

Appendix A

PAIN S-E QUESTIONNAIRE (PSEQ)

M.K.Nicholas, 1989

NAME: _____ DATE: _____

Please rate how **confident** you are that you can do the following things at present, **despite the pain**. To indicate your answer circle **one** of the numbers on the scale under each item, where 0 = not at all confident and 6 = completely confident.

For example:

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

Remember, this questionnaire is **not** asking whether or not you have been doing these things, but rather **how confident you are that you can do them at present, despite the pain**.

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1. I can enjoy things, despite the pain.

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

 2. I can do most of the household chores (e.g., tidying-up, washing dishes, etc.), despite the pain.

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

 3. I can socialise with my friends or family members as often as I used to do, despite the pain.

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

 4. I can cope with my pain in most situations.

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

 5. I can do some form of work, despite the pain. (“work” includes housework, paid and unpaid work).

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

 6. I can still do many of the things I enjoy doing, such as hobbies or leisure activity, despite pain.

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

 7. I can cope with my pain without medication.

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

 8. I can still accomplish most of my goals in life, despite the pain.

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

 9. I can live a normal lifestyle, despite the pain.

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident

 10. I can gradually become more active, despite the pain.

0	1	2	3	4	5	6	_____
Not at all							Completely
Confident							confident