sometimes related to the experiences of people with chronic pain. Read each statement and then check the appropriate number beneath the statement to indicate how you *generally feel.* There are no right or wrong answers. Do not spend too much time on any one statement but give the answer that seems to describe how you generally feel.

1. I feel out of place in the world because I have chronic pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

2. I am embarrassed or ashamed that I have chronic pain

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

3. I feel inferior to others who don’t have chronic pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

4. I am disappointed in myself for having chronic pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

5. Having chronic pain has spoiled my life.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

6. People without chronic pain could not possibly understand me.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

7. Other people often use chronic pain to obtain narcotics.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

8. People with chronic pain should be able to tolerate pain better as time goes on.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

9. People with chronic pain cannot live a good, rewarding life.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

10. People can tell that I have pain by the way that I look.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

11. People with chronic pain tend to be exaggerating their pain for secondary gains (e.g., to get sympathy or compensation).

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

12. Chronic pain is often all in a person’s head

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

13. Stereotypes about people with pain apply to me.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

14. People discriminate against me because I have pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

15. People often patronize me, or treat me like a child, because I have chronic pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

16. People ignore me or take me less seriously just because I have chronic pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

17. Nobody would be interested in getting close to me because I have chronic pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

18. Others think that I can’t achieve much in life because I have pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

19. I avoid getting close to people who don’t have chronic pain to avoid rejection.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

20. I don’t socialize as much as I used to because of my pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

21. I don’t talk about myself much because I don’t want to burden others with my pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

22. Negative stereotypes about chronic pain keep me isolated from the “normal” world.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

23. Being around people who don’t have chronic pain makes me feel inadequate.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

24. I stay away from social situations in order to protect my family or friends from embarrassment.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

25. People with chronic pain make important contributions to society.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

26. I feel comfortable being seen in public with a person who obviously has chronic pain.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

27. Living with pain has made me a tough survivor.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

28. In general, I am able to live my life the way I want to.

\_ 1 Strongly Disagree \_ 2 Disagree \_ 3 Agree \_ 4 Strongly Agree

Scoring

The ISCP is comprised of 5 subscales: alienation, stereotype endorsement, discrimination experience, social withdrawal, and stigma resistance.

ISCP overall composite score is the mean of the subscales for alienation, discrimination experience, social withdrawal, and stigma resistance. The scale for stereotype endorsement is separately reported.

For subscales, calculate the mean (average) response

Alienation: questions 1, 2, 3, 4, 5, 6

Stereotype Endorsement: questions 7, 8, 9, 10, 11, 12, 13

Discrimination Experience: questions 14, 15, 16, 17, 18

Social Withdrawal: questions 19, 20, 21, 22, 23, 23

Stigma Resistance: reverse code (5 – response) questions 25, 26, 27, 28

Reference

Waugh OC, Byrne DG, Nicholas MK. Internalized stigma in people living with chronic pain. J Pain. 2014;15(5):550.e1-550.e5510.