Chronic Pain Acceptance Questionnaire

**Directions:** 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.

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>Very</td>
<td>Seldom</td>
<td>Sometimes</td>
<td>Often</td>
<td>Almost</td>
<td>Always</td>
</tr>
<tr>
<td>true</td>
<td>rarely</td>
<td>true</td>
<td>true</td>
<td>true</td>
<td>always</td>
<td>true</td>
</tr>
</tbody>
</table>

1. I am getting on with the business of living no matter what my level of pain is. ................................. 0

2. My life is going well, even though I have chronic pain ......................... 0

3. It’s OK to experience pain ......................................................... 0

4. I would gladly sacrifice important things in my life to control this pain better ......................................................... 0

5. It’s not necessary for me to control my pain in order to handle my life well ................................. 0

6. Although things have changed, I am living a normal life despite my chronic pain ................................. 0

7. I need to concentrate on getting rid of my pain ................................. 0

8. There are many activities I do when I feel pain ................................. 0

9. I lead a full life even though I have chronic pain ................................. 0

10. Controlling pain is less important than any other goals in my life ................................. 0

11. My thoughts and feelings about pain must change before I can take important steps in my life ................................. 0

12. Despite the pain, I am now sticking to a certain course in my life ................................. 0

13. Keeping my pain level under control takes first priority whenever I’m doing something ................................. 0

14. Before I can make any serious plans, I have to get some control over my pain ................................. 0
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 relief to realize that I don’t have to change my pain to get on with my life.

20. I have to struggle to do things when I have pain.

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