

A.1. Chronic Pain Acceptance Questionnaire-8 (CPAQ-8)

Directions: Below you will find a list of statements. Please rate the truth of each statement as it applies to you by circling a number. Use the following rating scale to make your choices. For instance, if you believe a statement is "Always True", you would circle the 6 next to the statement.

| | Never true | Very rarely true | Seldom true | Sometimes true | Often true | Almost always true | Always true |
|---|------------|------------------|-------------|----------------|------------|--------------------|-------------|
| | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 1. I am getting on with the business of living no matter what my level of pain is | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. Keeping my pain level under control takes first priority whenever I am doing something | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. Although things have changed, I am living a normal life despite my chronic pain | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. Before I can make any serious plans, I have to get some control over my pain | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. I lead a full life even though I have chronic Pain | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. When my pain increases, I can still take care of my responsibilities | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. I avoid putting myself in situations where my pain might increase | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. My worries and fears about what pain will do to me are true | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

Note. Pain willingness scale = Items 2, 4, 7 and 8 (reverse scored), activity engagement scale = Items 1, 3, 5 and 6, total activity engagement + pain willingness.