

PCS Questionnaire

(Reference: Quartana et al. 2009)

Everyone experiences painful situations or different sensations at some point in their lives. Such experiences may include headaches, tooth pain, joint or muscle pain, bladder or bowel urgency or pelvic heaviness. People are often exposed to situations that may cause pain such as illness, injury, dental procedures or surgery.

We are interested in the types of thoughts and feelings that you have when you are in pain or have your bladder/bowel/prolapse symptoms. Listed below are 13 statements describing different thoughts and feelings that may be associated with this. Using the following scale, please indicate the degree to which you have these thoughts and feelings when you experience your symptom.

0 = not at all 1 = to a slight degree 2 = to a moderate degree 3 = to a great degree 4 = all the time

When I'm in pain or have my bladder/bowel/prolapse problem.....

- (H) _____ I worry all the time about whether the pain will end
- (H) _____ I feel I can't go on
- (H) _____ It's terrible and I think it's never going to get any better
- (H) _____ It's awful and I feel that it overwhelms me
- (H) _____ I feel I can't stand it anymore
- (M) _____ I become afraid that the pain will get worse
- (M) _____ I keep thinking of other painful events
- (R) _____ I anxiously want the pain to go away
- (R) _____ I can't seem to keep it out of my mind
- (R) _____ I keep thinking about how much it hurts
- (R) _____ I keep thinking about how badly I want the pain to stop
- (H) _____ There's nothing I can do to reduce the intensity of my pain
- (M) _____ I wonder whether something serious will happen

Total: _____