Below you will find a list of statements. Please rate each statement according to how true it is for you.

7. Despite my child’s pain, we are able to pursue activities that are important to our family.

\_ 0. Never True

\_ 1. Very Rarely True

\_ 2. Seldom True

\_ 3. Sometimes True

\_ 4. Often True

\_ 5. Almost Always True

\_ 6. Always True

8. When my child has pain episodes I am able to remain aware of our goals and other things that are important to us as a family.

\_ 0. Never True

\_ 1. Very Rarely True

\_ 2. Seldom True

\_ 3. Sometimes True

\_ 4. Often True

\_ 5. Almost Always True

\_ 6. Always True

9. I avoid situations where my child will have pain.

\_ 0. Never True

\_ 1. Very Rarely True

\_ 2. Seldom True

\_ 3. Sometimes True

\_ 4. Often True

\_ 5. Almost Always True

\_ 6. Always True

11. It is possible to live a normal life while my child suffers with pain.

\_ 0. Never True

\_ 1. Very Rarely True

\_ 2. Seldom True

\_ 3. Sometimes True

\_ 4. Often True

\_ 5. Almost Always True

\_ 6. Always True

13. Pain control must come first whenever my child does activities.

\_ 0. Never True

\_ 1. Very Rarely True

\_ 2. Seldom True

\_ 3. Sometimes True

\_ 4. Often True

\_ 5. Almost Always True

\_ 6. Always True

22. I suffer terribly from my child’s pain and need to make this suffering stop.

\_ 0. Never True

\_ 1. Very Rarely True

\_ 2. Seldom True

\_ 3. Sometimes True

\_ 4. Often True

\_ 5. Almost Always True

\_ 6. Always True

24. My child must avoid activities that lead to pain.

\_ 0. Never True

\_ 1. Very Rarely True

\_ 2. Seldom True

\_ 3. Sometimes True

\_ 4. Often True

\_ 5. Almost Always True

\_ 6. Always True

26. My child’s pain makes it impossible to focus on anything else.

\_ 0. Never True

\_ 1. Very Rarely True

\_ 2. Seldom True

\_ 3. Sometimes True

\_ 4. Often True

\_ 5. Almost Always True

\_ 6. Always True

28. I am overwhelmed by worry over my child’s pain.

\_ 0 Never True

\_ 1 Very Rarely True

\_ 2 Seldom True

\_ 3 Sometimes True

\_ 4 Often True

\_ 5 Almost Always True

\_ 6 Always True

31. I struggle with my own thoughts and feelings about my child’s pain.

\_ 0 Never True

\_ 1 Very Rarely True

\_ 2 Seldom True

\_ 3 Sometimes True

\_ 4 Often True

\_ 5 Almost Always True

\_ 6 Always True

Scoring instructions

REVERSE item 9, 13, 22, 24, 26, 28, 31

Total score: sum scores of all items

VBA subscale: sum item 7, 8, 11

PW subscale: sum item 9, 13, 24

EA subscale: sum item 22, 26, 28, 31

Reference

Timmers, I., Simons, L. E., Hernandez, J. M, McCracken, L. M., & Wallace, D. P. (2019). Parent psychological flexibility in the context of pediatric pain: Brief assessment and associations with parent behavior and child functioning. European Journal of Pain, 23, 1340-1350. doi: 10.1002/ejp.1403