

Questionnaire “Coping with pain”

Priv. Doz. Dr. Kohnen

Date: _____ date of birth: _____ age: _____
 nationality: _____ gender male female age of brothers & sisters
 class: _____ profession: _____ spec.-courses: nat / biol / med

Please rate each statement according to the significance for you from grade 0 (no / low significance) to grade 10 (high significance).

1. How do you cope with pain?

0 - 10

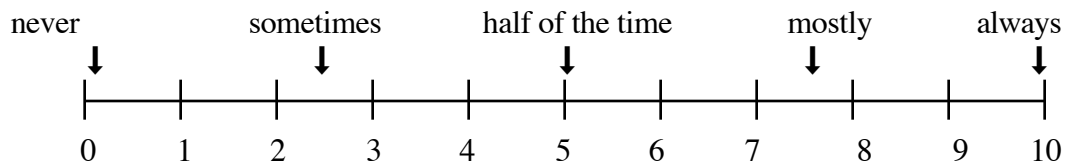
• I prefer to be alone	
• I can use my will to conquer pain	
• I would describe the pain precisely to a doctor, so that he would find the cause	
• Apart from medicine I need social support of my family or friends; they would help me endure the pain more easily	
• The pain would go away naturally. One only has to wait	
• My religion can help me endure pain	
• Once there is pain there´s generally nothing one can do about it	
•	
• Pain is punishment	
• Pain protects your body	
• Pain helps you to not make mistakes in the future	
• Pain something you have to endure	

2. Coping with pain

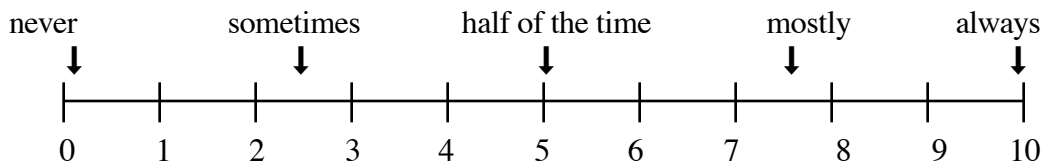
From your personal life experience please fill out the following questions.

How often can I cope with pain alone?

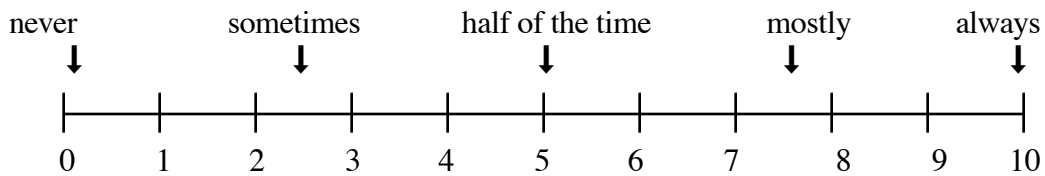
Mark on the pain spectrum.



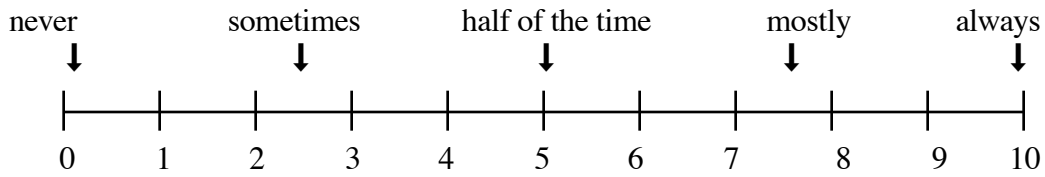
How often can I cope with pain with help from others?



3. How often can I stand problems in my life?



3. When I have to do a very important task, I can take into account the interests of others:



Check only, no ratings

		Very very painful	very painful	painful	not painful
1	sore throat				
2	flu / influenza				
3	diarrhoea				
4	stomach ache				
5	burn				
6	toothache				
7	dog bite				
8	cut				
9	inflammation of the eye				
10	going blind				
11	blindness				
12	imbecility mental deficiency				
13	goitre				
14	deafness				
15	ear infection / otitis				
16	heart attack				
17	fracture				
18	headache				
19	kidney stone				
20	rheumatism				
21	stroke				
22	addiction				
23	tuberculosis diseases of the lungs				
24	birth				