

Pain Catastrophizing Scale 疼痛灾难化量表

Everyone experiences painful situations at some point in their lives. Such experiences may include headaches, tooth pain, joint or muscle pain. People are often exposed to situations that may cause pain such as illness, injury, dental procedures or surgery.

We are interested in the types of thoughts and feeling that you have when you are in pain. Listed below are thirteen statements describing different thoughts and feelings that may be associated with pain. Using the scale, please indicate the degree to which you have these thoughts and feelings when you are experiencing pain

每个人在一生中都会经历疼痛，比如：头痛、牙痛、关节或肌肉疼痛。人们也经常会遇到可能引起疼痛的情况，比如疾病、受伤、牙科程序或外科手术。

我们想了解您在疼痛时的想法和感受的类型。下面所列的描述是 13 种可能与疼痛相关的不同想法和感受。当您经历疼痛时，您哪种程度上有这些想法和感受？请您在“0~4”中选择。

		Not at all	To a slight degree	To a moderate degree	To a great degree	All the time
		毫无	很小程度	中等程度	很大程度	总是
01	I worry all the time about whether the pain will end. 我一直担心疼痛不会结束。	0	1	2	3	4
02	I feel I can't go on. 我感觉自己坚持不下去了。	0	1	2	3	4
03	It's terrible and I think it's never going to get any better. 太疼了，我想不可能好转了。	0	1	2	3	4
04	It's awful and I feel that it overwhelms me. 非常疼，我感觉受不了。	0	1	2	3	4
05	I feel I can't stand it anymore. 我感觉自己再也无法忍受了。	0	1	2	3	4
06	I become afraid that the pain will get worse. 我开始害怕疼痛会越来越厉害。	0	1	2	3	4
07	I keep thinking of other painful events. 我不断地回想起其它的疼痛经历。	0	1	2	3	4
08	I anxiously want the pain to go away. 我急切地希望疼痛消失。	0	1	2	3	4
09	I can't seem to keep it out of my mind. 我似乎无法将疼痛驱逐出脑海。	0	1	2	3	4
10	I keep thinking about how much it hurts. 我一直在想有多痛。	0	1	2	3	4
11	I keep thinking about how badly I want the pain to stop. 我一直在想我多么希望疼痛能停止。	0	1	2	3	4
12	There's nothing I can do to reduce the intensity of the pain. 我没有任何办法缓解我的疼痛。	0	1	2	3	4
13	I wonder whether something serious may happen. 我想知道是否有严重的情况发生。	0	1	2	3	4