

## Psychological Inflexibility in Pain Scale (PIPS)

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The PIPS is a 16-item scale used to assess psychological inflexibility (i.e. avoidance, acceptance, fusion, values orientation, dirty discomfort) in people with chronic pain.

There are 2 main components that are measured in the PIPS:

1. Avoidance of pain (items: 2, 3, 7, 8, 9, 11, 13, 14, 15, 16)
2. Fusion with pain thoughts (items: 1, 4, 5, 6, 10, 12)

**Scoring:** Respondents are asked to rate items on a 7-point scale that ranges from 1 (never true) to 7 (always true). Higher scores indicate greater levels of psychological inflexibility.

**Reliability:** The PIPS demonstrates good internal consistency as measured by Cronbach's alpha, with .90 (avoidance), .75 (fusion) and .89 (total scale). The intercorrelation between the subscales was found to be .46, which indicates that the subscales provide distinctive information in relation to psychological flexibility.

**Validity:** Overall, results support the concurrent validity of both subscales as well as the total scale. For example, the PIPS was found to correlate significantly with subscales of the SF-12 (e.g., the quality of life-item) and with all but the *support* subscales of MPI.

### Reference:

Wicksell, R. K., Renöfält, J., Olsson, G. L., & Melin, L. (submitted article). Avoidance and fusion - central components in pain related disability? Development and preliminary validation of the Psychological Inflexibility in Pain Scale.

## PIPS

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it.

1	2	3	4	5	6	7
Never true	Very rarely true	Seldom true	Sometimes true	Often true	Almost always true	Always true
1. I would do almost anything to get rid of my pain.					1 2 3 4 5 6 7	
2. I don't do things that are important to me to avoid feeling my pain.					1 2 3 4 5 6 7	
3. When I am in pain, I stay away from other people.					1 2 3 4 5 6 7	
4. It is important that I learn to control my pain.					1 2 3 4 5 6 7	
5. It is important to understand what causes my pain.					1 2 3 4 5 6 7	
6. I feel angry about my pain.					1 2 3 4 5 6 7	
7. I say things like "I don't have any energy", "I am not well enough", "I don't have time", "I don't dare", "I have too much pain", "I feel too bad" or "I don't feel like it".					1 2 3 4 5 6 7	
8. I avoid doing things when there is a risk it will hurt or make things worse.					1 2 3 4 5 6 7	
9. I avoid scheduling activities because of my pain.					1 2 3 4 5 6 7	
10. I put a lot of effort into fighting my pain.					1 2 3 4 5 6 7	
11. It's not me that controls my life, it's my pain.					1 2 3 4 5 6 7	
12. I need to understand what is wrong in order to move on.					1 2 3 4 5 6 7	
13. Because of my pain, I no longer plan for the future.					1 2 3 4 5 6 7	
14. I postpone things on account of my pain.					1 2 3 4 5 6 7	
15. I cancel planned activities when I am in pain.					1 2 3 4 5 6 7	
16. I interrupt activities if it starts to hurt or becomes worse.					1 2 3 4 5 6 7	