

PAIN BELIEFS AND PERCEPTIONS INVENTORY

Williams & Thorn (1989)

Please indicate the degree to which you agree or disagree with each of the following statements. Simply circle the number that corresponds with your level of agreement.

	Statement	Strongly Disagree	Disagree	Agree	Strongly Agree
1	No one's been able to tell me exactly why I'm in pain.	-2	-1	1	2
2	I used to think my pain was curable but now I'm not so sure.	-2	-1	1	2
3	There are times when I am pain-free	-2	-1	1	2
4	My pain is confusing to me.	-2	-1	1	2
5	My pain is here to stay.	-2	-1	1	2
6	I am continuously in pain.	-2	-1	1	2
7	If I am in pain, it is my own fault	-2	-1	1	2
8	I don't know enough about my pain.	-2	-1	1	2
9	My pain is a temporary problem in my life.	-2	-1	1	2
10	It seems like I wake up with pain and I go to sleep with pain.	-2	-1	1	2
11	I am the cause of my pain.	-2	-1	1	2
12	There is a cure for my pain.	-2	-1	1	2
13	I blame myself if I am in pain.	-2	-1	1	2
14	I can't figure out why I'm in pain.	-2	-1	1	2
15	Someday I'll be 100% pain-free again.	-2	-1	1	2
16	My pain varies in intensity but is always with me.	-2	-1	1	2

Source: Williams, D.A., & Thorn, B.E. (1989). An empirical assessment of pain beliefs. *Pain* 36, 351-358.

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