

PAS

Pain Acceptance Scale

Instructions:

The following survey is concerned with how your pain has affected your life. You will be presented with a series of statements. For each statement, select the one answer that best describes how much you agree or disagree with the statement. For example, if you strongly agree with an item, answer 5, 6, or 7. If you strongly disagree with an item, answer 0, 1, or 2. If you moderately agree or feel neutral about an item, answer 3 or 4. Answer the questions in terms of how you have been feeling in the past few days.

Remember to answer all questions and be as accurate as you can

Please read the above instructions before beginning

Name (print clearly): _____

Today's date: _____

Social Security #: _____

	<u>Strongly Disagree</u>							<u>Strongly Agree</u>	
1. I can get on with the business of living despite my pain	0	1	2	3	4	5	6	7	
2. I have accepted my physical limitations	0	1	2	3	4	5	6	7	
3. I don't think it is possible to significantly decrease the level of pain I am experiencing	0	1	2	3	4	5	6	7	
4. I would sacrifice important things in my life in order to control my pain better	0	1	2	3	4	5	6	7	
5. I have learned to live with my pain since the hassle of trying to get rid of it isn't worth it	0	1	2	3	4	5	6	7	
6. I have accepted I will never be able to return to my former self	0	1	2	3	4	5	6	7	
7. I need to get rid of my pain	0	1	2	3	4	5	6	7	
8. My pain will never go away completely	0	1	2	3	4	5	6	7	
9. I can lead a full life even though I have chronic pain	0	1	2	3	4	5	6	7	
10. It is important to keep fighting my pain	0	1	2	3	4	5	6	7	
11. Keeping my pain under control is my first priority when I am doing something	0	1	2	3	4	5	6	7	
12. I can take care of my responsibilities even though I have pain	0	1	2	3	4	5	6	7	
13. I accept that my pain level is not going to change significantly	0	1	2	3	4	5	6	7	
14. I avoid situations that might make my pain increase	0	1	2	3	4	5	6	7	
15. I don't have to eliminate my pain in order to get on with my life	0	1	2	3	4	5	6	7	
16. I would do almost anything to reduce the intensity of my pain	0	1	2	3	4	5	6	7	
17. I will never be happy as long as I have pain	0	1	2	3	4	5	6	7	

	Strongly Disagree				Strongly Agree			
18. Although I may not be able to do all the things I used to do, I can learn to do a lot despite pain	0	1	2	3	4	5	6	7
19. I don't have to get rid of my pain in order to be happy	0	1	2	3	4	5	6	7
20. There must be something more than can be done to take my pain away	0	1	2	3	4	5	6	7
21. I always decrease my activities when my pain is at its worst	0	1	2	3	4	5	6	7