Pain Self-Efficacy Questionnaire – Short Form (PSEQ-2)1 –

A measure of effective coping strategies

1. "I can still accomplish most of my goals in life, despite the pain"

0 1 2 3 4 5 6

Not at all confident Completely confident

2. "I can live a normal lifestyle, despite the pain"

0 1 2 3 4 5 6

Not at all confident Completely confident

**Total score between 0-12, with 12 being more adaptive. Clinicians should not look for a cutoff score, but simply discuss where there may be opportunities for better by relief by becoming more resilient.*

Patient Health Questionnaire 2 (PHQ-2)2

A measure of symptoms of depression

Over the past 2 weeks, how often have you been bothered by any of the following problems?

1. Little interest or pleasure in doing things.

☐ Not at all ☐ Several days ☐ More than half of the days ☐ Nearly every day

2. Feeling down, depressed or hopeless.

☐ Not at all ☐ Several days ☐ More than half of the days ☐ Nearly every day

**Total score 0-6. A 'cutoff' score of 3 is suggested for considering additional screening and treatment for major depression, but the categories aren't as important as the fact that symptoms of depression will lead to greater pain. Working to decrease symptoms of depression prior to discretionary/elective surgery could be helpful.*

The Screener and Opioid Assessment for Patients in Pain (SOAPP®)

Brief paper and pencil tool to facilitate assessment and planning for chronic pain patients being considered for long-term opioid treatment.

Resources: SOAPP

1. General
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2. Available from: Inflexxion at http://www.painedu.org

Citations

1. Arjan G.J. Bot, M.D., Sjoerd P.F.T. Nota, M.D., David Ring, M.D., Ph.D. The Creation of an Abbreviated Version of the PSEQ: The PSEQ-2. Psychosomatics. Volume 55, Issue 4, July–August 2014, Pages 381–385
2. https://cde.drugabuse.gov/instrument/fc216f70-be8e-ac44-e040-bb89ad433387

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