

Questionnaire “Coping with pain”

Priv. Doz. Dr. med. Kohnen

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...

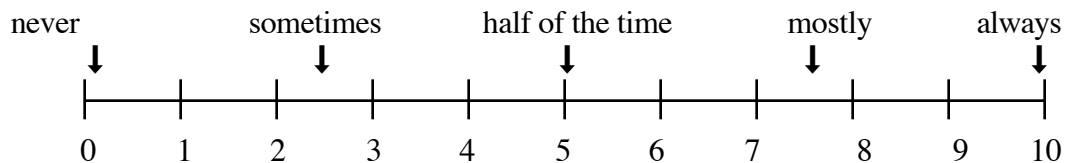
	never	Some times	Half of the time	Most ly	Very often
• I prefer/want to be alone					
• I can use my will to conquer pain					
• I need help of a traditional healer					
• I need help of a doctor					
• I need help of my family or friends to endure the pain					
• I have only to wait .The pain would 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

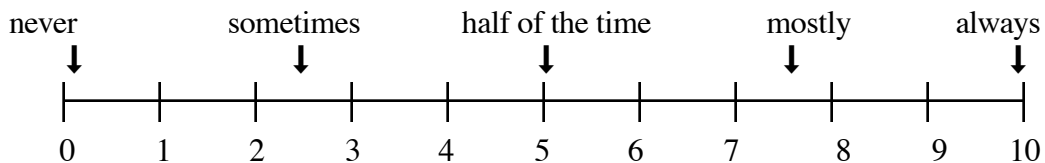
From your personal life experience please fill out the following questions.

How often can I cope with pain alone?

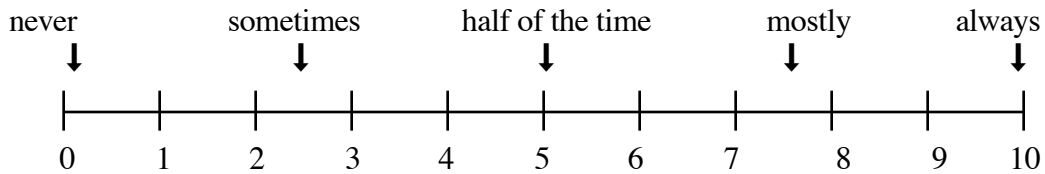
Mark on the pain spectrum.



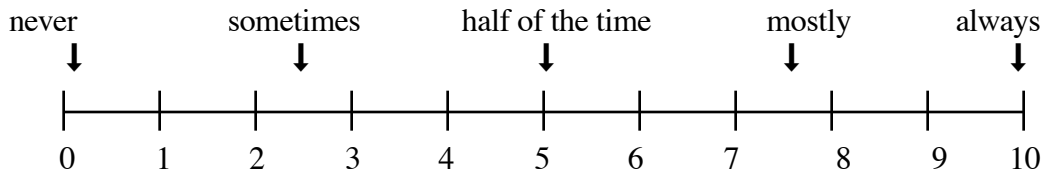
How often can I cope with pain with help from others?



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				