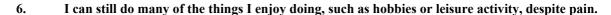
# PAIN SELF EFFICACY QUESTIONNAIRE (PSEQ) M.K.Nicholas (1989)

NAM	ИЕ:			DATE:					
indic		er circle one						at present, despite the p em, where $0 = \text{not at all c}$	
For e	example:								
		<u>0</u> Not at all Confident	1	2	3	4	5	6 Completely confident	
	ember, this que ident you are t			_		-		doing these things, but rat	her <b>how</b>
1.	I can enjo	y things, desp	oite the	pain.					
		<u>0</u> Not at all Confident	1	2	3	4	5	6 Completely confident	
2.	I can do m	ost of the ho	useholo	d chores (	(e.g. tidy	ing-up, v	washing	g dishes, etc.), despite the	pain.
		<u>0</u> Not at all Confident	1	2	3	4	5	6 Completely confident	
3.	I can socia	lise with my	friends	or famil	y memb	ers as of	ten as l	used to do, despite the p	ain.
		0 Not at all Confident	1	2	3	4	5	6 Completely confident	
4.	I can cope	with my pair	n in mo	st situati	ons.				
		<u>0</u> Not at all Confident	1	2	3	4	5	6 Completely confident	

Turn over

5.	I can do some form of work, despite the pain. ("work" includes housework, paid and unpaid
	work).

0	1	2	3	4	5	6
Not at all						Completely
Confident						confident



0	1	2	3	4	5	6
Not at all						<b>Completely</b>
Confident						confident

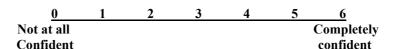
## 7. I can cope with my pain without medication.

0	1	2	3	4	5	6
Not at all					(	Completely
Confident						confident

#### 8. I can still accomplish most of my goals in life, despite the pain.

0	1	2	3	4	5	6
Not at all						Completely
Confident						confident

### 9. I can live a normal lifestyle, despite the pain.



## 10. I can gradually become more active, despite the pain.

