Directions: We are interested in the different was that people respond to intense or prolonged pain (toothache, muscle strain, headache). Using a 0 (“Not at all”) to 4 (“All the time”) scale, please rate how much each of the following items describe how you respond when faced with intense or prolonged pain.

When faced with intense or prolonged pain…

1. I will get back out there.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I still work to accomplish my goals.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I push through it.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I try to continue working.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I like to stay active.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I focus on positive attitude.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I keep a positive attitude.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. It doesn’t affect my happiness.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I still find joy in my life.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I keep a hopeful attitude.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I don’t let it get me down.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I don’t let it upset me.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I avoid negative thoughts.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

1. I try to stay relaxed.

0. Not at all

1. To a slight degree

2. To a moderate degree

3. To a great degree

4. All the time

Notes: Scoring Instructions

Total score – sum of all items

Behavioral Perseverance = sum of items 1-5

Cognitive/Affective = sum of items 6-14

Reference:

Slepian, P.M., Ankawi, B., Himawan, L.K., & France, C.R. (2016). Development and initial validation of the Pain Resilience Scale. *Journal of Pain, 17*, 462-472 DOI: https://doi.org/10.1016/j.jpain.2015.12.010