Neurophysiology of Pain Questionnaire: Revised Short Version

The following are some statements about pain. Please read each question and decide if the answer is true or false. If you are not sure, **do not guess** and mark unsure.

		T	F	U
1	It is possible to have pain and not know about it.			
2	When part of your body is injured, special pain receptors convey the pain message to your brain.			
3	Pain only occurs when you are injured or at risk of being injured.			
4	When you are injured, special receptors convey the danger message to your spinal cord.			
5	Special nerves in your spinal cord convey 'danger' message to your brain.			
6	Nerves adapt by increasing their resting level of excitement.			
7	Chronic pain means that an injury hasn't healed properly.			
8	The body tells the brain when it is in pain.			
9	Nerves adapt by making ion channels stay open longer.			
10	Descending neurons are always inhibitory.			
11	Pain occurs whenever you are injured.			
12	When you injure yourself, the environment that you are in will not affect the amount of pain you experience, as long as the injury is exactly the same.			
13	The brain decides when you will experience pain.			

Neurophysiology of Pain Questionnaire: Revised Short Version

ANSWER KEY:

		T	F	U
1	It is possible to have pain and not know about it.		X	
2	When part of your body is injured, special pain receptors convey the pain message to your brain.		X	
3	Pain only occurs when you are injured or at risk of being injured.		X	
4	When you are injured, special receptors convey the danger message to your spinal cord.	X		
5	Special nerves in your spinal cord convey 'danger' message to your brain.	X		
6	Nerves adapt by increasing their resting level of excitement.	X		
7	Chronic pain means that an injury hasn't healed properly.		X	
8	The body tells the brain when it is in pain.		X	
9	Nerves adapt by making ion channels stay open longer.	X		
10	Descending neurons are always inhibitory.		X	
11	Pain occurs whenever you are injured.		X	
12	When you injure yourself, the environment that you are in will not affect the amount of pain you experience, as long as the injury is exactly the same.		X	
13	The brain decides when you will experience pain.	X		

REFERENCES:

Catley MJ, O'Connell NE, Mosely GL, **How Good is the Neurophysiology of Pain Questionnaire? A Rasch analysis of psychometric properties.** *Journal of Pain*, 2013; 14(8): 818-827