

PAIN S-E QUESTIONNAIRE (PSEQ)
Nicholas, 2007

NAME: _____ DATE: _____

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

For example:

0	1	2	3	4	5	6
Not at all Confident						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.

1. I can enjoy things, despite the pain.

0	1	2	3	4	5	6
Not at all Confident						Completely confident

2. I can do most of the household chores (e.g., tidying-up, washing dishes, etc.), despite the pain.

0	1	2	3	4	5	6
Not at all Confident						Completely confident

3. I can socialise with my friends or family members as often as I used to do, despite the pain.

0	1	2	3	4	5	6
Not at all Confident						Completely confident

4. I can cope with my pain in most situations.

0	1	2	3	4	5	6
Not at all Confident						Completely confident

5. I can do some form of work, despite the pain. ("work" includes housework, paid and unpaid work).

0	1	2	3	4	5	6
Not at all Confident						Completely confident

6. I can still do many of the things I enjoy doing, such as hobbies or leisure activity, despite pain.

0	1	2	3	4	5	6
Not at all Confident						Completely confident

7. I can cope with my pain without medication.

0	1	2	3	4	5	6
Not at all Confident						Completely confident

8. I can still accomplish most of my goals in life, despite the pain.

0	1	2	3	4	5	6
Not at all Confident						Completely confident

9. I can live a normal lifestyle, despite the pain.

0	1	2	3	4	5	6
Not at all						Completely
Confident						confident

10. I can gradually become more active, despite the pain.

0	1	2	3	4	5	6
Not at all						Completely
Confident						confident

Nicholas, M. 2007. The pain self-efficacy questionnaire: Taking pain into account. European Journal of Pain, 11: 153–163.

SCORING

Total score <20: Low pain self- efficacy (e.g. less confident in managing pain)

Total score >40: High pain self-efficacy (e.g. more confident)