

# The Pain Catastrophizing Scale (PCS)

**Instructions:** We are interested in the types of thoughts and feelings that you have when you are in pain. Listed below are 13 statements describing different thoughts and feelings that may be associated with pain. Using the following scale, please indicate the degree to which you have these thoughts and feelings when you are experiencing pain.

0	1	2	3	4
Not at all	To a slight degree	To a moderate degree	To a great degree	All the time

## When I'm in pain. . .

- 1. I worry all the time about whether the pain will end. . . . . \_\_\_\_\_
- 2. I feel I can't go on. . . . . \_\_\_\_\_
- 3. It's terrible and I think it's never going to get any better . . . . . \_\_\_\_\_
- 4. It's awful and I feel that it overwhelms me . . . . . \_\_\_\_\_
- 5. I feel I can't stand it anymore . . . . . \_\_\_\_\_
- 6. I become afraid that the pain will get worse . . . . . \_\_\_\_\_
- 7. I keep thinking of other painful events . . . . . \_\_\_\_\_
- 8. I anxiously want the pain to go away . . . . . \_\_\_\_\_
- 9. I can't seem to keep it out of my mind . . . . . \_\_\_\_\_
- 10. I keep thinking about how much it hurts . . . . . \_\_\_\_\_
- 11. I keep thinking about how badly I want the pain to stop . . . . . \_\_\_\_\_
- 12. There's nothing I can do to reduce the intensity of the pain . . . . . \_\_\_\_\_
- 13. I wonder whether something serious may happen. . . . . \_\_\_\_\_

*Note.* Reprinted from “The Pain Catastrophizing Scale: development and validation” by M. J. L. Sullivan, S. Bishop, and J. Pivik, (1995), *Psychological Assessment*, 7, pp. 524–532. Copyright 1995 by Michael J. L. Sullivan. Reprinted with permission.