

## **PPST**

### Description

The Pediatric Pain Screen Tool consists of nine items intended to identify a patient's risk status (high, medium, or low) of poor pain-related outcome using established psychosocial prognostic factors. The tool was developed in collaboration with Jonathan Hill, PhD at Keele University, as a modified version of the draft musculoskeletal version of the SBST, the Keele STarT Back Screening Tool (SBST). The SBST was designed to identify a patient's risk status (high, medium, or low) of poor clinical outcomes using established biopsychosocial prognostic factors and was used for adults. The PPST is adapted for the pediatric population and contains two subscales: physical and psychosocial. The PPST physical subscale consists of 4 items assessing: (1) comorbid pain, (2) ambulating, (3) attending school, and (4) sleep. The psychosocial subscale consists of 5 items assessing: (1) pain catastrophizing, (2) pain-related fear, (3) general anxiety, (4) depression, and (5) pain bothersomeness. For items 1 to 8, respondents check "agree" or "disagree." All "agree" responses are scored as 1. For item 9, patients check boxes with ratings from "not at all" to "a whole lot." The ratings "a lot" and "a whole lot" are scored as 1, whereas the lower ratings of "not at all", "a little", and "some" are scored as 0. Summing all items, PPST total scores range from 0 to 9. Psychosocial subscale scores range from 0 to 5 and 0 to 4 for the physical subscale. 7 of the items were reworded from the SBST to be more appropriate for a pediatric sample, whereas 2 items from the physical subscale were replaced. The low-risk group was defined as a PPST total score of 0 to 2 (PPST total cutoff for disability minus the PPST psychosocial subscale cutoff for psychosocial distress). For the high-risk group, a score of 3 or greater for the PPST psychosocial subscale was defined as high-risk, and last, a total PPST score greater than or equal to 3 and psychosocial subscale 0 to 2 were defined as medium risk.

### Scoring

Low risk: total score = 0-2

Medium risk: total score = greater than or equal to 3, psychosocial score = 0-2

High risk: psychosocial subscale score = greater than or equal to 3

### How to cite

Simons L.E., Smith A., Ibagón C. Pediatric Pain Screening Tool: rapid identification of risk in youth with pain complaints. *Pain*. 2015;156:1511–1518.

**PPST**  
**Child and Adolescent Form**

Thinking about the **last 2 weeks** check your response to the following statements:

	<b>Disagree</b>	<b>Agree</b>
1 My pain is in more than one body part.	<input type="checkbox"/>	<input type="checkbox"/>
2 I can only walk a short distance because of my pain.	<input type="checkbox"/>	<input type="checkbox"/>
3 It is difficult for me to be at school all day.	<input type="checkbox"/>	<input type="checkbox"/>
4 It is difficult for me to fall asleep and stay asleep at night.	<input type="checkbox"/>	<input type="checkbox"/>
5 It's not really safe for me to be physically active.	<input type="checkbox"/>	<input type="checkbox"/>
6 I worry about my pain a lot.	<input type="checkbox"/>	<input type="checkbox"/>
7 I feel that my pain is terrible and it's never going to get any better.	<input type="checkbox"/>	<input type="checkbox"/>
8 In general, I don't have as much fun as I used to.	<input type="checkbox"/>	<input type="checkbox"/>

9. Overall, how much has pain been a problem in the last 2 weeks?

Not at all

A little

Some

A lot

A whole lot