1. I’m getting on with my life no matter what my level of pain is

\_ 0. Never True \_1. Rarely True \_2. Sometimes True \_3. Often True \_4. Always True

2. My life is going well, even though I have chronic pain

\_ 0. Never True \_1. Rarely True \_2. Sometimes True \_3. Often True \_4. Always True

3. I am living a normal life with my chronic pain

\_ 0. Never True \_1. Rarely True \_2. Sometimes True \_3. Often True \_4. Always True

4. I need to concentrate on getting rid of my pain

\_ 0. Never True \_1. Rarely True \_2. Sometimes True \_3. Often True \_4. Always True

5. I do things that are important and things that are fun even though I have chronic pain

\_ 0. Never True \_1. Rarely True \_2. Sometimes True \_3. Often True \_4. Always True

6. Keeping my pain under control is the most important thing whenever I am doing something

\_ 0. Never True \_1. Rarely True \_2. Sometimes True \_3. Often True \_4. Always True

7. Before I can make any real plans, I have to get some control over my pain

\_ 0. Never True \_1. Rarely True \_2. Sometimes True \_3. Often True \_4. Always True

8. I avoid situations where pain might increase

\_ 0. Never True \_1. Rarely True \_2. Sometimes True \_3. Often True \_4. Always True

Reference:

Gauntlett-Gilbert J, Alamire B, Duggan GB. (2019). Pain acceptance in adolescents: Development of a short form of the CPAQ-A. *Journal of Pediatric Psychology, 44*(4):453-462. doi: 10.1093/jpepsy/jsy090