

CPAQ-P

Description

The Chronic Pain Acceptance Questionnaire for Parents consists of 16 items intended to assess parent perceptions of their child's pain acceptance. The scale was developed from the CPAQ, a valid and reliable measure of acceptance in both adults (CPAQ) and adolescents (CPAQ-A) with chronic pain. The CPAQ for parents contains two subscales: activity engagement (9 items) and pain willingness (7 items). Activity engagement reflects the degree of participation in regular daily activities in the presence of pain. Pain willingness reflects the absence of attempts to avoid or control pain, the degree to which pain is permitted to be a part of an individual's life experience. To create a parent version of this measure, we retained the response scale from the adult version of 0 = "never true" to 6 = "always true." Each item was modified to reflect the parents' perspective with some items also slightly simplified or clarified. The total scale score reflects an overall perception of their child's pain acceptance. Higher scores indicate more positive perceptions. This multidimensional instrument demonstrated strong internal consistency estimates for the total scale and subscales ($\alpha = .81$ to $.89$). Construct validity was established with significant correlations between the CPAQ and measures of parent pain catastrophizing and parent fear of pain. (Simons et al, 2011).

Scoring

Activity Engagement (9 items)

Items # 1, 2, 3, 5, 6, 7, 8, 11, 15

Pain Willingness (7 items)

Items # 4*, 9*, 10, 12*, 13, 14*, 16

Items with "*" must be reverse coded (0=4, 1=3, 2=2, 3=1, 4=0)

To cite

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CPAQ-Parent Report

These questions ask about how you look at your child's pain. Please read each statement carefully. Circle the number that shows how much you agree or disagree with each statement.

| | Never true | 1 | Seldom true | Sometimes true | Often true | 5 | Always true |
|--|------------|---|-------------|----------------|------------|---|-------------|
| 1. My child is getting on with life no matter what the level of pain is. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. My child's life is going well, even though (s)he has chronic pain. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. Although things have changed, my child is living a normal life despite chronic pain. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. My child needs to concentrate on getting rid of his/her pain. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. There are many activities my child does when feeling pain. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. My child leads a full life even though (s)he has chronic pain. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. Controlling pain is less important than other goals in my child's life. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. Despite the pain, my child is now sticking to a certain plan in life. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. Keeping my child's pain level under control takes first priority whenever (s)he is doing something. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. Before my child can make any serious plans, (s)he has to get some control over their pain. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. When my child's pain increases, (s)he can still take care of responsibilities. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. My child will have better control over life if (s)he can control negative thoughts about pain. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13. My child avoids putting themselves in situations where pain might increase. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14. My child's worries and fears about what pain will do to him/her are true. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15. It's a relief to realize that my child doesn't have to change their pain to get on with living life. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16. My child has to struggle to do things when (s)he has pain. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |