

Parent Pain Acceptance Questionnaire (PPAQ)

The Parent Pain Acceptance Questionnaire consists of 15 items intended to assess parents' own acceptance of their child's pain. This scale was initially **developed and** tested with patients at an outpatient headache clinic and a day hospital pain rehabilitation program. Respondents answer each question on a 5-point Likert-type scale ranging from "never true" to "always true." The total scale score reflects parents' acceptance of their child's pain, and the two subscale scores reflect: Activity Engagement, and Acceptance of Pain-Related Thoughts and Feelings. Five items are negatively worded in an effort to increase the likelihood of valid responding. These items are reverse scored for computing scale scores. Higher scores signify greater parent acceptance of child pain. This multidimensional instrument demonstrated **strong internal consistency** estimates for the total scale ($\alpha = .88$) and both subscales (Activity Engagement, $\alpha = .89$; Acceptance of Pain-Related Thoughts and Feelings, $\alpha = .75$). Construct validity was established with significant correlations that were positive between the PPAQ and child pain acceptance, and negative between the PPAQ and parent pain catastrophizing, parent protectiveness and minimizing, and child functional disability (Smith et al, 2014).

The PFOPQ consists of two subscales that are labeled accordingly (those items marked with asterisks are reverse coded for computing the scale scores):

Activity Engagement: _____ 11 items

Items # 1, 2, 3, 4, 5, 6*, 7, 8, 9, 11, 13

Acceptance of Pain-Related Thoughts and Feelings: 4 items

Items # 10*, 12*, 14*, 15*

To cite:

Smith, A., Sieberg, C., Odell, S., Randall, E., & Simons, L. (2014). (509) Living life despite my child's pain: The Parent Pain Acceptance Questionnaire (PPAQ). *The Journal of Pain, 15*(4).

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