

# PAIN COPING INVENTORY (PCI)

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Name : Sex : Male/Female

Date of birth : Present date :

Achieved level of education :

Do you use pain medication : Yes/No

## Instruction:

People who suffer from pain develop various ways to manage this pain. On the next pages are a number of statements about what you do or think when you are in pain.

We ask you to indicate how often you act or think as described. You do this by circling one of the possible answers behind the statement.

Below you find an **example** of the manner in which you can reply to the statements.

## EXAMPLE

If you **sometimes** take a bath or shower when you are in pain you circle the number **2**:

	hardly ever	some- times	often	very often
I take a bath or shower	1	2	3	4

Take your time when you work from one statement to the next. There are no right or wrong answers: it is rather your opinion that matters. It goes without saying that not all statements will apply to you. Please complete the following inventory.

	hardly ever	some- times	often	very often
1. I quit my activities.	1	2	3	4
2. I continue my activities, but with less effort.	1	2	3	4
3. I continue my activities, but in a slower pace.	1	2	3	4
4. I continue my activities, but less precise.	1	2	3	4
5. I confine myself to simple activities.	1	2	3	4
6. I take care that I don't have to exert myself physically.	1	2	3	4
7. I take rest by sitting or lying down.	1	2	3	4
8. I take on a comfortable bodily posture.	1	2	3	4
9. I take a bath or shower.	1	2	3	4
10. I take care that I don't get upset.	1	2	3	4
11. I retreat in a restful environment.	1	2	3	4
12. I take care that I am not bothered by annoying sounds.	1	2	3	4
13. I take care that I am not bothered by the light (e.g. by putting on sunglasses, closing the curtains).	1	2	3	4
14. I take care of what I eat or drink.	1	2	3	4
15. I pretend the pain is not present.	1	2	3	4
16. I pretend the pain does not concern my body.	1	2	3	4
17. I focus on the pain all the time.	1	2	3	4
18. I imagine the pain less violent than it really is.	1	2	3	4
19. I think of pleasant things or events.	1	2	3	4

	hardly ever	some- times	often	very often
20. I distract myself by undertaking a physical activity (e.g. walking, cycling or swimming).	1	2	3	4
21. I distract myself by reading, listening to music, watching a tv-programme or something like it.	1	2	3	4
22. I do something I find pleasant.	1	2	3	4
23. I self-administer other physical stimuli (e.g. by clenching my fists, by pinching myself, by pressing or rubbing on the site of the pain).	1	2	3	4
24. I think of all things that remain undone because I am in pain.	1	2	3	4
25. I start worrying.	1	2	3	4
26. I wonder about the cause of the pain.	1	2	3	4
27. I think that the pain will worsen.	1	2	3	4
28. I think of moments when I was not in pain.	1	2	3	4
29. I think I go mad with pain.	1	2	3	4
30. I remember other people's difficulties.	1	2	3	4
31. I think that others do not understand what it is to be in such pain.	1	2	3	4
32. I separate myself.	1	2	3	4
33. When I am outdoors I try to return home as soon as possible.	1	2	3	4
34. a. I have a way of my own to lessen the pain or make it more bearable.	1	2	3	4
b. Which way: .....				
.....				

**PLEASE CHECK IF YOU MARKED ALL STATEMENTS**