

KPI-AE PER

When people are conscious of pain, this is usually accompanied by a variety of feelings. In the following we ask you to specify how you felt during the past 14 days when you were in pain. Please check one number for each of the descriptors below.

The numbers indicate:

- I felt like this
- 0: never
 - 1: almost never
 - 2: seldom
 - 3: sometimes
 - 4: often
 - 5: most of the time
 - 6: always

Please specify:

When I was in pain during the last 14 days, I felt...

| | never | | | | | | always | | | |
|---------------------------------------|-------|---|---|---|---|---|--------|--|--|--|
| 1 ...down. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 2 ... happy anyway. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 3 ... anxious, tense. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 4 ... sad, blue. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 5 ... cheerful, anyway in a good mood | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 6 ... hesitant/wary | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 7 ... nervous, uneasy. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 8 ... vulnerable, sensitive. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 9 ... optimistic anyway. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |
| 10 ... depressed/gloomy. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | | | |

KPI-AEM PCR

When we become aware of pain in our daily life, all kinds of thoughts pass through our heads at this moment. Sometimes, these are inner dialogues that we carry on with ourselves, sometimes just a few words which pass through our minds almost automatically and are often forgotten quickly. Sometimes they strike us as irrational, illogical or nonsensical, but they preoccupy us. Some of these thoughts are set out below. Please indicate for every single phrase on the list how often you had this thought during the past 14 days when you became aware of your pain. Please check one of the numbers on the scale.

When I become aware of my pain,
this thought comes through my head....

| | | never | almost never | seldom | sometimes | often | mostly | always |
|----|--|-------|--------------|--------|-----------|-------|--------|--------|
| 1 | Why do I have to bear this heavy burden? | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | It seems the pain will never ease up. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | This damn pain spoils everything. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | I can't have a tumour, can I? | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | It is important for me now to hold on. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | Soon I will not be able to endure it any longer. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | I wonder if I have the same serious illness as... | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | Oh, it's not going to get any better. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9 | Nothing helps anymore! | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10 | Pull yourself together! | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11 | Life is hardly worth living with pain like this. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12 | Whatever will I do if it gets worse again? | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13 | Don't make such a fuss! | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14 | How much longer do I have to put up with pain like this? | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15 | It isn't a serious illness, is it? | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16 | It is important not to let myself go now. | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

KPI-AEM P CopR

A number of actions are set out below which we may observe in ourselves when we are in pain. How we behave is often dependent on the severity of this pain at any given moment. Please go through each of the following statements and check both scales to indicate if and how often you have acted in such a way in the past 14 days when you experienced mild and/or severe pain.

Please check one of the numbers on each scale:

| | | I behave this way when I have <u>mild</u> pain... | | | | | | I behave this way when I have <u>severe</u> pain... | | | | | | | |
|------------------------|---|---|--------------|--------|-----------|-------|--------|---|-------|--------------|--------|-----------|-------|--------|--------|
| | | never | almost never | seldom | sometimes | often | mostly | always | never | almost never | seldom | sometimes | often | mostly | always |
| When I am in pain..... | | | | | | | | | | | | | | | |
| 1 | ... I stop doing physically demanding activities. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2 | ... I avoid visiting my friends. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3 | ... I take a rest. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4 | ...I take care not to let myself go. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5 | ... I try not to take any notice of it | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6 | ... I clench my teeth. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | ... I cancel private appointments. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8 | ... I cancel a visit to an event. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9 | ...I avoid physically strenuous activities. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

KPI-AEM PCopR

I behave this way when I have mild pain...

I behave this way when I have severe pain...

| | I behave this way when I have <u>mild</u> pain... | | | | | | | I behave this way when I have <u>severe</u> pain... | | | | | | |
|---|---|--------------|--------|-----------|-------|--------|--------|---|--------------|--------|-----------|-------|--------|--------|
| | never | almost never | seldom | sometimes | often | mostly | always | never | almost never | seldom | sometimes | often | mostly | always |
| 10 ... I avoid doing sports. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11 ... I say to myself: "Don` t make such a fuss!". | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12 ...I keep my appointments even though I don` t feel up to it. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13 ... I laugh heartily anyway. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14 ... I break off a meeting with friends. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 15 ... I tell myself: "I don` t have time for this right now!" | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16 ... I take it with a laugh. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 17 ... I let my family persuade me into things, even I don` t feel like it. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 18 ... I call my guests to cancel an invitation. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 19 ... I carry on doing what I am doing no matter what. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 20 ... I hand over strenuous activities. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 21 ... I avoid other people`s company. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 22 ... I distract myself with physical activity. | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 23 ... I distract myself by doing little jobs at home | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 0 | 1 | 2 | 3 | 4 | 5 | 6 |