

# PAIN SELF EFFICACY QUESTIONNAIRE (PSEQ)

M.K.Nicholas (1989)

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 |   |   |   |   |   | Completely |
| Confident  |   |   |   |   |   | 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**.

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1. I can enjoy things, despite the pain.

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

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

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

Turn over

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 Completely  
Confident 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 Completely  
Confident confident

7. I can cope with my pain without medication.

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