

Pain Stages of Change Questionnaire

<i>Precontemplation</i>	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1. I have tried everything that people have recommended to manage my pain and nothing helps.	1	2	3	4	5
2. My pain is a medical problem and I should be dealing with physicians about it.	1	2	3	4	5
3. Everybody I speak with tells me that I have to learn to live with my pain, but I don't see why I should have to.	1	2	3	4	5
4. 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
5. 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
6. Why can't someone just do something to take away my pain?	1	2	3	4	5
7. All of this talk about how to cope better is a waste of my time.	1	2	3	4	5
 <i>Contemplation</i>					
1. I have been thinking that the way I cope with my pain could improve.	1	2	3	4	5
2. I have recently realized that there is no medical cure for my pain condition, so I want to learn some ways to cope with it.	1	2	3	4	5

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
3. Even if my pain doesn't go away, I am ready to start changing how I deal with it.	1	2	3	4	5
4. 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
5. I am beginning to wonder if I need to get some help to cope with my pain problem.	1	2	3	4	5
6. I have recently figured out that it's up to me to deal better with my pain.	1	2	3	4	5
7. 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
8. 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
9. 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
10. I have been wondering if there is something I could do to manage my pain better.	1	2	3	4	5
<i>Action</i>					
1. I am developing new ways to cope with my pain.	1	2	3	4	5
2. I have started to come up with strategies to help myself control my pain.	1	2	3	4	5
3. I'm getting help learning some strategies for coping better with my pain.	1	2	3	4	5
4. I am learning to help myself control my pain without doctors.	1	2	3	4	5

	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
5. I am testing out some coping skills to manage my pain better.	1	2	3	4	5
6. I am learning ways to control my pain other than with medications or surgery.	1	2	3	4	5
<i>Maintenance</i>					
1. I have learned some good ways to keep my pain problem from interfering with my life.	1	2	3	4	5
2. When my pain flares up, I find myself automatically using coping strategies that have worked in the past, such as relaxation exercise or mental distraction.	1	2	3	4	5
3. 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
4. I use what I have learned to help keep my pain under control.	1	2	3	4	5
5. I am currently using some suggestions people have made about how to live with my pain problem.	1	2	3	4	5
6. I have incorporated strategies for dealing with my pain into my everyday life.	1	2	3	4	5
7. I have made a lot of progress in coping with my pain.	1	2	3	4	5