

Name \_\_\_\_\_

Date \_\_\_\_\_

# CHRONIC PAIN RISK FACTORS QUESTIONNAIRE

Mark Grant, 2009

## This questionnaire evaluates likely contribution of stress to pain

The Stress Risk Factors Questionnaire (below) will help you determine how much the effects of stress are likely to be contributing to your pain. This questionnaire is based on recognized stress questionnaires such as the Beck Depression Inventory and the Toronto Alexithymia Scale.

Read each statement carefully and place a check in the box to indicate whether that statement is “True” or “Not True”. Try to answer in terms of how you really *feel* rather than what you think is the right thing to say or how you wish things had been. In other words, be honest—no one else is going to see what you say.

		True	Not True
	<i>When I was young:</i>		
1.	I didn't have anyone to turn to for help or even if I did I kept my feelings to myself		
2.	No one listened to me		
3.	I was often criticized or punished/I never felt good enough		
4.	I never felt safe		
5.	There was conflict or violence at home		
6.	One of my parents had a mental illness/drug or alcohol problems/committed suicide/died		
7.	My family life was very unstable		
8.	I was seriously injured, unwell and/or hospitalized (including at birth).		
9.	I was physically and/or sexually abused		
10.	I don't actually remember much of my childhood		

(Please continue on next page.)

CHRONIC PAIN RISK FACTORS QUESTIONNAIRE – (cont.)

	<i>Now:</i>	True	Not true
11.	I have suffered or am facing threatening circumstances over which I feel I have no control		
12.	I have to take risks/ignore my health to achieve my goals such as work and supporting my family		
13.	If I need someone, there is no one I can really turn to		
14.	I often feel I am alone in the world		
15.	I keep my problems to myself		
16.	I often feel tired and lacking in energy		
17.	I feel aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate, heart missing a beat)		
18.	I find it hard to relax		
19.	I have a lot of aches and pains		
20.	I have trouble sleeping		
21.	I don't know what's going on inside me		
22.	I have feelings I can't quite identify		
23.	I find it hard to put into words how I'm feeling		
24.	Sometimes I feel like my body is disconnected from my mind		
25.	I feel like I can't go on		
26.	I feel hopeless		
27.	I feel my life isn't worth living		
28.	I worry all the time about whether my stress/pain will end		
29.	I feel like a failure		
30.	I often feel numb or disconnected from what's going on around me		
32.	Sometimes I have disturbing memories or dreams about the past		
33.	Sometimes I find myself suddenly acting or feeling as if a past stressful event were happening again		
34.	I often feel distant or cut off from people		
35.	I often feel 'super alert' or watchful or on guard		



Fig. 4.2 Stress risk factors questionnaire

The 35-items are divided into seven sections. Each set of five questions assess a different type or effect of stress. To assess your risk-factor levels, give yourself one point for each ‘true’ response in the scoring key below (Fig. 4.2). Write your total number of true responses for each risk factor in the right hand column of the scoring key. For example, if you answered ‘true’ to two items in questions 1-5, your score for ‘Emotional neglect’ would be ‘2’. If you answered ‘not true’ to all questions 6-10, your score for ‘Trauma’ would be ‘0’ and so on.

Ques.	SCORING KEY	Total
1-5	Emotional neglect	
6-10	Childhood trauma	
11-15	Safety and support	
16-20	Increased physiological arousal	
21-25	Emotional disconnection	
26-30	Negative thinking/‘Catastrophizing’	
31-35	Post-traumatic Stress Disorder	
	Grand Total	

Fig. 4.3 Scoring key

Once you have completed scoring the questionnaire, evaluate your pain and stress risk factors as follows:

1. A score of two or more for any individual risk factor means you are affected by that risk factor to a **significant degree**, such that it is likely to be contributing to your pain and stress.
2. A score of three-plus means that risk factor is likely to be **contributing severely** to your pain and stress.
3. In addition, if your score was two or more for either or both of the first two risk factors (‘when I was young’), and you scored two or more for any of the second five factors (‘now’), your stress risk for pain is even greater.
4. If you didn’t score highly on any one risk factor, but your total score was five or more, you should still consider your overall stress risk levels as **significant**.