

Pain Sensitivity Questionnaire

This questionnaire contains a series of questions in which you should imagine yourself in certain situations. You should then decide if these situations would be painful for you and if yes, how painful they would be. Let 0 stand for no pain; 1 is an only just noticeable pain and 10 the most severe pain that you can imagine or consider possible. Please mark the scale with a cross on the number that is most true for you. Keep in mind that there are no "right" or "wrong" answers; only your personal assessment of the situation counts. Please try as much as possible not to allow your fear or aversion of the imagined situations affect your assessment of painfulness.

1. Imagine you bump your shin badly on a hard edge, for example, on the edge of a glass coffee table. How painful would that be for you?

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

2. Imagine you burn your tongue on a very hot drink.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

3. Imagine your muscles are slightly sore as the result of physical activity.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

4. Imagine you trap your finger in a drawer.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

5. Imagine you take a shower with lukewarm water.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

6. Imagine you have mild sunburn on your shoulders.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

7. Imagine you grazed your knee falling off your bicycle.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

8. Imagine you accidentally bite your tongue or cheek badly while eating.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

9. Imagine walking across a cool tiled floor with bare feet.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

10. Imagine you have a minor cut on your finger and inadvertently get lemon juice in the wound.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

11. Imagine you prick your fingertip on the thorn of a rose.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

12. Imagine you stick your bare hands in the snow for a couple of minutes or bring your hands in contact with snow for some time, for example, while making snowballs.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

13. Imagine you shake hands with someone who has a normal grip.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

14. Imagine you shake hands with someone who has a very strong grip.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

15. Imagine you pick up a hot pot by inadvertently grabbing its equally hot handles.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

16. Imagine you are wearing sandals and someone with heavy boots steps on your foot.

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

17. Imagine you bump your elbow on the edge of a table (“funny bone”).

0 = not at all painful 10 = most severe pain imaginable

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10