



CHRONIC PAIN ACCEPTANCE QUESTIONNAIRE

Name: _____

DOB: _____

Please rate your daily pain on a scale of 0-10. _____

Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following rating scale to make your choices. For instance, if you believe a statement is 'Always True,' you would write a 6 in the blank next to that statement.

0	1	2	3	4	5	6
Always true	Almost true	Often true	Sometimes true	Seldom true	Very Rarely true	Never true

- _____ 1. I am getting on with the business of living no matter what my level of pain is.
- _____ 2. My life is going well, even though I have chronic pain.
- _____ 3. It's OK to experience pain.
- _____ 4. I would gladly sacrifice important things in my life to control my pain better.
- _____ 5. It's not necessary for me to control my pain in order to handle my life well.
- _____ 6. Although things have changed, I am living a normal life despite my chronic pain.
- _____ 7. I need to concentrate on getting rid of my pain.
- _____ 8. There are many activities I do when I feel pain.
- _____ 9. I lead a full life even though I have chronic pain.
- _____ 10. Controlling my pain is less important than any other goals in my life.
- _____ 11. My thoughts and feelings about pain must change before I can take important steps in my life.
- _____ 12. Despite the pain, I am now sticking to a certain course in my life.
- _____ 13. Keeping my pain level under control takes first priority whenever I'm doing something.
- _____ 14. Before I can make any serious plans, I have to get some control over my pain.
- _____ 15. When my pain increases, I can still take care of my responsibilities.
- _____ 16. I will have better control over my life if I can control my negative thoughts about pain.
- _____ 17. I avoid putting myself in situations where my pain might increase.
- _____ 18. My worries and fears about what pain will do to me are true.
- _____ 19. It's a great relief to realize that I don't have to change my pain to get on with life.
- _____ 20. I have to struggle to do things when I have pain.



Chronic Pain Acceptance Questionnaire – Revised (CPAQ-R)

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The 20-item CPAQ-revised has been designed to measure acceptance of pain. The acceptance of chronic pain is thought to reduce unsuccessful attempts to avoid or control pain and thus focus on engaging in valued activities and pursuing meaningful goals.

There have been 2 factors identified in the CPAQ-Revised:

(1) Activity engagement (pursuit of life activities regardless of pain). Items – 1, 2, 3, 5, 6, 8, 9, 10, 12, 15, 19.

(2) Pain willingness (recognition that avoidance and control are often unworkable methods of adapting to chronic pain). Items – 4, 7, 11, 13, 14, 16, 17, 18, 20.

Scoring: The items on the CPAQ are rated on a 7-point scale from 0 (never true) to 6 (always true). To score the CPAQ, add the items for Activity engagement and Pain willingness to obtain a score for each factor. To obtain the total score, add the scores for each factor together. Lower scores indicate higher levels of acceptance

Reliability: The CPAQ-Revised demonstrates very good to excellent internal consistency, with alphas of .82 (Activity engagement) and .78 (Pain willingness).

Validity: The CPAQ shows moderate to high correlations with measures of avoidance, distress, and daily functioning. The 2 factors of the CPAQ-revised have been found to significantly predict pain-related disability and distress, thus demonstrating predictive validity.

References:

McCracken, L. M., Vowles, K. E. & Eccleston, C. (2004). Acceptance of chronic pain: component analysis and a revised assessment method. *Pain, 107*, 159-166.

McCracken, L. M., Vowles, K. E., & Eccleston, C. (2005). Acceptance-based treatment for persons with complex, long standing chronic pain: a preliminary analysis of treatment outcome in comparison to a waiting phase. *Behavior Research and Therapy, 43*, 1335-1346.

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