

APPENDIX A
INFORMED CONSENT FORM

Dear patients

My name is Ikhsanuddin Ahmad Harahap, I am a nursing educator at Nursing Program, Faculty of Medicine, University of Sumatera Utara, Medan. Now, I am a Master student of Nursing Science in Prince of Songkla University, Thailand. I am conducting a nursing research project to examine the relationship among pain intensity, pain acceptance, and pain behavior in chronic cancer pain patients. If you agree to participate, you will be asked to complete the questionnaires of the demographic and disease-related data, pain intensity, and pain acceptance form. To complete the data, it will take time around 15 to 25 minutes. Please do not hesitate to ask me if you find any difficulties in understanding each item. After completion of the questionnaires, then I will ask you to perform some activities including lying, sitting, standing and walking. These activities will take time around 10 to 12 minutes. During the activities, the pain may increase. Therefore, please inform me if you experienced with high level of pain so that the activities will be terminated without any consequences.

The study will bring no harm to you and your family. Your personal identity and the information gathered will be revealed and remain confidentiality. During the processes, you have a right to withdraw from the study at any time without any effect on the treatment or nursing care for you. Your signature in this form will indicate that you understand this form and are willing to participate in this study.

.....
Name of Participant Signature Date

.....
Name of Researcher Signature Date

If you have question or need more information, please fill free to contact me at the following address:

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APPENDIX B

TABLES

Table B1

Gender variation of subjects' pain intensity, pain acceptance, activity engagement, pain willingness and pain behaviors (N = 58)

Variables	Male		Female		<i>t</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Pain intensity	3.32	1.60	3.51	1.79	-.43
Pain acceptance	37.08	13.88	34.39	13.70	.73
A c t i v i t i e s engagement	17.68	9.16	17.12	9.51	.22
Pain willingness	19.40	6.93	17.27	6.52	1.20
Pain behavior	3.68	2.01	3.97	2.48	-.48

* $p < .05$, ** $p < .01$

Table B2

Age differences on subjects' pain intensity, pain acceptance, and pain behaviors (N=58)

Variables	Age Categories						<i>F</i>
	25-39		40-64		>65		
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Pain intensity	3.22	1.79	3.57	1.71	2.86	1.57	.60
Pain acceptance	36.33	14.24	34.76	14.52	39.28	7.52	.33
Activities engagement	18.00	10.83	17.02	9.53	18.57	6.24	.10
Pain willingness	18.33	7.53	17.74	7.00	20.71	2.98	.58
Pain behavior	3.67	1.94	4.09	2.57	2.57	2.15	1.39

* $p < .05$, ** $p < .01$

Table B3

Cancer stages differences on subjects' pain intensity, pain acceptance, and pain behaviors (N=58)

Variables	Stage of cancer						<i>F</i>
	Stage II		Stage III		Stage IV		
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Pain intensity	3.27	1.68	3.51	1.62	3.36	1.98	.10
Pain acceptance	46.00	11.76	33.91	13.64	31.21	11.89	4.65 **
Activities engagement	23.45	6.14	16.12	10.05	15.50	7.83	3.17 *
Pain willingness	22.54	6.89	17.79	6.54	15.71	18.19	3.62 *
Pain behavior	2.82	1.78	4.21	2.19	3.78	2.69	1.58

* $p < .05$, ** $p < .01$

Table B4

Educational differences on subjects' pain intensity, pain acceptance, and pain behaviors (N=58)

Variables	Educational Background										<i>F</i>
	None		Primary School		Junior High School		Senior High School		College		
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Pain intensity	3.50	1.29	3.17	1.38	4.06	2.01	3.27	1.75	2.80	1.79	.86
Pain acceptance	36.75	21.56	39.28	13.26	31.12	11.31	35.13	14.77	36.60	14.12	.75
Activities engagement	18.00	13.90	19.33	7.88	12.69	6.69	19.80	10.09	17.40	12.97	1.53
Pain willingness	18.75	8.10	19.94	7.11	18.44	5.75	15.33	6.86	19.20	18.19	1.03
Pain behavior	3.00	.82	3.33	2.22	4.75	2.14	3.73	2.43	3.80	3.03	1.01

* $p < .05$, ** $p < .01$

APPENDIX C
INSTRUMENTS

Code :

Date/ Time :

Ward :

Introduction: the instrument is divided into four parts. Part 1 is related to demographic and disease-related data form. Part 2 is related to the intensity of pain. Part 3 is related to the acceptance of the pain. Part 4 is related to the behavior of the pain

Part 1: The Demographic Data and Disease-related Data Form

Direction: Please tick “√” or answer the appropriate choice in the space available. There is no right or wrong answer. Please ask the investigator if you don't understand or unclear about the questions.

1. Age : years old
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) Businessman
 (5) Private employment (6) Government employ

7. Income : Rp. /month

8. Diagnose :

9. Stage of the disease

- (1) Stage I (2) Stage II
- (3) Stage III (4) Stage IV

10. Treatment given (can be ticked more than one)

- (1) Surgery (2) Chemotherapy
- (3) Radiotherapy (4) Other.....

11. Site of pain:

12. Prescribed pain medication

.....
.....
.....
.....

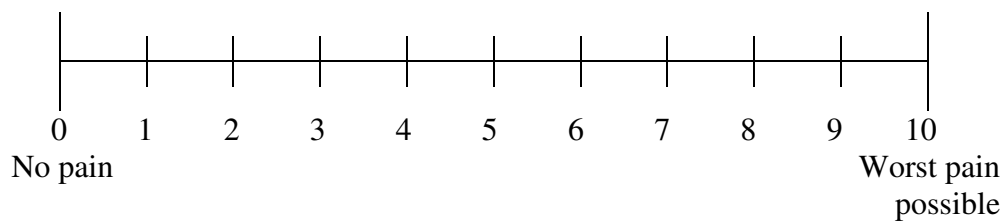
13. Pain medication used during the past 24 hours

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.....

Part 2: The Pain Numeric Rating Scales (PNRS)

Direction:

Please rate your pain by circling the one number that best described your pain at its Right now



Part 3: The Chronic Pain Acceptance Questionnaire (CPAQ)

Direction:

Below you will find a list of statement. Please rate the truth of each statement as it applies to you by circling a number.

	Never True	Very Rarely True	Seldom True	Sometimes True	Often True	Almost Always True	Always True
1. I am getting on with the business of living no matter what may level of pain is	0	1	2	3	4	5	6
2. My life is going well, even though I have chronic pain	0	1	2	3	4	5	6
3. It's O.K. to experience pain	0	1	2	3	4	5	6
4. I would gladly sacrifice important things in my life to control this pain better	0	1	2	3	4	5	6
5. It's not necessary for me to control my pain in order to handle my life well	0	1	2	3	4	5	6
6. Although things have changed, I am living a normal life despite my chronic pain	0	1	2	3	4	5	6
7. I need to concentrate on getting rid of my pain	0	1	2	3	4	5	6

	Never True	Very Rarely True	Seldom True	Sometimes True	Often True	Almost Always True	Always True
8. There are many activities I do when I feel pain	0	1	2	3	4	5	6
9. I lead a full life even though I have chronic pain	0	1	2	3	4	5	6
10. Controlling pain is less important than other goals in my life	0	1	2	3	4	5	6
11. My thought and feeling about pain must change before I can take important steps in my life	0	1	2	3	4	5	6
12. Despite the pain, I am now sticking to a certain course in my life	0	1	2	3	4	5	6
13. Keeping my pain level under control takes first priority whenever I am doing something	0	1	2	3	4	5	6
14. Before I can make any serious plan, I have to get some control over my pain.	0	1	2	3	4	5	6
15. When my pain increases, I can still take care of my responsibility	0	1	2	3	4	5	6
16. I will have better control over my life if I can control my negative thought about pain	0	1	2	3	4	5	6
17. I avoid putting myself in situations where pain might increase	0	1	2	3	4	5	6
18. My worries and fears about what pain will do to me are true	0	1	2	3	4	5	6
19. It's a relief to realize that I don't have to change my pain to get on with my life	0	1	2	3	4	5	6
20. I have to struggle to do things when I have pain	0	1	2	3	4	5	6

Part 4: The Pain Behavior Observation Protocol (PBOP)

Instruction:

The Pain behavior will be observed during 10 minutes activities protocol, including sitting for a period of 1 minute and again for 2 minutes, standing for a period of 1 minute and again for 2 minutes, reclining twice for 1 minute each, and walking twice for 1 minute.

The pain behaviors will be observed and categorized into: None if the behavior is not observed during 10 minutes activities, Frequently occur if the behavior occurs once during any activity but not in all activities, and Always occur if the behavior occurs once in every activity, or occurs on more than one occasion.

Parameter	None	Frequently occur	Always occur
1. Guarding	0	1	2
2. Bracing	0	1	2
3. Rubbing	0	1	2
4. Grimacing	0	1	2
5. Sighing	0	1	2
.....	0	1	2
.....	0	1	2

APPENDIX D
LIST OF EXPERTS

Three experts were examined the content validity index of the Chronic Pain Acceptance Questionnaire (CPAQ). They are:

1. Assoc. Prof. Dr. Praneed Songwathana
Nursing Lecturer, Department of Surgical Nursing, Faculty of Nursing,
Prince of Songkla University, Thailand.
2. Dr. Wantanee Wiroenpanitch
Nursing Lecturer, Department of Pediatric Nursing, Faculty of Nursing,
Prince of Songkla University, Thailand.
3. Prof. dr. Darwin Dalimunthe, Ph.D
Medical Lecturer, Department of Research and development (Lembaga
Penelitian dan Pengabdian pada Masyarakat/ LPPM), University of
Sumatera Utara, Medan, Indonesia

APPENDIX E

LIST OF PERSON INVOLVED IN TRANSLATION

Three persons worked on the translation of the instruments: Demographic Data and Disease-related Form and Chronic Pain Acceptance Questionnaire (CPAQ). They are:

1. Mr. Marzaini Manday, M.Eng.

English Tutor, The Language Center (Pusat Bahasa), University of Sumatera Utara, Medan, Indonesia.

2. Mrs. Renta Sri Rahayu

English Tutor, Philadelphia Education and Training Centre, Medan, Indonesia.

3. Mr. Martin Panggabean

English Tutor, Philadelphia Education and Training Centre, Medan, Indonesia.

VITAE

Name Mr. Ikhsanuddin Ahmad Harahap

Student ID 4857032

Educational Attainment

Degree	Name of Institution	Year of Graduation
Bachelor of Nursing Science	Faculty of Nursing, University of Indonesia, Jakarta, Indonesia	2001

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