

Pain Self-Efficacy Questionnaire (PSEQ)



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Please rate how confident you are that you can do the following things at present, despite the pain. To indicate your answer, tick one of the numbers on the scale under each item, where 0 = not at all confident and 6 = completely confident.

Name:

Date:

Remember, this questionnaire is not asking whether or not you have been doing these things, but rather how confident you are that you could do them at present, despite the pain.

1. I can enjoy things, despite the pain.

☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5	6
Not at all confident			Completely confident			

2. I can do most of the household chores (eg. tidying-up, washing dishes, etc), despite the pain.

☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5	6
Not at all confident			Completely confident			

3. I can socialise with my friends or family members as often as I used to do, despite the pain.

☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5	6
Not at all confident			Completely confident			

4. I can cope with my pain in most situations.

☐	☐	☐	☐	☐	☐	☐
0	1	2	3	4	5	6
Not at all confident			Completely confident			

Reference: (Nicholas 1989)

Have a question? Call our practitioner support hotline on **1800 077 113**

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5. I can do some form of work, despite the pain ("work" includes housework, paid and unpaid work).

☐ ☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5 6

Not at all confident Completely confident

6. I can still do many of the things I enjoy doing, such as hobbies or leisure activities, despite pain.

☐ ☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5 6

Not at all confident Completely confident

7. I can cope with my pain without medication.

☐ ☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5 6

Not at all confident Completely confident

8. I can still accomplish most of my goals in life, despite the pain.

☐ ☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5 6

Not at all confident Completely confident

9. I can live a normal lifestyle, despite the pain.

☐ ☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5 6

Not at all confident Completely confident

10. I can gradually become more active, despite the pain.

☐ ☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5 6

Not at all confident Completely confident

Reference: (Nicholas 1989)

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