

Chronic Pain Acceptance Questionnaire (CPAQ)

Directions: below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following rating scale to make your choices. For instance, if you believe a statement is 'Always True,' you would write a 6 in the blank next to that statement

	0	1	2	3	4	5	6
	Never true	Very rarely true	Seldom true	Sometimes true	Often true	Almost always true	Always true
1. I am getting on with the business of living no matter what my level of pain is							_____
2. My life is going well, even though I have chronic pain							_____
3. It's OK to experience pain							_____
4. I would gladly sacrifice important things in my life to control this pain better							_____ (____)
5. It's not necessary for me to control my pain in order to handle my life well							_____
6. Although things have changed, I am living a normal life despite my chronic pain							_____
7. I need to concentrate on getting rid of my pain							_____ (____)
8. There are many activities I do when I feel pain							_____
9. I lead a full life even though I have chronic pain.....							_____
10. Controlling pain is less important than any other goals in my life							_____
11. My thoughts and feelings about pain must change before I can take important steps in my life ...							_____ (____)
12. Despite the pain, I am now sticking to a certain course in my life							_____
13. Keeping my pain level under control takes first priority whenever I'm doing something							_____ (____)
14. Before I can make any serious plans, I have to get some control over my pain							_____ (____)
<i>Page 1 subtotal</i>							_____
0	1	2	3	4	5	6	

Reverse
score:
6 = 1
5 = 2
4 = 3
0 = 0

Never true Rarely Seldom Sometimes Often Almost always Always true

- 15. When my pain increases, I can still take care of my responsibilities _____
- 16. I will have better control over my life if I can control my negative thoughts about pain _____ (____)
- 17. I avoid putting myself in situations where my pain might increase _____ (____)
- 18. My worries and fears about what pain will do to me are true _____ (____)
- 19. It's a relief to realize that I don't have to change my pain to get on with my life _____
- 20. I have to struggle to do things when I have pain..... _____ (____)

TOTAL SCORE:	
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Reference:

(Adapted from) McCracken, L. M. , Vowles, K. E., & Eccleston, C. (2004). Acceptance of chronic pain: Component analysis and a revised assessment method. *Pain, 107*, 159-166.

Scoring:

Activities engagement: Sum items 1, 2, 3, 5, 6, 8, 9, 10, 12, 15, 19.

Pain willingness: reverse score items 4, 7, 11, 13, 14, 16, 17, 18, 20 and sum.

Total: activity engagement + pain willingness = *ACCEPTANCE - better functioning and higher satisfaction*

<i>High function</i>	<i>High function</i>	<i>Medium function</i>	<i>Low function</i>	<i>Low function</i>	<i>Very low</i>
<i>High satisfaction</i>	<i>medium satisfaction</i>	<i>low satisfaction</i>	<i>medium satisfaction</i>	<i>low satisfaction</i>	<i>very low</i>
100 – 120	80 – 100	60 – 80	40 – 60	20 – 40	0 - 20