1. I try to feel distant from the pain, almost as if the pain was in somebody else’s body.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

3. I try to think of something pleasant.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

4. I don’t think of it as pain but rather a dull or warm feeling.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

5. It is terrible and I feel it is never going to get any better.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

11. It is awful and I feel it overwhelms me.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

13. I feel my life isn’t worth living.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

16. I try not to think of it as my body, but rather as something separate from me.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

20. I tell myself I can’t let the pain stand in the way of what I have to do.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

23. No matter how bad it gets, I know I can handle it.  
\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

24. I pretend it’s not there.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

25. I worry all the time about whether it will end.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

26. I replay in my mind pleasant experiences in the past.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

27. I think of people I enjoy doing things with.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

29. I imagine the pain is outside my body.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

30. I just go on as if nothing happened.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

31. I see it as a challenge and don’t let it bother me.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

32. Although it hurts, I just keep on going.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

33. I feel I can’t stand it any more.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

37. I feel like I can’t go on.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

38. I think of things I enjoy doing.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

39. I do anything to get my mind off the pain.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

40. I do something I enjoy, such as watching television or listening to music.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

41. I pretend it’s not part of me.

\_1. Never \_2. \_3. Sometimes \_4. \_5. \_6. \_7. Always

Notes: Question numbers are from the original 50-item version.

Subscales are as follows

* *Diversion,* add scores for items 3, 26, 27, 38, 39, 40;
* *Reinterpreting,* add scores for items 1, 4, 16, 24, 29, 41;
* *Cognitive Coping,* add scores for items 20, 23, 30, 31, 32, and add 20% (to accommodate for this subscale having only 5 items when other subscales have 6 items).
* *Catastrophizing* subscale, add scores for items 5, 11, 13, 25, 33, 37. This subscale may be omitted from some studies because HEAL is using separate scale (PCS) that asks the same questions.

Reference

Harland NJ, Georgieff K: (2003) Rehabilitation Psychology 48(4)296–300 DOI: 10.1037/0090-5550.48.4.296