## Instruction

Please indicate how much pain relief you expect over the coming three months?

\_0. No relief

\_1. 10%

\_2. 20%

\_3. 30%

\_4. 40%

\_5. 50%

\_6. 60%

\_7. 70%

\_8. 80%

\_9. 90%

\_10. Complete relief

Note

This single item measure of expectation of pain relief, suggested by M.P. Jensen for the IMMPACT project and used by Cormier/Rainville 2016) in a large (N > 2,000) multicenter cohort study by the Canadian Institutes of Health Research with chronic pain patients (mostly cLBP) and was found to be the strongest expectation item predicting treatment outcome and patient satisfaction.

Reference:

Jensen (http://www.immpact.org/static/meetings/Immpact2/background/Jensen\_review.pdf)

Cormier, S., Lavigne, G. L., Choiniere, M., & Rainville, P. (2016). Expectations predict chronic pain treatment outcomes. *Pain*, *157*(2), 329-338. https://doi.org/10.1097/j.pain.0000000000000379