

Name:

Date of birth:

Pain Self Efficacy Questionnaire (PSEQ)

Date.....

Managing your pain

Please rate **how confident** you are that **you can do** the following things at present, **despite the pain**. To answer, **circle one** of the numbers on the scale under each item, where 0 = "Not at all confident" and 6 = "Completely confident".

For example:

	Not at all confident				Completely confident		
	0	1	2	③	4	5	6

Remember, this questionnaire is not asking whether or not you have been doing these things, but rather **how confident you are that you can do them** at present, **despite the pain**.

	Not at all confident				Completely confident		
I can enjoy things, despite the pain.	0	1	2	3	4	5	6
I can do most of the household chores (eg. tidying-up, washing dishes, etc.) despite the pain.	0	1	2	3	4	5	6
I can socialise with my friends or family members as often as I used to do, despite the pain.	0	1	2	3	4	5	6
I can cope with my pain in most situations.	0	1	2	3	4	5	6
I can do some form of work, despite the pain ("work" includes housework, paid and unpaid work).	0	1	2	3	4	5	6
I can still do many of the things I enjoy doing, such as hobbies or leisure activities, despite the pain.	0	1	2	3	4	5	6
I can cope with my pain without medication.	0	1	2	3	4	5	6
I can still accomplish most of my goals in life, despite the pain.	0	1	2	3	4	5	6
I can live a normal lifestyle, despite the pain.	0	1	2	3	4	5	6
I can gradually become more active, despite the pain.	0	1	2	3	4	5	6