

# Questionnaire “Coping with pain”

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Date:

age:

Ethnic group:

male  female

brothers & sisters .....

working as:

**Please rate each statement according to how you will cope with pain**

**1. If you suffer from pain, what will you do first...**

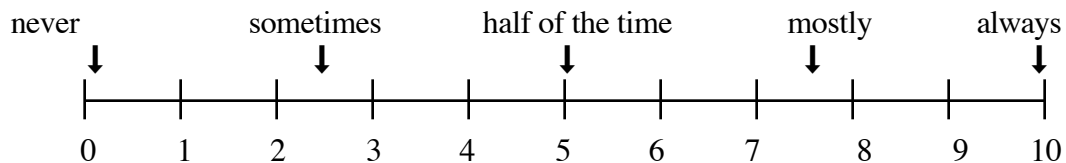
	never	Half of the time	often
• I prefer/want to be alone			
• I can use my will to conquer pain			
• I need help of a traditional healer			
• I need help of a doctor			
• I need help of my family or friends to endure the pain more easily			
• I have only to wait .The pain would go away naturally.			
• I need help of the spirits/souls of my ancestors			
• My religion can help me endure pain			
• I you can do nothing			
•			
• Pain is punishment			
• Pain protects your body			
• Pain helps you to not make mistakes in the future			
• Pain something you have to endure			

## 2. Coping with pain

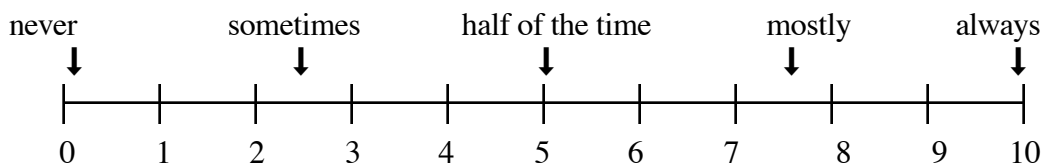
From your personal life experience please fill out the following questions.

**How often can I cope with pain alone?**

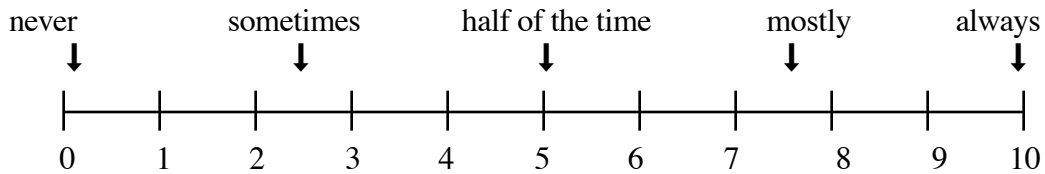
Mark on the pain spectrum.



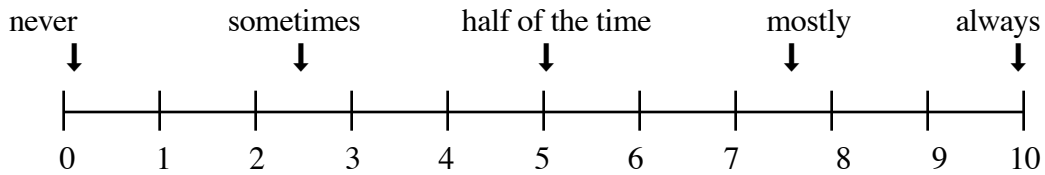
**How often can I cope with pain with help from others?**



**3. How often can I stand problems in my life?**



**3. When I have to do a very important task, I can take into account the interests of others:**



**Check only, no ratings**

		Very very painful	very painful	painful	not painful
1	sore throat				
2	flu / influenza				
3	diarrhea				
4	stomach ache				
5	burn				
6	toothache				
7	dog bite				
8	cut				
9	inflammation of the eye				
10	going blind				
11	blindness				
12	imbecility mental deficiency				
13	Big throat/goitre				
14	deafness				
15	ear infection / otitis				
16	heart attack				
17	fracture				
18	headache				
19	kidney stone				
20	rheumatism				
21	stroke				
22	addiction				
23	tuberculosis diseases of the lungs				
24	birth				