Likert Scale: 10 = very uncertain to 100 = very certain

## Self-efficacy for pain management (PSE)

1. How certain are you that you can decrease your pain? \_\_\_\_\_\_\_\_\_\_
2. How certain are you that you can continue most of your daily activities? \_\_\_\_\_\_\_\_\_\_
3. How certain are you that you can keep your pain from interfering with your sleep? \_\_\_\_\_\_\_\_\_\_
4. How certain are you that you can make small to moderate reduction in your pain by using methods other than taking extra medication? \_\_\_\_\_\_\_\_\_\_
5. How certain are you that you can make a large reduction in your pain by using methods other than taking extra medication? \_\_\_\_\_\_\_\_\_\_

## Self-efficacy for physical function (FSE)

1. How certain are you that you can walk 1/2 a mile on flat ground? \_\_\_\_\_\_\_\_\_\_
2. How certain are you that you can lift a 10 pound box? \_\_\_\_\_\_\_\_\_\_
3. How certain are you that you can perform a daily home exercise program? \_\_\_\_\_\_\_\_\_\_
4. How certain are you can perform your household chores? \_\_\_\_\_\_\_\_\_\_
5. How certain are you that you can shop for groceries or clothes? \_\_\_\_\_\_\_\_\_\_
6. How certain are you that you can engage in social activities? \_\_\_\_\_\_\_\_\_\_
7. How certain are you that you can engage in hobbies or recreational activities? \_\_\_\_\_\_\_\_\_\_
8. How certain are you that you can engage in family activities? \_\_\_\_\_\_\_\_\_\_
9. How certain are you that you can perform the work duties you had prior to the onset of chronic pain? (For homemakers, please consider your household activities as your work duties) \_\_\_\_\_\_\_\_\_\_

## Self-efficacy for coping symptoms (CSE)

1. How certain are you that you can control your fatigue? \_\_\_\_\_\_\_\_\_\_
2. How certain are you that you can regulate your activity so as to be active without aggravating your physical symptoms (e.g. fatigue, pain)? \_\_\_\_\_\_\_\_\_\_
3. How certain are you that you can do something to help yourself feel better if you are feeling blue? \_\_\_\_\_\_\_\_\_\_
4. As compared to other people with chronic medical problems like yours, how certain are you that you can manage your pain during your daily activities? \_\_\_\_\_\_\_\_\_\_
5. How certain are you that you can manage your physical symptoms so that you can do the things you enjoy doing? \_\_\_\_\_\_\_\_\_\_
6. How certain are you that you that you can deal with the frustration of chronic medical problems? \_\_\_\_\_\_\_\_\_\_
7. How certain are you that you can cope with mild to moderate pain? \_\_\_\_\_\_\_\_\_\_
8. How certain are you that you can cope with severe pain? \_\_\_\_\_\_\_\_\_\_

Notes: Scoring

Calculate subscale scores for each domain (PSE, FSE, CSE) as the mean of responses within that category.

Anderson KO, Dowds BN, Pelletz RE, Edwards WT, Peeters-Asdourian C. Development and initial validation of a scale to measure self-efficacy beliefs in patients with chronic pain. Pain. 1995;63(1):77-84.