CSQ

Coping Strategies Questionnaire (CSQ)

The CSQ is a self-report questionnaire used mainly in chronic pain to analyze how a person copes with their pain in daily life. It explores cognitive and behavioral coping strategies, as well as the sense of control over pain and the perceived ability to decrease it. In clinical practice, it helps identify adaptive or dysfunctional coping profiles, including catastrophizing, self-statements, distraction, subjective avoidance of pain, praying or hoping, and behavioral activity.

Number of questions	21 questions
Estimated duration	7 minutes
Language	English
Original name	Coping Strategies Questionnaire
Target audience	Adults with chronic pain
Authors	A. K. Rosenstiel, Francis J. Keefe (1983)

Scoring & interpretation

Items are usually rated on a scale from 0 to 6 according to how often each strategy is used. Scores are calculated by subscale by summing or averaging the corresponding items; the two items on perceived control and ability to decrease pain are interpreted separately. A high score indicates more frequent use of the strategy measured; a high catastrophizing score is usually associated with poorer adjustment to pain.