|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. In the **PAST SIX MONTHS**, when you felt pain, how much did you feel you couldn’t stand it any more? *(Circle number)* | | | | | | | | | | | | |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| Not at all | |  |  |  |  |  |  |  |  |  | All the time | |
| 2. In the **PAST SIX MONTHS**, when you felt pain, how much did you worry all the time about whether it will end? *(Circle number)* | | | | | | | | | | | | |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| Not at all | |  |  |  |  |  |  |  |  |  | All the time | |
| 3. In the **PAST SIX MONTHS**, when you felt pain, how much did you keep thinking about how much it hurts? *(Circle number)* | | | | | | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  | 0 |
| Not at all | |  |  |  |  |  |  |  |  |  | All the time | |

Scored by taking average of 3 scores and higher scores = high catastrophisation

Taken from information in

Turner, J.A., Mancl, L. & Aaron, L.A. (2004) Pain-related catastrophizing: a daily process study. Pain, 110, 103-111.

Turner, J.A., Brister, H., Huggins, K., Mancl, L., Aaron, L.A. & Truelove, E.L. (2005) Catastrophizing is associated with clinical examination findings, activity interference, and health care use among patients with temporomandibular disorders. Journal of orofacial pain, 19, 291-300.

Differences:

* Reference period in original = 3hrs because daily process study
* 1st two questions scale “never did (0)” to “always did that”
* Q1 and 2 from CSQ catastrophizing scale (Rosenstiel and Keefe, 1983), and Q3 from PCS (Sullivan et al., 1995)