

Pain Stages of Change Questionnaire

(Reference: Kerns RD et al. Readiness to Adopt a self-management approach to chronic pain: the Pain Stages of Change Questionnaire. Pain 1997;72:227-234)

Name: _____ Date: _____

Please circle the number that best describes your feelings about the following statements:

1 = Strongly Disagree 2 = Disagree 3 = Neutral 4 = Agree 5 = Strongly Agree

I am developing new ways to cope with my pain.....	1	2	3	4	5	A
I have been thinking that the way I can cope with my pain could improve.....	1	2	3	4	5	C
I have tried everything that people have recommended to manage my pain and nothing helps.....	1	2	3	4	5	P
Even if my pain doesn't go away, I am ready to start changing how I deal with it.....	1	2	3	4	5	C
I have recently come to the conclusion that it's time for me to change how I cope with my pain.....	1	2	3	4	5	C
I have learned some good ways to keep my pain problem from interfering with my life.....	1	2	3	4	5	M
I am learning to help myself control my pain without doctors.....	1	2	3	4	5	A
Why can't someone just do something to take away my pain?.....	1	2	3	4	5	P
I have recently figured out that it's up to me to deal better with my pain.....	1	2	3	4	5	C
I have incorporated strategies for dealing with my pain into everyday life.....	1	2	3	4	5	M
I am using some strategies that help me better deal with my pain problem on a day-to-day basis.....	1	2	3	4	5	M
I have started to come up with strategies to help myself control my pain.....	1	2	3	4	5	A
My pain is a medical problem and I should be dealing with physicians about it.....	1	2	3	4	5	P
I have been thinking that doctors can only help so much in managing my pain and that the rest is up to me.....	1	2	3	4	5	C
I use what I have learned to help keep my pain under control.....	1	2	3	4	5	M
I still think despite what doctors tell me, there must be some surgical procedure or medication that would get rid of my pain.....	1	2	3	4	5	P
I have been wondering if there is something I could do to manage my pain better.....	1	2	3	4	5	C
All of this talk about how to cope better is a waste of my time.....	1	2	3	4	5	P
I am testing out some coping skills to manage my pain better.....	1	2	3	4	5	A
I am beginning to wonder if I need to get some help to cope with my pain problem.....	1	2	3	4	5	C
I am learning ways to control my pain other than with medication or surgery.....	1	2	3	4	5	A
I have made a lot of progress in coping with my pain.....	1	2	3	4	5	M
I have started to come up with strategies to help myself control my pain.....	1	2	3	4	5	C
Everybody I speak with tells me that I have to learn to live my pain, but I don't see why I should have to.....	1	2	3	4	5	P
I realize now that it's time for me to come up with a better plan to cope with my pain problem.....	1	2	3	4	5	C
I am currently using some suggestions people have made about how to live with my pain problem....	1	2	3	4	5	M
I'm starting to wonder whether it's up to me to manage my pain rather than relying on physicians....	1	2	3	4	5	C

The best thing I can do is find a doctor who can figure out how to get rid of my pain once and for all..	1	2	3	4	5	P
When my pain flares up, I find myself automatically using coping strategies that have worked in the past, such as relaxation exercises or mental distraction.....	1	2	3	4	5	M
I'm getting help learning some strategies for coping better with my pain.....	1	2	3	4	5	A

Totals: P = _____ C = _____ A = _____ M = _____