

Pain Catastrophizing Scale (PCS)

The Pain Catastrophizing Scale is a tool used to assess the degree to which a person catastrophizes about the pain they experience. It assesses three main dimensions: rumination, magnification, and helplessness. It is a relevant tool for understanding the psychological impact of chronic pain in patients.

Number of questions	13 questions
Estimated duration	10 minutes
Language	English
Original name	Pain Catastrophizing Scale
Target audience	Adults
Authors	Michael J.L. Sullivan, Scott R. Bishop, Jayne Pivik (1995)
Category	Anxiety, General

Preview of the 13 questions

When I'm in pain...

I worry all the time about whether the pain will end.

Not at all | To a slight degree | To a moderate degree | To a great degree | All the time

When I'm in pain...

I feel I can't go on.

Not at all | To a slight degree | To a moderate degree | To a great degree | All the time

When I'm in pain...

It's terrible and I think it's never going to get any better.

Not at all | To a slight degree | To a moderate degree | To a great degree | All the time

When I'm in pain...

It's awful and I feel that it overwhelms me.

Not at all | To a slight degree | To a moderate degree | To a great degree | All the time

When I'm in pain...

I feel I can't stand it anymore.

Not at all | To a slight degree | To a moderate degree | To a great degree | All the time

Scoring & interpretation

Patients rate their thoughts and feelings about pain on a Likert scale ranging from 0 ('Not at all') to 4 ('All the time'). Total catastrophizing scores can range from 0 to 52, with a higher score indicating a higher level of catastrophizing.

Usage

This tool is not available on Mentaal. To access this questionnaire, please go to the website of the official distributor, Mapi Research Trust, and submit a request on ePROVIDE™

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