

PFOPQ

These questions ask about how you look at your child's pain *when your child hurts or is in pain for a few hours or days*. Please read each statement carefully. Circle the number that shows how much you agree or disagree with each statement.

| | Strongly Disagree | Disagree | Unsure | Agree | Strongly Agree |
|---|-------------------|----------|--------|-------|----------------|
| 1. I think that being at school makes or would make my child's pain worse. | 0 | 1 | 2 | 3 | 4 |
| 2. I try to avoid activities that cause my child's pain. | 0 | 1 | 2 | 3 | 4 |
| 3. When my child is in pain, I am afraid that something terrible will happen. | 0 | 1 | 2 | 3 | 4 |
| 4. I believe that my child cannot go back to school until his/her pain is treated. | 0 | 1 | 2 | 3 | 4 |
| 5. My child's feelings of pain are scary for me. | 0 | 1 | 2 | 3 | 4 |
| 6. My child's pain controls my life. | 0 | 1 | 2 | 3 | 4 |
| 7. I can't let my child do all the things that normal people can do because it is so easy to hurt his/her body. | 0 | 1 | 2 | 3 | 4 |
| 8. I think that doing school work increases my child's pain. | 0 | 1 | 2 | 3 | 4 |
| 9. My child's pain causes my heart to pound or race. | 0 | 1 | 2 | 3 | 4 |
| 10. I avoid making plans because of my child's pain. | 0 | 1 | 2 | 3 | 4 |
| 11. I think if my child's pain gets too bad, it will never get better. | 0 | 1 | 2 | 3 | 4 |
| 12. I cancel plans when my child is in pain. | 0 | 1 | 2 | 3 | 4 |
| 13. I find it difficult to calm my body down when my child is in pain. | 0 | 1 | 2 | 3 | 4 |
| 14. When my child is in pain, I stay away from other people. | 0 | 1 | 2 | 3 | 4 |

| | Strongly Disagree | Disagree | Unsure | Agree | Strongly Agree |
|---|--------------------------|-----------------|---------------|--------------|-----------------------|
| 15. When my child is in pain, I say things like “I don’t have any energy”, “I just can’t”, “my child has too much pain”, or “I don’t feel like it”. | 0 | 1 | 2 | 3 | 4 |
| 16. My child does not go to school because I think it makes the pain worse. | 0 | 1 | 2 | 3 | 4 |
| 17. When the pain comes on strong I think that my child might become permanently injured or more disabled. | 0 | 1 | 2 | 3 | 4 |
| 18. I am afraid that when my child’s pain starts it's going to be really bad. | 0 | 1 | 2 | 3 | 4 |
| 19. My world has become small because of my child’s pain. | 0 | 1 | 2 | 3 | 4 |
| 20. I think that being careful to not make any unnecessary movements is the safest thing my child can do to stop the pain from worsening. | 0 | 1 | 2 | 3 | 4 |
| 21. I am afraid that my child might hurt him/herself if (s)he exercises. | 0 | 1 | 2 | 3 | 4 |