We are interested in the thoughts and feelings you have when you are in pain. Below are sentences of different thoughts and feelings. Please mark the word or phrase under each sentence that best reflects how strongly you have each thought when you are in pain.

1. When I have pain I worry all the time whether the pain will end

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

2. When I have pain I feel I can’t go on

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

3. When I have pain it’s terrible and I think it’s never going to get better

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

4. When I have pain it’s awful and I feel it takes over me

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

5. When I have pain I feel I can’t stand it anymore

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

6. When I have pain I’m afraid that the pain will get worse

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

7. When I have pain I keep thinking of other painful events

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

8. When I have pain I want the pain to go away

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

9. When I have pain I can’t keep it out of my mind

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

10. When I have pain I keep thinking about how much it hurts

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

11. When I have pain I keep thinking about how much I want the pain to stop

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

12. When I have pain there is nothing I can do to reduce the pain

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

13. When I have pain I wonder whether something serious may happen

 \_0 Not at all true \_1 A little true \_2 Somewhat true \_3 Mostly true \_4 Very true

Note:

1. Overall PCS-C score is sum of all items (range 0 to 52)
2. Subscales
	1. Rumination: sum of items 8,9,10,11
	2. Magnification: sum of items 6, 7, 13
	3. Helplessness: sum of items 1, 2, 3, 4, 5, 12

Reference:

Crombez, G., Bijttebier, P., Eccleston, C., Mascagni, T., Mertens, G., Goubert, L. and Verstraeten, K., (2003). The child version of the pain catastrophizing scale (PCS-C): a preliminary validation. Pain, 104 (3), pp. 639-646.

Pielech M, Ryan M, Logan D, Kaczynski K, White MT, Simons LE. (2014). Pain catastrophizing in children with chronic pain and their parents: Proposed clinical reference points and reexamination of the PCS measure. Pain, 155(11), 2360-2367