

1

ANXIETY

A person who feels sad all the time can increase their pain.

TRUE



2

ANXIETY

Trying to improve mood may help decrease pain

TRUE



1

ANXIETY

The difficulty of starting something is a sign that things are not going well.

TRUE



1

ANXIETY

Pain should always be the major concern of a person's life with chronic pain

FALSE



1

ANXIETY

A person with pain should seek to do the things they still like.

TRUE



2

ANXIETY

A person with pain can no longer enjoy things as they did before.

FALSE



1

ANXIETY

A person with pain should feel guilty for the pain they are experiencing.

FALSE



1

ANXIETY

A person with chronic pain should try to stay active

TRUE



2

ANXIETY

A person who feels chronic pain should see it as a punishment.

FALSE



1

ANXIETY

It is normal for a person with pain to be always discouraged by everything.

FALSE



2

ANXIETY

Feelings can influence pain and sleep.

TRUE



1

ANXIETY

A person with pain should feel disappointed with themselves.

FALSE



1

ANXIETY

A person with pain feels worse than other people.

FALSE



2

ANXIETY

A person with pain should not feel worse than other people.

TRUE



1

ANXIETY

Not everything that happens in the life of a person with pain is bad.

TRUE



2

ANXIETY

A person with chronic pain should be irritated by everything.

FALSE



1

ANXIETY

A person with pain no longer likes to be with other people.

FALSE



1

ANXIETY

Relaxation Exercises Can Help Improve Anxiety

TRUE



1

ATTITUDES

A person with pain can influence the pain intensity.

TRUE



1

ATTITUDES

A person with pain will always have to take medication to relieve the pain.

FALSE



2

ATTITUDES

The family should give more attention to the person with pain

FALSE



1

ATTITUDES

The greatest pain relief will always be with the use of medications.

FALSE



1

ATTITUDES

Anxiety can increase the intensity of pain.

TRUE



2

ATTITUDES

A person with pain should seek the complete elimination of pain.

FALSE



1

ATTITUDES

We must do everything for the person with pain.

FALSE



2

ATTITUDES

Stress situations can increase pain.

TRUE



1

ATTITUDES

Exercise and movement are indicated for people with chronic pain.

TRUE



**2 ATTITUDES**

By concentrating or relaxing it is possible to decrease the pain.

TRUE



**3 ATTITUDES**

Drugs are the best treatments for chronic pain.

FALSE



**1 ATTITUDES**

The family should treat the person suffering with pain differently.

FALSE



**2 ATTITUDES**

Feelings of sadness and depression can increase pain.

TRUE



**1 ATTITUDES**

If a person with chronic pain exercises the pain will worsen even more.

FALSE



**1 ATTITUDES**

Chronic pain always means having something wrong in the body that prevents movement.

FALSE



**3 ATTITUDES**

It is possible to control pain by changing the way you think.

TRUE



**2 ATTITUDES**

It is possible to learn to control pain.

TRUE



**1 ATTITUDES**

It is possible to learn how to deal with pain by changing behavior.

TRUE



**3 ATTITUDES**

A person with chronic pain can not have an active life.

FALSE



**1 ATTITUDES**

A person with chronic pain will only improve with the reduction of pain.

FALSE



**1 ATTITUDES**

There is a strong connection between emotions and pain intensity

TRUE



**1 ATTITUDES**

A person with chronic pain can do almost anything with just a few adjustments.

TRUE



**2 ATTITUDES**

If a person with chronic pain exercises the pain will continue to worsen.

FALSE



**1 ATTITUDES**

A person with chronic pain has nothing else to do to but improve the pain.

FALSE



**1 ATTITUDES**

Sleep has an important influence on pain and stress.

TRUE



**2 ATTITUDES**

Sleeping well and exercising can help decrease the pain.

TRUE



**1 ATTITUDES**

Even with pain, it is important to try to keep daily activities.

TRUE



**1** CATASTROPHIZING

A person with pain should worry all the time about their pain.

FALSE



**2** CATASTROPHIZING

A person with pain should avoid thinking about pain all the time.

TRUE



**1** CATASTROPHIZING

A person with chronic pain must worry all the time about whether the pain will end.

FALSE



**1** CATASTROPHIZING

A person with chronic pain can do many things.

TRUE



**2** CATASTROPHIZING

Chronic pain is always terrible and will never improve.

FALSE



**2** CATASTROPHIZING

It is possible for a person to feel better even with pain.

TRUE



**1** CATASTROPHIZING

A person with chronic pain knows that the pain will always worsen.

FALSE



**2** CATASTROPHIZING

Having new episodes of pain throughout life may be normal.

TRUE



**2** CATASTROPHIZING

The greatest desire of a person with pain must be that the pain disappears.

FALSE



1

CATASTROPHIZING

It is possible to learn how to deal with pain.

TRUE



1

CATASTROPHIZING

A person with chronic pain should be thinking all the time about the pain.

FALSE



2

CATASTROPHIZING

Just because the pain lasts a long time does not mean that it is the worst of all.

TRUE



2

CATASTROPHIZING

Chronic pain lasts a long time and will get worse and worse.

FALSE



1

CATASTROPHIZING

It is normal that in some days the pain may be stronger and in others it may be weaker.

TRUE



1

CATASTROPHIZING

A pain that lasts for a long time is very serious.

FALSE



2

CATASTROPHIZING

A person with chronic pain will never get any better.

FALSE



1

CATASTROPHIZING

A person with chronic pain should keep the pain in his/her mind.

FALSE



1

CATASTROPHIZING

It is still possible to do many things to lessen the pain.

TRUE



**1 KINESIOPHOBIA**

A person with pain should be afraid to exercise.

FALSE



**2 KINESIOPHOBIA**

It is safe for a person with chronic pain to do exercises.

TRUE



**1 KINESIOPHOBIA**

If a person with pain lost the fear of exercise, the pain would increase.

FALSE



**3 KINESIOPHOBIA**

For a person with chronic pain it is important to lose the fear of exercises.

TRUE



**2 KINESIOPHOBIA**

The pain always indicates that something very wrong is happening.

FALSE



**1 KINESIOPHOBIA**

Doing exercises would probably relieve the pain.

TRUE



**1 KINESIOPHOBIA**

A person with chronic pain should be afraid of exercises.

FALSE



**1 KINESIOPHOBIA**

Pain always means that the body is injured.

FALSE



**2 KINESIOPHOBIA**

A person with chronic pain may feel pain during exercise.

TRUE





**3 KINESIOPHOBIA**

Even though exercise increases pain, it does not mean it is dangerous.

TRUE



**1 KINESIOPHOBIA**

When the pain increases, it does not mean that the injury has increased.

TRUE



**2 KINESIOPHOBIA**

A person with pain should avoid unnecessary movements.

FALSE



**1 KINESIOPHOBIA**

A person with pain can do exercises.

TRUE



**1 KINESIOPHOBIA**

A person with a lot of pain should have a very serious injury.

FALSE



**2 KINESIOPHOBIA**

Pain is not always related to the extent of the injury.

TRUE



**1 KINESIOPHOBIA**

Although you have pain, a person would be better off if they were active.

TRUE



**3 KINESIOPHOBIA**

Being in pain means that you should not exercise.

FALSE



**1 KINESIOPHOBIA**

The pain tells you when to stop exercising.

FALSE



**2 KINESIOPHOBIA**

Physical activity can be tailored for people with chronic pain.

TRUE



**2 KINESIOPHOBIA**

A person with chronic pain can be physically active.

TRUE



**2 KINESIOPHOBIA**

A person with chronic pain should avoid any type of exercises.

FALSE



**1 KINESIOPHOBIA**

Just because something aggravates my pain does not mean it is dangerous.

TRUE



**2 KINESIOPHOBIA**

Although you are in pain, it is possible to exercise.

TRUE



**2 KINESIOPHOBIA**

No one should exercise when they are in pain.

FALSE



**1 KINESIOPHOBIA**

Pain would probably be relieved if I were to exercise.

TRUE



**1 KINESIOPHOBIA**

Avoiding any unnecessary movement is the safest thing I can do.

FALSE



**2 KINESIOPHOBIA**

Medical exams (X-ray, MRI) can tell me if it is safe to be physically active.

FALSE



1

KNOWLEDGE

Special pain receptors carry messages to the brain.

FALSE



2

KNOWLEDGE

Pain only occurs when we are injured.

FALSE



1

KNOWLEDGE

Special pain receptors convey the pain message to our brain.

FALSE



1

KNOWLEDGE

Pain is a combination of psychological, social and biological factors

TRUE



1

KNOWLEDGE

We have pressure, chemical and temperature receptors on the body

TRUE



3

KNOWLEDGE

The pain experience is a combination of messages in the brain.

TRUE



1

KNOWLEDGE

Nerves carry messages from the body's receptors to the spinal cord.

TRUE



2

KNOWLEDGE

Body receptors tell the brain when it feels pain.

FALSE



1

KNOWLEDGE

Pain is an individual experience.

TRUE



1

KNOWLEDGE

In pain, the brain combines thoughts, memories and emotions.

TRUE



1

KNOWLEDGE

Pain only occurs when we are injured.

FALSE



2

KNOWLEDGE

Pain is the most powerful alarm system in our body.

TRUE



2

KNOWLEDGE

When we feel pain, it means that we are injured.

FALSE



1

KNOWLEDGE

When we feel pain for a long time it means that the injury is not healed.

FALSE



3

KNOWLEDGE

When we feel pain for a long time our sensors can become more sensitized.

TRUE



1

KNOWLEDGE

In chronic pain, the central nervous system becomes more sensitive to nociception.

TRUE



1

KNOWLEDGE

The connections in the brain can cause the pain to increase or decrease.

TRUE



3

KNOWLEDGE

The brain can produce substances that decrease pain.

TRUE



1

KNOWLEDGE

Stress, lack of sleep, anxiety do not influence pain.

FALSE



2

KNOWLEDGE

Pain is always produced by the brain.

TRUE



1

KNOWLEDGE

It is possible to have a serious injury and not feel pain.

TRUE



1

KNOWLEDGE

The body tells the brain when it is in pain.

FALSE



2

KNOWLEDGE

Chronic pain means that an injury hasn't healed properly.

FALSE



1

KNOWLEDGE

Substances are released when we have an injury to sensitize our sensors

TRUE



3

KNOWLEDGE

Exercises can release substances that decrease pain.

TRUE



1

KNOWLEDGE

People who feel pain for a long time should not exercise.

FALSE



1

KNOWLEDGE

In chronic pain, nerves become more sensitive to nociception

TRUE

