



Pain Catastrophizing Scale

PATIENT QUESTIONNAIRE

PATIENT DOB MRN DATE

Pain Catastrophizing Scale (PCS)

We are interested in the thoughts and feelings you have when you are in pain. Below are thirteen statements describing thoughts and feelings that may be associated with pain. Please indicate the degree to which you have each of these **when you are experiencing pain**. Check one box on each line.

When I'm in pain...	Not at all 0	To a slight degree 1	To a moderate degree 2	To a great degree 3	All the time 4
1. I worry all the time about whether the pain will end.	☐	☐	☐	☐	☐
2. I feel I can't go on.	☐	☐	☐	☐	☐
3. It's terrible and I think it's never going to get any better.	☐	☐	☐	☐	☐
4. It's awful and I feel that it overwhelms me.	☐	☐	☐	☐	☐
5. I feel I can't stand it anymore.	☐	☐	☐	☐	☐
6. I become afraid that the pain will get worse.	☐	☐	☐	☐	☐
7. I keep thinking of other painful events.	☐	☐	☐	☐	☐
8. I anxiously want the pain to go away.	☐	☐	☐	☐	☐
9. I can't seem to keep it out of my mind.	☐	☐	☐	☐	☐
10. I keep thinking about how much it hurts.	☐	☐	☐	☐	☐
11. I keep thinking about how badly I want the pain to stop.	☐	☐	☐	☐	☐
12. There's nothing I can do to reduce the intensity of the pain.	☐	☐	☐	☐	☐
13. I wonder whether something serious may happen.	☐	☐	☐	☐	☐

Pain Catastrophizing Scale © Michael J.L. Sullivan, PhD, 1995. Sullivan MJL, Bishop SR, Pivik J. *Psychological Assessment* 1995;7:524–532. Reproduced for clinical use.

PATIENT SIGNATURE _____

DATE _____

For Clinic Use Only — Scoring

Total (0–52) ≥30 = clinically relevant level of catastrophizing (75th percentile in chronic pain populations)

Subscales Rumination (8–11) Magnification (6, 7, 13) Helplessness (1–5, 12)

Plan ☐ No action ☐ Discussed with patient ☐ Behavioral health / pain psychology referral

☐ Repeat at follow-up

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