Instrument Title: Pain Catastrophizing Scale (child version and parent version)

Instrument Author: Crombez, Bijttebier, Eccleston, Mascagni, Mertens, Goubert and Verstraeten

Thoughts and feelings during pain

We are interested in what you think and how strong the feelings are when you are in pain. Below are 13 sentences of different thoughts and feelings you can have when you are in pain. Try to show us as clearly as possible what you think and feel by putting a circle around the word under each sentence that best reflects how strongly you have each thought.

1. When I am in pain, I worry all the time about whether the pain will end.

   NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

2. When I am in pain, I feel I can’t go on like this much longer.

   NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

3. When I am in pain, it’s terrible and I think it’s never going to get better.

   NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

4. When I am in pain, it’s awful and I feel that it takes over me

   NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

5. When I am in pain, I can’t stand it anymore

   NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

6. When I am in pain, I become afraid that the pain will get worse

   NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

7. When I am in pain, I keep thinking of other painful events

   NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

8. When I am in pain, I want the pain to go away

   NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

9. When I am in pain, I can’t keep it out of my mind

   NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

10. When I am in pain, I keep thinking about how much it hurts

    NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

11. When I am in pain, I keep thinking about how much I want the pain to stop

    NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

12. When I am in pain, there is nothing I can do to stop the pain.

    NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY

13. When I am in pain, I wonder whether something serious may happen

    NOT AT ALL    MILDLY    MODERATELY    SEVERELY    EXTREMELY