

## Pain Vigilance and Awareness Questionnaire (PVAQ) – Child Version

Please read the sentences below and choose a number between 0 (never) and 5 (always) that best describes you.

	Never					Always
<b>1. I am very sensitive to pain</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
2. I am aware of quick changes in pain	0	1	2	3	4	5
<b>3. I am quick to notice when pain goes up or down</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
4. I am quick to notice effects of medicines on pain	0	1	2	3	4	5
<b>5. I am quick to notice if pain moves to another place on my body</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
6. I focus on feelings of pain	0	1	2	3	4	5
<b>7. I notice pain even if I am busy with another activity</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
8. I know right away when pain starts or gets worse	0	1	2	3	4	5
<b>9. When I do something that makes pain worse, the first thing I do is check to see how much worse it got</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
10. I know right away when pain levels go down	0	1	2	3	4	5
<b>11. I am more aware of pain than other people</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
12. I pay close attention to pain	0	1	2	3	4	5
<b>13. I keep track of my pain level</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
14. I become distracted by pain	0	1	2	3	4	5