

Pain Understanding Questionnaire - your details

Name:

Date of form completion:

E-mail address (optional):

Date of Birth:

Age:

Under 18

18 - 24

25 - 34

35 - 44

45 - 54

55 - 64

65 and above

Gender:

Male

Female

Education Level:

Some High School

High School Graduate or Equivalent

Trade or Vocational Qualification

Some College or University

Bachelor or other Professional Degree

Prefer Not to Answer

Number of separate painful body region/s:

1

2

3

> 3

Total duration of current pain condition/s:

< 1 month

1 - 3 months

3 - 6 months

6 - 12 months

> 12 months

Funding situation of pain condition/s?

Self funded

Worker's Compensation

Transport Accident Compensation

Third party legal liability

Other

Total number of surgical procedure/s in relation to current pain condition:

0

1

2

3

> 3

Approximately how many health professionals (apart from your first GP) have you consulted for your pain condition/s:

None

1-3

4-6

6-10

> 10

What, if any, of the following pain management related resources have you experienced to prior to completing this questionnaire?

None

One pain management specialist doctor

> 1 pain management specialist doctors

One pain management program

> 1 pain management programs

Psychologist/s

I have read the text 'Explain Pain' (by Moseley and Butler)

I have already spent some time checking out the 'Doctor Kal' website

I have already spent some time reading other 'pain-related' books, resources and/or other websites

Pain Understanding Questionnaire

(Adapted from Pain Neurophysiology Questionnaire by Moseley, 2003)

NB: Please answer the questions based on your current knowledge and not based on what you think may be expected. They are not 'trick' questions. NB: The 'score' is for office use only.

1. Pain only occurs when you are injured or when part of you is damaged.	True	1. Score	0
	False		1
	Unsure		3

2. The body tells the brain when it is in pain.	True	2. Score	0
	False		1
	Unsure		3

3. When part of you is injured, degenerating badly or undergoing harmful change, nerves are stimulated and sense pain directly.	True	3. Score	0
	False		1
	Unsure		3

4. The timing and intensity of pain that is felt matches the signals in the nerves sensing the problem.	True	4. Score	0
	False		1
	Unsure		3

5. Nerves have to connect a body part to your brain in order for that body part to be in pain.	True	5. Score	0
	False		1
	Unsure		3

6. In chronic pain, the brain, spine and nerves become more sensitive and alert to the signals coming from injured / damaged areas.	True	6. Score	0
	False		1
	Unsure		3

7. The brain alone decides when you will experience pain.	True	7. Score	0
	False		1
	Unsure		3

8. Chronic pain means that an injury hasn't healed properly.	True	8. Score	0
	False		1
	Unsure		3

9. The worse the injury or body damage, the worse the pain is that is felt.	True	9. Score	0
	False		1
	Unsure		3

10. It is possible to have pain and not know about it.	True	10. Score	0
	False		1
	Unsure		3

11. Pain is a protective mechanism, which is intended to safeguard from further injury and harm.	True False Unsure	11. Score	0 1 3
12. When you are in pain, the environment that you are in has an effect on the pain you experience.	True False Unsure	12. Score	0 1 3
13. Throughout our lives the actual connections of our brain and nerves can change because of things in our environment, thoughts & emotions.	True False Unsure	13. Score	0 1 3
14. Chronic pain not responding to treatment and involving wider areas is best explained by continuing pain signals from the originally damaged region, and/or by extra load on other regions.	True False Unsure	14. Score	0 1 3
15. A 'placebo' effect is a good response and even pain relief to a fake 'sugar' tablet treatment. The reverse is also possible; a negative suggestion on its own can increase pain.	True False Unsure	15. Score	0 1 3
16. Nerves seen to have serious pressure on them on scans are always painful. (eg: nerves coming from the spine pressed on by bulging discs)	True False Unsure	16. Score	0 1 3
17. Pain can exist and also be quite severe even if all scans are normal.	True False Unsure	17. Score	0 1 3
18. Severely abnormal changes in bones, joints and body tissues can be seen on scans commonly with little and even no pain.	True False Unsure	18. Score	0 1 3
19. Persistent pain is very uncommon after surgery if the operation is completely successful from a structural point of view.	True False Unsure	19. Score	0 1 3
20. The 'placebo' effect (see 15 above) does not apply to surgical operations. When there is improvement after surgery it is reliably because of the corrections made by the surgery.	True False Unsure	20. Score	0 1 3