These statements describe ways of managing your pain. Please mark how much you agree or disagree with each statement. Make sure you answer based on how you feel right now, not how you have felt in the past or you would like to feel. Even if time has passed since you first made a change, if you continue to believe or use the strategy you should still agree (or strongly agree) with the statement.

Select the response that best described how much you agree or disagree RIGHT NOW with each statement.

1. I am developing new ways to cope with my pain.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

2. When my pain flares up, I use coping strategies that have worked in the past, such as relaxation exercise or distractions.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

3. I am using some strategies that help me better deal with my pain on a day-to-day basis.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

4. I have started to come up with strategies to help myself control my pain.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

5. I use what I have learned to help keep my pain under control.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

6. I am beginning to wonder if I need to get some help to develop skills for dealing with my pain.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

7. I have built strategies for dealing with my pain into my everyday life.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

8. I have recently come to the conclusion that it’s time for me to change how I cope with my pain.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

9. I still think that despite what doctors tell me, there must be some surgery or medicine that would get rid of my pain.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

10. 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 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

11. Why can’t someone just do something to take away my pain?

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

12. I am testing out some coping skills to manage my pain better.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

13. I have been wondering if there is something I could do to manage my pain better.

1 Strongly Disagree 2 Disagree 3 Undecided or Unsure 4 Agree 5 Strongly Agree

Notes

Scoring used in Adolescent Short Form PSOCQ13-A, 3 Factor validation:

Precontemplation: Sum (9+10+11)/3=\_\_\_

Contemplation: Sum (6+8+13)/3=\_\_\_

Action/Maintenance: Sum (1+2+3+4+5+7+12)/7=­­­\_\_\_

Reference

Guite, J. W., Logan, D. E., Simons, L. E., Blood, E. A., & Kerns, R. D. (2011). Readiness to change in pediatric chronic pain: initial validation of adolescent and parent versions of the Pain Stages of Change Questionnaire. Pain, 152(10), 2301–2311. https://doi.org/10.1016/j.pain.2011.06.019