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        Very  Seldom  Sometimes  Often  Almost  Always
true       rarely  true     true     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 ………. _____ (_____)

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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:

Reference:


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

<table>
<thead>
<tr>
<th>High function</th>
<th>High function</th>
<th>Medium function</th>
<th>Low function</th>
<th>Low function</th>
<th>Very low</th>
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<tbody>
<tr>
<td>High satisfaction</td>
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<td>low satisfaction</td>
<td>medium satisfaction</td>
<td>low satisfaction</td>
<td>very low</td>
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<tr>
<td>100 – 120</td>
<td>80 – 100</td>
<td>60 – 80</td>
<td>40 – 60</td>
<td>20 – 40</td>
<td>0 - 20</td>
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