

Pain Self-Efficacy Questionnaire PSEQ-2

(Michael. K Nicholas, PhD, Brian E. McGuire, PhD, and Ali Asghari, PhD)

Please rate how **confident** you are that you can do the following things at present, **despite the pain / your problem**. 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.

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 / your problem.**

1. I can do some form of work, despite the pain / problem ("work" includes housework and paid and unpaid work)	0	1	2	3	4	5	6
	Not at all confident						Completely confident
2. I can live a normal lifestyle, despite the pain / problem	0	1	2	3	4	5	6