Below you will find a list of statements. Please rate how true each statement is for you right now by circling a number next to it.

1. I cancel planned activities when I am in pain.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

2. I say things like “I don’t have any energy”, I am not well enough”, “I don’t have time”, “I don’t dare”, I have too much pain”, “I feel too bad”, or “I don’t feel like it”.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

3. I need to understand what is wrong in order to move on.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

4. Because my pain, I no longer plan for the future.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

5. I avoid doing things when there is a risk it will hurt or make things worse.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

6. It is important to understand what causes my pain.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

7. I don’t do things that are important to me to avoid pain.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

8. I postpone things because of my pain.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

9. I would do almost anything to get rid of my pain

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

10. It’s not me that controls my life, it’s my pain.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

11. I avoid planning activities because of my pain.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

12. It is important that I learn to control my pain.

\_ 1. Never true

\_ 2. Very rarely true

\_ 3. Seldom true

\_ 4. Sometimes true

\_ 5. Often true

\_ 6. Almost always true

\_ 7. Always true

Notes:

Scoring: Add the items for each subscale as well for the total scale. No reversing is necessary.

Avoidance:

Sum of items: 1,2,4,5,7,8,10,11

Fusion:

Sum of items: 3,6,9,12

Total:

Sum of all items

Reference:

Wicksell, R.K., Lekander, M., Sorjonen, K. & Olsson, G.L. (2010) The psychological inflexibility in pain scale (PIPS) – Statistical properties and model fit of an instrument to assess change processes in pain related disability. *European Journal of Pain 14*, 771.e1-771.e14.