

APPENDIX A

TABLES

Table A1 Distribution of frequency and percentage of state anxiety ($N = 94$)

No	Items	Not at all	Some-what	Moderately	Very much so
1	I feel calm	7 (7.5%)	43 (46.2%)	29 (31.2%)	14 (15.1%)
2	I feel secure	8 (8.6%)	37 (39.9%)	36 (38.7%)	12 (12.9%)
3	I am tense	19 (20.4%)	40 (43%)	28 (30.1%)	6 (6.5%)
4	I feel strained	40 (43%)	32 (34.4%)	13 (14%)	8 (8.6%)
5	I feel ease	5 (5.4%)	32 (34.4%)	27 (29%)	29 (31.2%)
6	I feel upset	3 (3.2%)	46 (49.5%)	28 (30.1%)	16 (17.2%)
7	I am presently worrying over possible misfortunes	22 (23.7%)	38 (40.9%)	22 (23.7%)	11 (11.8%)
8	I feel satisfied	4 (4.3%)	19 (20.4%)	25 (26.9%)	45 (48.4%)
9	I feel frightened	3 (3.2%)	43 (46.2%)	39 (41.9%)	8 (8.6%)
10	I feel comfortable	2 (2.2%)	27 (29%)	27 (29%)	37 (39.8%)
11	I feel self-confidence	21 (22.6%)	43 (46.2%)	23 (24.7%)	6 (6.5%)
12	I feel nervous	45 (48.4%)	31 (33.3%)	11 (11.8%)	6 (6.5%)
13	I am jittery	26 (28%)	40 (43%)	20 (21.5%)	7 (7.5%)
14	I feel indecisive	37 (39.8%)	35 (37.6%)	18 (19.4%)	3 (3.2%)
15	I am relaxed	3 (3.2%)	38 (40.9%)	27 (29%)	25 (26.9%)
16	I feel content	3 (3.2%)	17 (18.3%)	31 (33.3%)	42 (45.2%)
17	I am worried	3 (3.2%)	35 (37.6%)	40 (43%)	15 (16.1%)
18	I am confused	33 (35.5%)	32 (34.4%)	14 (15.1%)	14 (15.1%)
19	I feel steady	19 (20.4%)	42 (45.2%)	21 (22.6%)	11 (11.8%)
20	I feel pleasant	6 (6.5%)	29 (31.2%)	30 (32.3%)	28 (30.1%)

Table A2 Distribution of frequency and percentage of trait anxiety ($N = 94$)

No	Items	Almost never	Some-time	Often	Almost always
21	I feel pleasant	11 (11.8%)	46 (49.5%)	28 (30.1%)	8 (8.6%)
22	I feel nervous and restless	9 (9.7%)	60 (64.5%)	19 (20.4%)	5 (5.4%)
23	I feel satisfied with myself	9 (9.7%)	49 (52.7%)	30 (32.3%)	5 (5.4%)
24	I wish I could be as happy as others seem to be	3 (3.2%)	23 (24.7%)	44 (47.3%)	23 (24.7%)
25	I feel like a failure	39 (41.9%)	34 (36.6%)	16 (17.2%)	4 (4.3%)
26	I feel rested	3 (3.2%)	41 (44.1%)	31 (33.3%)	18 (19.4%)
27	I am "calm, cool, and collected"	6 (6.5%)	50 (53.8%)	32 (34.4%)	5 (5.4%)
28	I feel are piling up so that I cannot overcome them	44 (47.3%)	34 (36.6%)	10 (10.8%)	5 (5.4%)
29	I worry too much over something that really doesn't matter	23 (24.7%)	49 (52.7%)	18 (19.4%)	3 (3.2%)
30	I am happy	5 (5.4%)	42 (45.2%)	27 (29%)	19 (20.4%)
31	I have disturbing thoughts	33 (35.5%)	44 (47.3%)	12 (12.9%)	4 (4.3%)
32	I lack self-confidence	5 (5.4%)	56 (60.2%)	26 (28%)	6 (6.5%)
33	I feel secure	9 (9.7%)	36 (38.7%)	31 (33.3%)	17 (18.3%)
34	I make decision easily	14 (15.1%)	45 (48.4%)	30 (32.3%)	4 (4.3%)
35	I feel inadequate	34 (36.6%)	40 (43%)	16 (17.2%)	3 (3.2%)
36	I am content	1 (1.1%)	31 (33.3%)	29 (31.2%)	32 (34.4%)
37	Some unimportant thought runs through my mind and bothers me	16 (17.2%)	57 (61.3%)	18 (19.4%)	2 (2.2%)
38	I take disappointments so keenly that I can't put them out of my mind	53 (57%)	23 (24.7%)	16 (17.2%)	1 (1.1%)
39	I am a steady person	15 (16.1%)	46 (49.5%)	20 (21.5%)	12 (12.9%)
40	I get in a state of tension or turmoil as I think over my recent concerns and interests	2 (2.2%)	61 (65.6%)	24 (25.8%)	6 (6.5%)

Table A3 Distribution of frequency and percentage of coping strategies ($N = 94$)

No.	Items	Never	Almost Never	Rarely	Some- time	Often	Almost Always	Always
1.	Diverting Attention							
	I think of things I enjoy doing.	0	3 3.2%	8 8.6%	23 24.7%	29 31.2%	24 25.8%	6 6.5%
	I think of people I enjoy doing things with.	1 1.1%	3 3.2%	13 14%	33 35.5%	24 25.8%	18 19.4%	1 1.1%
	I replay in my mind pleasant experiences in the past.	8 8.6%	8 8.6%	39 41.9%	26 28%	9 9.7%	3 3.2%	0
	I try to think something pleasant.	1 1.1%	1 1.1%	6 6.5%	20 21.5%	32 34.4%	25 26.9%	8 8.6%
	I play mental games with myself to keep my mind off the pain.	28 30.1%	22 23.7%	20 21.5%	14 15.1%	8 8.6%	1 1.1%	0
	I count numbers in my head or run a song through my mind.	15 16.1%	14 15.1%	24 25.8%	28 30.1%	9 9.7%	2 2.2%	1 1.1%
2.	Reinterpreting Pain Sensations							
	I imagine that the pain is outside my body.	7 7.5%	11 11.8%	15 16.1%	43 46.2%	11 11.8%	6 6.5%	0
	I pretend it's not part of me.	6 6.5%	7 7.5%	16 17.2%	36 38.7%	22 23.7%	5 5.4%	1 1.1%
	I try to feel distant from the pain, almost as if the pain was in somebody else's body.	5 5.4%	12 12.9%	21 22.6%	34 36.6%	15 16.1%	5 5.4%	1 1.1%
	I try not to think of it as my body, but rather as something separate from me.	8 8.6%	11 11.8%	31 33.3%	29 31.2%	12 12.9%	2 2.2%	0
	I don't think of it as pain but rather as a dull or warm feeling.	11 11.8%	17 18.3%	34 36.6%	17 18.3%	9 9.7%	5 5.4%	0
	I just think of it as some other sensation, such as numbness.	1 1.1%	10 10.8%	25 26.9%	38 40.9%	16 17.2%	3 3.2%	0

Table A3 (Continued)

No.	Items	Never	Almost Never	Rarely	Some- time	Often	Almost Always	Always
3.	Ignoring Pain Sensation							
	I just go as if nothing happened.	12 12.9%	6 6.5%	11 11.8%	38 40.9%	16 17.2%	8 8.6%	2 2.2%
	I don't pay any attention to it.	1 1.1%	6 6.5%	23 24.7%	34 36.6%	16 17.2%	11 11.8%	2 2.2%
	I don't think about the pain.	2 2.2%	6 6.5%	10 10.8%	39 41.9%	23 24.7%	13 14%	0
	I ignore it.	3 3.2%	2 2.2%	11 11.8%	37 39.8%	24 25.8%	14 15.1%	2 2.2%
	I pretend it's not there.	7 7.5%	9 9.7%	17 18.3%	29 31.2%	20 21.5%	10 10.8%	1 1.1%
	I tell myself it doesn't hurt.	2 2.2%	8 8.6%	9 9.7%	26 28%	37 39.8%	9 9.7%	2 2.2%
4.	Coping Self-Statements							
	I tell my self I can't let the pain stand in the way of what I have to do.	0	3 3.2%	11 11.8%	8 8.6%	27 29%	29 31.2%	15 16.1%
	Although it hurts, I just keep on going.	0	3 3.2%	9 9.7%	49 52.7%	24 25.8%	8 8.6%	0
	I see it as challenge and don't let it bother me.	4 4.3%	14 15.1%	31 33.3%	21 22.6%	16 17.2%	6 6.5%	1 1.1%
	No matter how bad it gets, I know I can handle it.	1 1.1%	1 1.1%	7 7.5%	21 22.6%	32 34.4%	26 28%	5 5.4%
	I tell myself that I can overcome the pain.	1 1.1%	3 3.2%	3 3.2%	14 15.1%	31 33.3%	26 28%	15 16.1%
	I tell myself to be brave and to carry on despite the pain.	1 1.1%	8 8.6%	18 19.4%	23 24.7%	27 29%	14 15.1%	2 2.2%
5.	Praying and Hoping							
	I try to think years ahead, what everything will be like after I've got rid of the pain.	2 2.2%	5 5.4%	26 28%	22 23.7%	27 29%	8 8.6%	3 3.2%
	I pray to God it won't last too long.	0	0	0	1 1.1%	3 3.2%	7 7.5%	82 88.2%

Table A3 (Continued)

No.	Items	Never	Almost Never	Rarely	Some- time	Often	Almost Always	Always
	I know someday someone will be here to help me and it will go away for a while.	0	1 1.1%	4 4.3%	39 41.9%	24 25.8%	13 14%	12 12.9%
	I rely on my faith in God.	0	0	0	0	2 2.2%	6 6.5%	85 91.4%
	I have faith in doctors that someday there will be a cure for my pain.	0	0	2 2.2%	11 11.8%	22 23.7%	21 22.6%	37 39.8%
6.	Catastrophizing							
	I feel I can't stand it anymore	55 59.1%	14 15.1%	6 6.5%	6 6.5%	8 8.6%	3 3.2%	1 1.1%
	I feel like I can't go on.	52 55.9%	18 19.4%	6 6.5%	8 8.6%	6 6.5%	3 3.2%	0
	I am worry all the time about whether it will end.	7 7.5%	27 29%	21 22.6%	23 24.7%	12 12.9%	3 3.2%	0
	I feel my life isn't worth living.	16 17.2%	45 48.4%	13 14%	11 11.8%	3 3.2%	3 3.2%	2 2.2%
	It's awful and I feel that it overwhelms me.	1 1.1%	22 23.7%	20 21.5%	28 30.1%	11 11.8%	8 8.6%	3 3.2%
	It's terrible and I feel it's never going to get any better.	25 26.9%	29 31.2%	10 10.8%	19 20.4%	7 7.5%	3 3.2%	0
7.	Increasing Pain Coping Behavior							
	I walk a lot.	9 9.7%	4 4.3%	23 24.7%	38 40.9%	10 10.8%	7 7.5%	2 2.2%
	I take my medication.	0	0	1 1.1%	5 5.4%	3 3.2%	18 19.4%	66 71%
	I lie down.	0	0	0	39 41.9%	40 43%	5 5.4%	9 9.7%
	I use a heating pad.	21 22.6%	20 21.5%	25 26.9%	17 18.3%	2 2.2%	8 8.6%	0
	I relax.	5 5.4%	4 4.3%	11 11.8%	26 28%	32 34.4%	12 12.9%	3 3.2%

Table A3 (Continued)

No.	Items	Never	Almost Never	Rarely	Some- time	Often	Almost Always	Always
8.	Increasing Behavioral Activities							
	I do something I enjoy, such as watching TV or listening to music.	0	4 4.3%	6 6.5%	24 25.8%	35 37.6%	14 15.1%	10 10.8%
	I take a shower or bath.	29 31.2%	17 18.3%	21 22.6%	15 16.1%	7 7.5%	3 3.2%	1 1.1%
	I leave the house and do something, such as going to the movie or shopping.	18 19.4%	11 11.8%	32 34.4%	15 16.1%	6 6.5%	10 10.8%	1 1.1%
	I try to be around other people.	0	1 1.1%	2 2.2%	11 11.8%	22 23.7%	48 51.6%	9 9.7%
	I read.	23 24.7%	17 18.3%	13 14%	25 26.9%	13 14%	1 1.1%	1 1.1%
	I do anything to get my mind off the pain.	0	3 3.2%	4 4.3%	12 12.9%	29 31.2%	29 31.2%	16 17.2%
	I do something active, like household chores or projects.	3 3.2%	6 6.5%	5 5.4%	30 32.3%	27 29%	17 18.3%	5 5.4%

Table A4 Rank of coping strategies based on sum of percentage of 'often, almost always, and always ($N = 94$)

Coping Strategies	Subscale	Percentage	Rank
I rely on my faith in God	PH	100	1
I pray for the pain to stop	PH	100	2
I pray to God it will not last too long	PH	98.9	3
I take my medicine	IPB	93.6	4
I have faith in doctors that someday there will be a cure for my pain	PH	86.1	5
I try to be around other people	IBA	85	6
I do anything to get my mind off the pain	IBA	79.6	7
I tell myself that I can overcome the pain	CS	77.4	8
I tell myself I cannot let the pain stand in the way of what I have to do	CS	76.3	9
I try to think something pleasant	DA	69.9	10
No matter how bad it gets, I know I can handle it	CS	67.8	11
I do something I enjoy, such as watching TV or listening to music	IBA	63.5	12
I think of things I enjoy doing	DA	63.5	13
I lie down	IPB	58.1	14
I know someday someone will be here to help me and it will go away for awhile	PH	52.7	15
I do something active, like household chores or projects	IBA	52.7	16
I tell myself it does not hurt	IPS	51.7	17
I relax	IPB	50.5	18
I tell myself to be brave and to carry on despite the pain	CS	46.3	19
I think of people I enjoy doing things with	DA	46.3	20
I ignore it	IPS	43.1	21

Table A4 (Continued)

Coping Strategies	Subscale	Percentage	Rank
I try to think years ahead, what everything will be like after I've got rid of the pain	PH	40.8	22
I do not think about the pain	IPS	38.7	23
Although it hurts, I just keep on going	CS	34.4	24
I pretend it is not there	IPS	33.4	25
I do not pay any attention to it	IPS	31.2	26
I pretend it is not part of me	RPS	30.2	27
I just go as if nothing happened	IPS	28	28
I see it as challenge and do not let it bother me	CS	24.8	29
It is awful and I feel that it overwhelms me	CP	23.6	30
I try to feel distant from the pain, almost as if the pain was in somebody else's body	RPS	22.6	31
I walk a lot	IPB	20.5	32
I just think of it as some other sensation, such as numbness.	RPS	20.4	33
I leave the house and do something, such as going to the movie or shopping	IBA	18.4	34
I imagine that the pain is outside my body	RPS	18.3	35
I read	IBA	16.2	36
I am worry all the time about whether it will end	CP	16.1	37
I try not to think of it as my body, but rather as something separate from me	RPS	15.1	38
I don't think of it as pain but rather as a dull or warm feeling	RPS	15.1	39
I count numbers in my head or run song through my mind	DA	13	40
I replay in my mind pleasant experiences in the past	DA	12.9	41

Table A4 (Continued)

Coping Strategies	Subscale	Percentage	Rank
I feel I cannot stand it anymore	CP	12.9	42
I take a shower or bath	IPB	11.8	43
I use a heating pad	IPB	10.8	44
It is terrible and I feel it is never going to get any better	CP	10.7	45
I feel like I cannot go on	CP	9.7	46
I play mental games with myself to keep my mind	DA	9.7	47
I feel my life is not worth living	CP	8.6	48

Note: DA = Diverting Attention, RPS = Re-interpreting Sensations, IPS = Ignoring Pain Sensation, CS = Coping Self-statements, PH = Praying and Hoping, CP = Catastrophizing, IPB = Increasing Pain Coping Behavior, and IBA = Increasing Behavioral Activities.

APPENDIX B

Informed Consent Form

Dear patients,

My name is Sri Utami Dwiningsih. I am a lecturer at Nursing Academy of Semarang. Now, I am a Master student of Nursing Science of Advanced Nursing Program in Prince of Songkla University, Thailand. I am conducting a nursing research project to examine the relationship between pain, anxiety and coping strategies in cancer patients. If you agree to participate, you will be asked to complete the demographic and disease-related data form, pain, anxiety, and coping questionnaires, and will take time around 30-45 minutes. Please do not hesitate to ask me if you find difficulties in understanding each item.

This study will bring no harm to you or your family. The information gathered will be used to write report and remain confidentiality. Your answers and your personal identity will be revealed in the reports of the study. However, it will depend on you whether you participate. Your refusal will not have any effect on the treatment or nursing care to you. Even during the processes, you have the right to withdraw at any time or neglect each item that you would like not to answer. All of your information will only be used for the purpose of this study. Your signature in this form will indicate that you understand this form and are willing to participate in this study.

APPENDIX C

INSTRUMENTS

Name of Participant-----
Signature-----
Date-----
Name of Researcher-----
Signature-----
Date

If you still have questions or need more information, you can contact me at the following address:

Nursing Academy of Semarang
Jl. Tirto Agung, Pedalangan, Banyumanik, Semarang
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APPENDIX C
INSTRUMENTS

Code: _____

Date/Time: _____

Hospital/Ward: _____

Part I: Demographic Data and Disease-Related Data Form

Introduction: I will ask you some information about your personal data and disease-related data. Please answer the best choice and tick “√” in the space available or put the number in front of the item that is appropriate for you.

1. Age : years
2. Gender (1) Male (2) Female
3. Religion (1) Islam (2) Christian
 (3) Catholic (4) Buddhism
 (5) Hindu
4. Level of education (1) No formal education (2) Elementary School
 (3) Junior High School (4) Senior High School
 (5) College or above
5. Marital status (1) Single (2) Married
 (3) Widow (4) Divorced
 (5) Separate

6. Occupation (1) None (2) Retirement
 (3) Farmer (4) Business person
 (5) Private employment (6) Government employment

7. Income : Rp /month

8. Diagnosis :

9. Stage of disease (1) Stage I (2) Stage II
 (3) Stage III (4) Stage IV

10. Treatments given, you can select more than one:

- (1) Surgery (2) Radiation Therapy
 (3) Chemotherapy (4) Other

11. Site of pain:

12. What are the prescribed pain medications?

No.	Drug	Dose	Route	Frequency (Time)
1				
2				
3				
4				

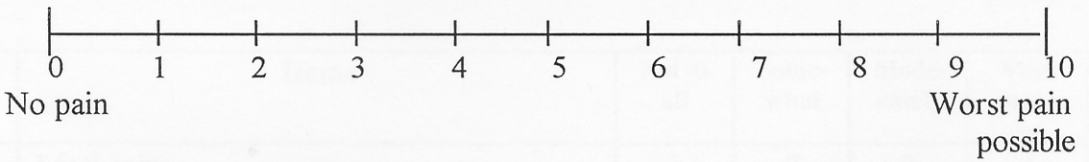
13. Pain medication used during the past 24 hours:

No.	Drug	Dose	Route	Frequency (Time)
1				
2				
3				
4				

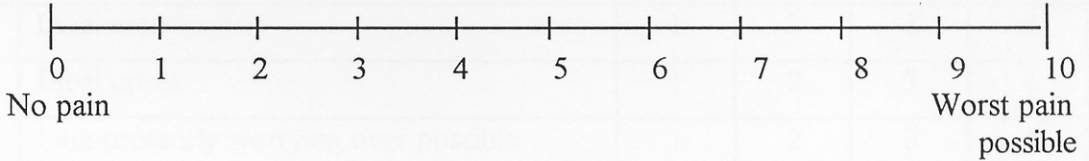
Part II: Pain Numeric Rating Scale

Introduction: This part will ask you some information about your worst, least, and average pain during a past 24 hour and your pain right now.

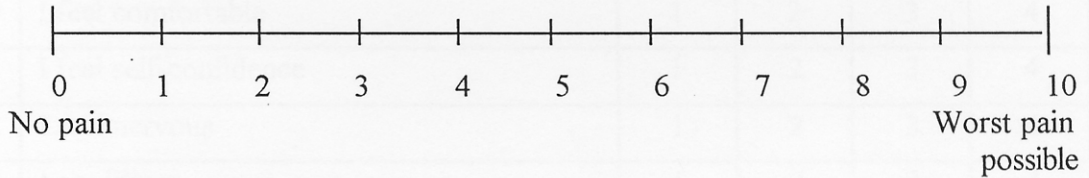
1. Please rate your pain by circling the one number that best describes your pain at its **Worst** in the past 24 hours.



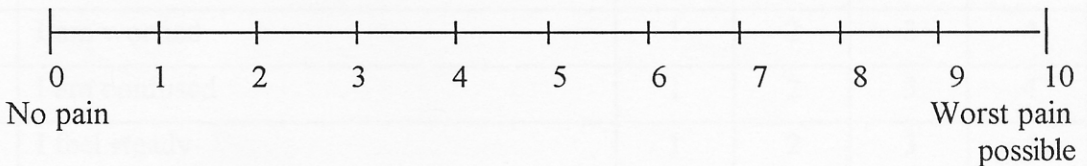
2. Please rate your pain by circling the one number that best describes your pain at its **Least** in the past 24 hours.



3. Please rate your pain by circling the one number that best describes your pain on the **Average** in the past 24 hours.



4. Please rate your pain by circling the one number that tells how much pain you have **Right Now**.



Part III: State-Trait Anxiety Inventory (STAI).*Self-Evaluation Questionnaire (STAI Form A-State)*

Directions: A number of statements which people have used to describe themselves are given below. Read each statement and then circle in the appropriate number to the right of the statement to indicate how you feel *right now*, that is, at this moment. There is no right or wrong answer. Do not spend too much time on any one statement but give answer, which seems to describe your *present feeling best*.

No	Items	Not at all	Some-what	Mode-rately	Very much so
1	I feel calm	1	2	3	4
2	I feel secure	1	2	3	4
3	I am tense	1	2	3	4
4	I feel strained	1	2	3	4
5	I feel ease	1	2	3	4
6	I feel upset	1	2	3	4
7	I am presently worrying over possible misfortunes	1	2	3	4
8	I feel satisfied	1	2	3	4
9	I feel frightened	1	2	3	4
10	I feel comfortable	1	2	3	4
11	I feel self-confidence	1	2	3	4
12	I feel nervous	1	2	3	4
13	I am jittery	1	2	3	4
14	I feel indecisive	1	2	3	4
15	I am relaxed	1	2	3	4
16	I feel content	1	2	3	4
17	I am worried	1	2	3	4
18	I am confused	1	2	3	4
19	I feel steady	1	2	3	4
20	I feel pleasant	1	2	3	4

Self-Evaluation Questionnaire (STAI Form A-Trait)

Directions: A number of statements which people have used to describe themselves are given below. Read each statement and then circle in the appropriate number to the right of the statement to indicate how you *generally* feel. There is no right or wrong answer. Do not spend too much time on any one statement but give answer, which seems to describe you generally feel.

No	Items	Almost never	Some-time	Often	Almost always
21	I feel pleasant	1	2	3	4
22	I feel nervous and restless	1	2	3	4
23	I feel satisfied with myself	1	2	3	4
24	I wish I could be as happy as others seem to be	1	2	3	4
25	I feel like a failure	1	2	3	4
26	I feel rested	1	2	3	4
27	I am "calm, cool, and collected"	1	2	3	4
28	I feel are piling up so that I cannot overcome them	1	2	3	4
29	I worry too much over something that really doesn't matter	1	2	3	4
30	I am happy	1	2	3	4
31	I have disturbing thoughts	1	2	3	4
32	I lack self-confidence	1	2	3	4
33	I feel secure	1	2	3	4
34	I make decision easily	1	2	3	4
35	I feel inadequate	1	2	3	4
36	I am content	1	2	3	4
37	Some unimportant thought runs through my mind and bothers me	1	2	3	4

No	Items	Almost never	Some-time	Often	Almost always
38	I take disappointments so keenly that I can't put them out of my mind	1	2	3	4
39	I am a steady person	1	2	3	4
40	I get in a state of tension or turmoil as I think over my recent concerns and interests	1	2	3	4

Part IV: Coping Strategies Questionnaires (CSQ).

Instruction: the following items are things that people who do to cope with pain. Please circle the number indicating how often you acted or thought about those items during a past week.

No.	Items	Never	Almost Never	Rarely	Some- time	Often	Almost Always	Always
1.	Diverting Attention							
	I think of things I enjoy doing.	0	1	2	3	4	5	6
	I think of people I enjoy doing things with.	0	1	2	3	4	5	6
	I replay in my mind pleasant experiences in the past.	0	1	2	3	4	5	6
	I try to think something pleasant.	0	1	2	3	4	5	6
	I play mental games with myself to keep my mind off the pain.	0	1	2	3	4	5	6
	I count numbers in my head or run a song through my mind.	0	1	2	3	4	5	6
2.	Reinterpreting Pain Sensations							
	I imagine that the pain is outside my body.	0	1	2	3	4	5	6
	I pretend it's not part of me.	0	1	2	3	4	5	6
	I try to feel distant from the pain, almost as if the pain was in somebody else's body.	0	1	2	3	4	5	6

No.	Items	Never	Almost Never	Rarely	Some- time	Often	Almost Always	Always
	I try not to think of it as my body, but rather as something separate from me.	0	1	2	3	4	5	6
	I don't think of it as pain but rather as a dull or warm feeling.	0	1	2	3	4	5	6
	I just think of it as some other sensation, such as numbness.	0	1	2	3	4	5	6
3.	Ignoring Pain Sensation							
	I just go as if nothing happened.	0	1	2	3	4	5	6
	I don't pay any attention to it.	0	1	2	3	4	5	6
	I don't think about the pain.	0	1	2	3	4	5	6
	I ignore it.	0	1	2	3	4	5	6
	I pretend it's not there.	0	1	2	3	4	5	6
	I tell myself it doesn't hurt.	0	1	2	3	4	5	6
4.	Coping Self-Statements							
	I tell my self I can't let the pain stand in the way of what I have to do.	0	1	2	3	4	5	6
	Although it hurts, I just keep on going.	0	1	2	3	4	5	6
	I see it as challenge and don't let it bother me.	0	1	2	3	4	5	6
	No matter how bad it gets, I know I can handle it.	0	1	2	3	4	5	6
	I tell myself that I can overcome the pain.	0	1	2	3	4	5	6

No.	Items	Never	Almost Never	Rarely	Some- time	Often	Almost Always	Always
	I tell myself to be brave and to carry on despite the pain.	0	1	2	3	4	5	6
5.	Praying and Hoping							
	I try to think years ahead, what everything will be like after I've got rid of the pain	0	1	2	3	4	5	6
	I pray to God it won't last too long.	0	1	2	3	4	5	6
	I pray for the pain to stop.	0	1	2	3	4	5	6
	I know someday someone will be here to help me and it will go away for awhile.	0	1	2	3	4	5	6
	I rely on my faith in God.	0	1	2	3	4	5	6
	I have faith in doctors that someday there will be a cure for my pain.	0	1	2	3	4	5	6
6.	Catastrophizing							
	I feel I can't stand it anymore	0	1	2	3	4	5	6
	I feel like I can't go on.	0	1	2	3	4	5	6
	I worry all the time about whether it will end.	0	1	2	3	4	5	6
	I feel my life isn't worth living.	0	1	2	3	4	5	6
	It's awful and I feel that it overwhelms me.	0	1	2	3	4	5	6
	It's terrible and I feel it's never going to get any better.	0	1	2	3	4	5	6

No.	Items	Never	Almost Never	Rarely	Some- time	Often	Almost Always	Always
7.	Increasing Pain Coping Behavior							
	I walk a lot.							
	I take my medication							
	I lie down.							
	I use a heating pad.							
	I relax.							
	I take a shower or bath.							
8.	Increasing Behavioral Activities							
	I do something I enjoy, such as watching TV or listening to music.							
	I leave the house and do something, such as going to the movie or shopping.							
	I try to be around other people.							
	I read.							
	I do anything to get my mind off the pain.							
	I do something active, like household chores or projects.							

Part V: Additional Questions (Interview Guide)

The additional questions used to guide the interview were as follows:

1. What does this pain (cancer pain) mean to you?
2. When you have pain, what did you usually do?
3. What make you think that your practice can help lessening your pain?