

info@overcomingpain.com



CHRONIC PAIN RISK FACTORS QUESTIONNAIRE

The following questionnaire will help you identify the relative contribution of different physical, environmental and psychological stressors and risk-factors to your pain. This questionnaire is based on known risk factors for chronic pain. Read each statement carefully and place a tick in the box to indicate whether that statement is 'True' for you or false ('not true'). If it is not possible to give a strong yes or no response, answer by selecting sometimes.

Try and answer in terms of how you really feel rather than what you think is the right thing to say.

Note: Part one looks at your childhood experiences.

Part two looks at your life and your feelings and reactions now.

'Note; This questionnaire is designed to assess the contribution that stress and psychological factors may be making to your pain. The questionnaire is not designed to assess the causal factors underlying mechanical pain.'

To answer just click the radio button which is most true for you., if you make a mistake just click the radio button you intended to indicate.

Give yourself two(2) points for every 'true' response and one(1) point for every 'sometimes' response.

Part One: <i>When I was young:</i>			
	Yes/True	Sometimes	No/False
1. I did not have anyone to talk to or tell my problems to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I could not show my feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Nobody listened to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. My parents fought a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. We moved around a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. I did not know one or both of my real parents.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I was not raised by my real parents.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. One of my parents abused drugs or alcohol.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. One of my parents had a mental illness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. One of my parents committed suicide.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. One of my parents went to jail.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I often felt unsafe.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I was criticised a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I was hurt or punished physically a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I was sexually abused.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
ACE SCORE			
Part Two: Now			
	Yes/True	Sometimes	No/False
16. I have recently lost my job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I have recently gone through a stressful marital break-up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I have recently lost someone I loved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. There are things going on around me over which I feel I have no control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I have a lot of health problems	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
PS SCORE			
21. I often don't know what I'm feeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I have feelings I can't quite identify	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I prefer not to talk about my feelings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I'm often confused about what emotion I'm feeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I don't know what's going on inside me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
AI SCORE			
26. Sometimes I have disturbing memories or dreams about the past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. Sometimes I find myself suddenly acting or feeling as if a past stressful event were happening again	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I often feel distant or cut-off from people	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>

29. I often feel "super alert" or watchful or on-guard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. I avoid certain activities or situations that they remind me of stressful experiences from the past.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
TS SCORE			
31. I often feel that I have nothing to look forward to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. I often feel worthless as a person	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. I often feel that life is meaningless	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. I find it difficult to feel positive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. I find it hard to feel motivated about doing things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
D SCORE			
TOTAL SCORE			

If you wish you can print this page with all your responses, or [download the questionnaire](#) complete the table then refer to the links for results.

Scoring:

Give yourself **two(2) points** for every 'true' response and **one(1) point** for every 'sometimes' response.

TOTAL	
ACE	
PS	
AI	
TS	
D	

Results can be determined by clicking the appropriate link below.

[If total score was less than 6](#)

[If total score was 6 or more](#)

[If ACE score is 4 or more](#)

[If the PS score is more than 2 and the ACE score is over 4](#)

[If the PS score is more than 2 and the ACE score is under 4](#)

[If AI score is more than 2, regardless of other responses](#)

[If AI score is 2 and the ACE score is over 4 or the PS and/or TS score is over 2](#)

[If TS score was more than 3](#)

If D score is more than 3, ACE is 4 or more and PS and/or TS is over 2

If ACE score is under 4 and PS & TS scores are under 2

All rights and copyright of this questionnaire belong to ©2011 Mark Grant