

THE PAIN BELIEFS QUESTIONNAIRE

For each item please indicate your opinion by underlining one of the following words in each sentence: always, almost always, often, sometimes, rarely, never. There are no right or wrong answers; it is important that you respond according to your actual beliefs, not according to how you feel you should believe, or how you think we want you to believe.

1. Pain is the result of damage to the tissues of the body.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
2. Physical exercise makes pain worse.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
3. It is impossible to do much for oneself to relieve pain.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
4. Being anxious makes pain worse.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
5. Experiencing pain is a sign that something is wrong with the body.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
6. When relaxed pain is easier to cope with.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
7. Being in pain prevents you from enjoying hobbies and social activities.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
8. The amount of pain is related to the amount of damage.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
9. Thinking about pain makes it worse.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
10. It is impossible to control pain on your own.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
11. Pain is a sign of illness.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never
12. Feeling depressed makes pain seem worse.
i. always ii. almost always iii. Often iv. Sometimes v. Rarely vi. Never

References:

- Edwards, L. C., Pearce, S. A., Turner-Stokes, L., & Jones, A. (1992). The pain beliefs questionnaire: an investigation of beliefs in the causes and consequences of pain. *Pain*, 51(3), 267-272.
- Alaca, N., Kaba, H., & Atalay, A. (2020). Associations between the severity of disability level and fear of movement and pain beliefs in patients with chronic low back pain. *Journal of Back and Musculoskeletal Rehabilitation*, 33(5), 785-791.
- Alaca, N. (2019). The relationships between pain beliefs and kinesiophobia and clinical parameters in Turkish patients with chronic knee osteoarthritis: a cross-sectional study. *J Pak Med Assoc*, 69(6), 823-7.