

Outcome Measures Used by Provincial Pain Self-Management Programs

PROMIS-Depression 4a

PROMIS-Pain Intensity 1a

PROMIS-Pain Interference 4a

Pain Catastrophizing Scale

Patterns of Activity Measure – Pain Short form

Pain Self-Efficacy Questionnaire – Two-Item Short Form

PROMIS scales can be found at the following website:

<https://www.healthmeasures.net/explore-measurement-systems/promis/obtain-administer-measures>