Below you will find a list of statements. Please rate the truth of each statement as it applies to you by selecting a number. Use the following rating scale to make your choices. For instance, if you believe a statement is “Always True”, you would mark the 6 next to that statement.

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

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. Keeping my pain level under control takes first priority whenever I am doing something

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

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

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. Before I make any serious plans, I have to get some control over my pain

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. I lead a full life even though I have chronic pain

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. When my pain increases, I can still take care of my responsibilities

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. I avoid putting myself in situations where my pain might increase

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. My worries and fears about what pain will do to me are true

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

Notes: Scoring

Pain Willingness scale = sum of Items 2,4,7 and 8 (reverse scored),

Activity Engagement scale = sum of Items 1, 3, 5 and 6

Total = Activity Engagement + Pain Willingness

Reference: Fish R, McGuire BE, Hogan M, Stewart I, Morrison T. Validation of the Chronic Pain Acceptance Questionnaire (CPAQ) in an Internet sample and development and preliminary validation of the CPAQ-8. Pain. 2010;149:435-443.