

PPAQ

These questions ask about how you look at your child's pain. Circle the number that shows how true each statement is for you.

	Never true	Rarely true	Sometimes true	Often true	Always true
1. I am getting on with life no matter what the level of my child's pain is.	0	1	2	3	4
2. My life is going well, even though my child has chronic pain.	0	1	2	3	4
3. I am OK when my child experiences pain.	0	1	2	3	4
4. It's not necessary for me to control my child's pain in order to handle life better.	0	1	2	3	4
5. Although things have changed for me, I feel I am living a normal life despite my child's chronic pain.	0	1	2	3	4
6. I need to concentrate on getting rid of my child's pain.	0	1	2	3	4
7. I do many activities even when my child feels pain.	0	1	2	3	4
8. I lead a full life even though my child has chronic pain.	0	1	2	3	4
9. Controlling my child's pain is less important to me than other goals in life.	0	1	2	3	4
10. I must change my thoughts and feelings about my child's pain before I can take important steps in life.	0	1	2	3	4
11. Despite my child's pain, I am now sticking to a certain plan in life.	0	1	2	3	4
12. I must keep my feelings about my child's pain under control whenever I do something.	0	1	2	3	4
13. I can still take care of my responsibilities when my child's pain increases.	0	1	2	3	4
14. I will have better control over my life if I can control negative thoughts about my child's pain.	0	1	2	3	4
15. I fear that my worries about what pain will do to my child are true.	0	1	2	3	4