Chronic Pain Acceptance Questionnaire, 8 items (CPAQ-8)

Name: _____ Date: _____

Below you will find a list of statements. Please rate the truth of each statement as it applies to you and your pain. Use the following scale to make your choice: 0 = Never true, 1 = Very rarely true, 2 = Seldom true, 3 = Sometimes true, 4 = Often true, 5 = Almost always true, 6 = Always true.

1. I am getting on with the business of living no matter what my level of pain is.

[ ] 0 = Never true	0
[ ] 1 = Very rarely true	1
[ ] 2 = Seldom true	2
[ ] 3 = Sometimes true	3
[ ] 4 = Often true	4
[ ] 5 = Almost always true	5
[ ] 6 = Always true	6

2. Keeping my pain level under control takes first priority whenever I am doing something.

[ ] 0 = Never true	6
[ ] 1 = Very rarely true	5
[ ] 2 = Seldom true	4
[ ] 3 = Sometimes true	3
[ ] 4 = Often true	2
[ ] 5 = Almost always true	1
[ ] 6 = Always true	0

3. Although things have changed, I am living a normal life despite my chronic pain.

[ ] 0 = Never true	0
[ ] 1 = Very rarely true	1
[ ] 2 = Seldom true	2
[ ] 3 = Sometimes true	3
[ ] 4 = Often true	4
[ ] 5 = Almost always true	5
[ ] 6 = Always true	6

4. Before I can make any serious plans, I have to get some control over my pain.

[ ] 0 = Never true	6
[ ] 1 = Very rarely true	5
[ ] 2 = Seldom true	4
[ ] 3 = Sometimes true	3
[ ] 4 = Often true	2
[ ] 5 = Almost always true	1
[ ] 6 = Always true	0

5. I lead a full life even though I have chronic pain.

[ ] 0 = Never true	0
[ ] 1 = Very rarely true	1
[ ] 2 = Seldom true	2
[ ] 3 = Sometimes true	3
[ ] 4 = Often true	4
[ ] 5 = Almost always true	5
[ ] 6 = Always true	6

6. When my pain increases, I can still take care of my responsibilities.

[ ] 0 = Never true	0
[ ] 1 = Very rarely true	1
[ ] 2 = Seldom true	2
[ ] 3 = Sometimes true	3
[ ] 4 = Often true	4
[ ] 5 = Almost always true	5
[ ] 6 = Always true	6

7. I avoid putting myself in situations where my pain might increase.

[ ] 0 = Never true	6
[ ] 1 = Very rarely true	5
[ ] 2 = Seldom true	4
[ ] 3 = Sometimes true	3
[ ] 4 = Often true	2
[ ] 5 = Almost always true	1
[ ] 6 = Always true	0

8. My worries and fears about what pain will do to me are true.

[ ] 0 = Never true	6
[ ] 1 = Very rarely true	5
[ ] 2 = Seldom true	4
[ ] 3 = Sometimes true	3
[ ] 4 = Often true	2
[ ] 5 = Almost always true	1
[ ] 6 = Always true	0

Scoring

Sum of the 8 items after reverse scoring the four Pain Willingness items (2, 4, 7, 8). Each item 0 to 6. Subscales: Activity Engagement (items 1, 3, 5, 6) and Pain Willingness (items 2, 4, 7, 8), each 0 to 24. Total 0 to 48.

Activity engagement (0 to 24): _____

Pain willingness (0 to 24): _____

CPAQ-8 total (0 to 48): _____

Source: Fish, R. A., McGuire, B., Hogan, M., Morrison, T. G., & Stewart, I. (2010). Validation of the chronic pain acceptance questionnaire (CPAQ) in an Internet sample and development and preliminary validation of the CPAQ-8. Pain, 149(3), 435-443.

Online calculator and more: physiotutors.com/questionnaires