

Pain Anxiety Symptom Scale Short Form 20

Please rate each item in terms of frequency, from 0 (Never) to 5 (Always).

Item Numbers	Never	Always
1. I can't think straight when in pain	0	1 2 3 4 5
2. During painful episodes it is difficult for me to think of anything besides the pain	0	1 2 3 4 5
3. When I hurt I think about pain constantly	0	1 2 3 4 5
4. I find it hard to concentrate when I hurt	0	1 2 3 4 5
5. I worry when I am in pain	0	1 2 3 4 5
6. I go immediately to bed when I feel severe pain	0	1 2 3 4 5
7. I will stop any activity as soon as I sense pain coming on	0	1 2 3 4 5
8. As soon as pain comes on I take medication to reduce it	0	1 2 3 4 5
9. I avoid important activities when I hurt	0	1 2 3 4 5
10. I try to avoid activities that cause pain	0	1 2 3 4 5
11. I think that if my pain gets too severe it will never decrease	0	1 2 3 4 5
12. When I feel pain I am afraid that something terrible will happen	0	1 2 3 4 5
13. When I feel pain I think I might be seriously ill	0	1 2 3 4 5
14. Pain sensations are terrifying	0	1 2 3 4 5
15. When pain comes on strong I think that I might become paralyzed or more disabled	0	1 2 3 4 5
16. I begin trembling when engaged in activity that increases pain	0	1 2 3 4 5
17. Pain seems to cause my heart to pound or race	0	1 2 3 4 5
18. When I sense pain I feel dizzy or faint	0	1 2 3 4 5
19. Pain makes me nauseous	0	1 2 3 4 5
20. I find it difficult to calm my body down after periods of pain	0	1 2 3 4 5

Total Score _____

Cont'd ►

Pain Anxiety Symptom Scale Short Form 20 *(cont'd)*

Means and standard deviations for the revised, shortened Pain Anxiety Symptoms Scale subscales and the total score (N=282 patients with chronic pain)

Subscale	Mean	SD
Cognitive (items 1 to 5)	12.27	6.73
Escape/avoidance (items 6 to 10)	12.84	6.11
Fear (items 11 to 15)	7.37	6.38
Physiological anxiety (items 16 to 20)	6.15	5.69
Total	38.62	20.38

McCracken LM, Dhingra L. A short version of the Pain Anxiety Symptoms Scale (PASS-20): preliminary development and validity. *Pain Res Manag.* 2002;7(1):45-50.