

## Chronic Pain Values Inventory (CPVI)

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Individuals suffering with chronic pain often spend much of their time focused on trying to reduce their pain rather than living a valued life that they would like to live.

The 12-item CPVI is a brief inventory that can be used to determine which values are important to an individual and to assess the degree of success they are having in following their values. The valued domains included in the inventory are family, intimate relations, friends, work, health, and growth or learning. The inventory can be used to help individuals identify values based action that can form part of their daily functioning. Overall, analysis of the CPVI has supported its use in a contextual analysis of pain and as part of a treatment for chronic pain.

**Scoring:** Respondents are asked to rate each item on a scale from 0 (not at all important / successful) to 5 (extremely important / successful). Two primary scores are obtained when scoring the CPVI. The first is a mean success rating, taken as the average of the 6 success ratings. The second score is a mean discrepancy rating, taken as the mean of the differences between importance and success.

Low success in living in accordance to an important value is presumed to entail greater suffering than low success in living in accordance to a value that is relatively unimportant.

**Reliability:** The CPVI demonstrates very good internal consistency (Cronbach's alpha = .82).

**Validity:** Analysis supports the CPVI's construct validity. The CPVI obtained significant correlations of overall success with measures of avoidance and acceptance of pain, which supports the validity of scores from the values measure. Success in living according to values was correlated with measures of disability, depression, and pain-related anxiety.

**Reference:**

McCracken, L. M. & Yang, S. (2006). The role of values in a contextual cognitive-behavioral approach to chronic pain. *Pain*, 123, 137-145.

## CPVI

Many people with chronic pain find that their pain and other symptoms are barriers to engaging in activities that are personally important to them. These people have ‘VALUES’ but they are not living according to their values.

For example, you may want to be a loving partner, a warm and supportive parent, a helpful and reliable friend, a person who keeps physically fit and able, or a person who is always learning new skills, but you may find yourself in circumstances where you are not living that way.

For each of the areas listed below consider how you most want to live your life. Then rate how IMPORTANT each domain is for you. This is NOT about how well you are doing in each area – it is about how important it is to you. Rate the importance you place in each domain using any number on the scale from 0 (not at all important) to 5 (very important). Each area need not be important to you – rate an area low if it is not important to you personally.

0	1	2	3	4	5
Not at all	Slightly	Somewhat	Moderately	Very	Extremely
Important	important	important	important	important	important

Consider each area according to your values, the important ways that you most want to live your life in each domain	IMPORTANCE of this domain to you
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1. Family: Participation in your relationships with your parents, children, other close relatives, people you live with, or whoever is your “family”
2. Intimate relations: Being the kind of partner you want to be for your husband/wife or closest partner in life
3. Friends: Spending time with friends, doing what you need to maintain friendships, or providing help and support for others as a friend
4. Work: Engaging in whatever is your occupation, your job, volunteer work, community service, education, or your, work around your own home
5. Health: Keeping yourself fit, physically able, and healthy just as you would most want to do
6. Growth and learning: Learning new skills or gaining knowledge, or improving yourself as a person as you would most want

## CPVI

In this section, we want you to look at how much **SUCCESS** you have had in living according to your values. Many times when people have chronic pain they find it difficult to live their life as they want to live it.

For each of the areas of life listed below consider again how you most want to live your life. Then rate how **SUCCESSFUL** you have been living according your values during the past two weeks. These questions are **NOT** asking how successful you want to be but how successful you have been. Rate your success using any number on the scale from 0 (not at all successful) to 5 (very successful).

0	1	2	3	4	5
Not at all successful	Slightly successful	Somewhat successful	Moderately successful	Very successful	Extremely successful

Consider each area according to your values, the important ways that you most want to live your life in each domain	SUCCESS at living your values
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1. Family: Participation in your relationships with your parents, children, other close relatives, people you live with, or whoever is your “family”
2. Intimate relations: Being the kind of partner you want to be for your husband/wife or closest partner in life
3. Friends: Spending time with friends, doing what you need to maintain friendships, or providing help and support for others as a friend
4. Work: Engaging in whatever is your occupation, your job, volunteer work, community service, education, or your, work around your own home
5. Health: Keeping yourself fit, physically able, and healthy just as you would most want to do
6. Growth and learning: Learning new skills or gaining knowledge, or improving yourself as a person as you would most want