

Appendix: MPRCQ2 and Scoring Key Instructions

MPRCQ2

Name _____ Date _____

SECTION 1

Instructions. Please circle the number that best indicates your intention to use each of the following methods of coping with or managing your pain by using the 1 to 7 rating scale below:

- 1 = I am not doing this now, and am not interested in ever doing it.**
2 = I might do this someday but I have made no plans to do it.
3 = I will probably start doing this sometime (in the next 6 months).
4 = I have made plans to start doing this soon (within the next month).
5 = I have recently started doing this (within the past month).
6 = I have been doing this for a while (more than 1 month but less than 6 months).
7 = I have been doing this for a long time (at least 6 months).

- | | |
|---|---------------|
| 1 Walk fast, jog, swim (or use an exercise machine) at least 20 minutes 3 times a week or more. | 1 2 3 4 5 6 7 |
| 2 Use imagery to decrease pain. | 1 2 3 4 5 6 7 |
| 3 Distract myself from my pain. | 1 2 3 4 5 6 7 |
| 4 Tell people I am close to what is on my mind. | 1 2 3 4 5 6 7 |
| 5 Stand straight when I carry something heavy. | 1 2 3 4 5 6 7 |
| 6 Tell myself often that I can manage the pain and its effects on my life. | 1 2 3 4 5 6 7 |
| 7 Stretch my muscles (for at least 10 minutes) 3 times a week or more. | 1 2 3 4 5 6 7 |
| 8 Break up tasks into smaller pieces to get more done. | 1 2 3 4 5 6 7 |
| 9 Ignore the pain. | 1 2 3 4 5 6 7 |
| 10 Use correct posture when sitting. | 1 2 3 4 5 6 7 |
| 11 Express my feelings openly. | 1 2 3 4 5 6 7 |
| 12 Exercise for at least 30 minutes 3 times a week or more. | 1 2 3 4 5 6 7 |
| 13 Listen to a relaxation tape to relax. | 1 2 3 4 5 6 7 |
| 14 Work steadily, but at a reasonable pace. | 1 2 3 4 5 6 7 |
| 15 Put the pain in the background. | 1 2 3 4 5 6 7 |
| 16 Reassure myself often that I am managing my pain well. | 1 2 3 4 5 6 7 |
| 17 Alter the pain with my mind to something less unpleasant. | 1 2 3 4 5 6 7 |
| 18 Use slow, deep breathing to relax. | 1 2 3 4 5 6 7 |
| 19 Keep on doing what I want to do despite pain. | 1 2 3 4 5 6 7 |
| 20 Keep my back straight when I am sitting. | 1 2 3 4 5 6 7 |
| 21 Lift weights, do push-ups, or sit-ups (for at least 20 minutes) 3 times per week or more. | 1 2 3 4 5 6 7 |
| 22 Concentrate on a hobby or chore to distract myself from pain. | 1 2 3 4 5 6 7 |
| 23 Think about the pain differently so it is less upsetting. | 1 2 3 4 5 6 7 |
| 24 Disregard the painful sensations. | 1 2 3 4 5 6 7 |
| 25 Pace my activities so I don't get tired too soon. | 1 2 3 4 5 6 7 |
| 26 Alter the pain with my mind so it is less intense. | 1 2 3 4 5 6 7 |
| 27 Let others know what I want and need. | 1 2 3 4 5 6 7 |
| 28 Use my mind to distract myself from the pain. | 1 2 3 4 5 6 7 |
| 29 Lift heavy objects safely by keeping my back straight. | 1 2 3 4 5 6 7 |
| 30 Put the pain sensations out of my thoughts. | 1 2 3 4 5 6 7 |
| 31 Meditate to relax. | 1 2 3 4 5 6 7 |
| 32 Remind myself often that I will feel better in the future. | 1 2 3 4 5 6 7 |
| 33 Ignore the pain sensations. | 1 2 3 4 5 6 7 |
| 34 Exercise the muscles where I hurt (for at least 5 minutes) 3 times a week or more. | 1 2 3 4 5 6 7 |
| 35 Try not to slouch when I am sitting. | 1 2 3 4 5 6 7 |
| 36 Picture calming images to relax. | 1 2 3 4 5 6 7 |
| 37 Keep on doing what I need to do despite pain. | 1 2 3 4 5 6 7 |
| 38 Pace myself so I can keep working slowly and steadily. | 1 2 3 4 5 6 7 |
| 39 Tell myself often that I am doing well despite the pain. | 1 2 3 4 5 6 7 |

Appendix: MPRCQ2 and Scoring Key Instructions (continued)

40 Think about the pain differently so that it hurts less.	1 2 3 4 5 6 7
41 Use self-hypnosis to relax.	1 2 3 4 5 6 7
42 Disregard the pain.	1 2 3 4 5 6 7
43 Tell people I am close to how I feel.	1 2 3 4 5 6 7
44 Exercise to increase muscle strength (for at least 20 minutes) 3 times a week or more.	1 2 3 4 5 6 7
45 Work at a reasonable pace (not too fast or slow).	1 2 3 4 5 6 7
46 Practice relaxing the different muscles in my body.	1 2 3 4 5 6 7
47 Bend at the knees instead of the waist when lifting.	1 2 3 4 5 6 7
48 Put the pain sensations in the back of my mind.	1 2 3 4 5 6 7
49 Pay attention to something else when I hurt.	1 2 3 4 5 6 7
50 Not think about how the pain feels.	1 2 3 4 5 6 7
51 Stretch the muscles where I hurt (for at least 5 minutes) 3 times a week or more.	1 2 3 4 5 6 7
52 Pace myself so that I don't have to take long breaks.	1 2 3 4 5 6 7

SECTION 2

Instructions. The following questions are slightly different than those that you have already answered. For the remaining questions, please circle the number that best indicates your intention to stop using each of the methods of coping with or managing your pain by using the 1 to 7 rating scale below:

- 1 = I am doing this now and am not interested in ever stopping.**
2 = I might stop this someday, but I have made no plans to stop doing it.
3 = I will probably stop doing this sometime (in the next 6 months).
4 = I have made plans to stop doing this soon (within the next month).
5 = I have recently stopped doing this (sometime in the past month).
6 = I have not done this for a while (more than 1 month but less than 6 months).
7 = I have not done this for a long time (at least 6 months).

53 Ask for help with chores when I hurt.	1 2 3 4 5 6 7
54 Think about how bad the pain feels.	1 2 3 4 5 6 7
55 Rest when I hurt.	1 2 3 4 5 6 7
56 Sit down to rest when I hurt.	1 2 3 4 5 6 7
57 Ask for help with cleaning because of my pain.	1 2 3 4 5 6 7
58 Tell myself "I can't go on with this pain."	1 2 3 4 5 6 7
59 Allow pain to keep me from doing what I need to do.	1 2 3 4 5 6 7
60 Think about how overwhelming the pain feels.	1 2 3 4 5 6 7
61 Lie down to rest when I hurt.	1 2 3 4 5 6 7
62 Ask others for help when I hurt.	1 2 3 4 5 6 7
63 Worry about the pain.	1 2 3 4 5 6 7
64 Rest because of pain.	1 2 3 4 5 6 7
65 Tell myself "I can't stand this pain."	1 2 3 4 5 6 7
66 Ask for help with lifting or carrying because of pain.	1 2 3 4 5 6 7
67 Let pain prevent me from doing what I need to do.	1 2 3 4 5 6 7
68 Allow pain to stop me from doing what I want to do.	1 2 3 4 5 6 7
69 Think thoughts that make me feel worse.	1 2 3 4 5 6 7

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Scoring of the MPRCQ2 is done simply by summing the responses (1–7) for each of the above scales and subscales and dividing by the number of items.

- Exercise: $(1 + 7 + 12 + 21 + 34 + 44 + 51)/7$
- Task Persistence: $(19 + 37 + 59 + 67 + 68)/5$
- Relaxation: $(2 + 13 + 18 + 31 + 36 + 41 + 46)/7$
- Cognitive Control:
 - Diverting Attention: $(3 + 22 + 28 + 49)/4$
 - Coping Self-Statements: $(6 + 16 + 32 + 39)/4$
 - Reinterpreting Sensations: $(17 + 23 + 26 + 40 + 48)/5$
 - Avoid Catastrophizing: $(54 + 58 + 60 + 63 + 65 + 69)/6$
 - Ignoring Pain: $(9 + 15 + 24 + 30 + 33 + 42 + 50)/7$

Cognitive Control: (Diverting Attention + Coping Self-Statements + Reinterpreting Sensations + Avoid Catastrophizing + Ignoring Pain)/5

5. Pacing: $(8 + 14 + 25 + 38 + 45 + 52)/6$
6. Avoid Pain Contingent Rest: $(55 + 56 + 61 + 64)/4$
7. Avoid Asking for Assistance: $(53 + 57 + 62 + 66)/4$
8. Assertive Communication: $(4 + 11 + 27 + 43)/4$
9. Proper Body Mechanics: $(5 + 10 + 20 + 29 + 35 + 47)/6$

The Total MPRCQ2 score is the sum of the 9 primary scales.

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