

## Bath Adolescent Pain Questionnaire (BAPQ)

### Scoring Instructions

The BAPQ is scored separately for all 7 subscales (social functioning, physical functioning, depression, general anxiety, pain specific anxiety, family functioning and development). With the exception of the developmental subscale, all items are endorsed by participants using a 5 point frequency response scale, ranging from 0 (never) – 4 (always). Participants are asked to endorse items in the development subscale using a 5 point scale to indicate their perception of their progress with this developmental task in comparison with their peers. Responses range from 0 (very behind) to 4 (very ahead).

For the first 6 subscales (social functioning, physical functioning, depression, general anxiety, pain specific anxiety and family functioning), responses are scored as follows:

Never	=	0
Hardly ever	=	1
Sometimes	=	2
Often	=	3
Always	=	4

Responses for the development subscale are scored as follows:

Very behind	=	0
A little behind	=	1
Same	=	2
A little ahead	=	3
Very ahead	=	4

The ranges for each of the 7 subscales and total score are outlined below:

Subscale	Number of items	Range
Social functioning	9	0-36
Physical functioning	9	0-36
Depression	6	0-24
General anxiety	7	0-28
Pain specific anxiety	7	0-28
Family functioning	12	0-48
Development	11	0-44
Total	61	0-244

A higher score indicates more impaired functioning for all subscales.

## Reverse Scoring of Items

Before calculating subscale totals, a number of items must be reverse scored. The items requiring reverse scoring are outlined below within their respective subscale:

Subscale	Items requiring reverse scoring
Social functioning	1, 2, 3, 6, 8
Physical functioning	2, 5, 7, 8, 9
Depression	
General anxiety	4
Pain specific anxiety	
Family functioning	2, 5, 6, 9
Development	(All), 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11

## Calculation of subscale totals

Once relevant items have been reverse scored, subscale totals are calculated by simply summing scores for all of the items within the subscale.

Domain scores can also be calculated by summing the relevant subscale totals as outlined below:

Daily functioning:	physical functioning + social functioning
Emotional functioning	depression + general anxiety + pain specific anxiety
Family functioning	family functioning
Development	development

Whilst it is possible to calculate a total BAPQ score by summing all 7 subscales, we do not think that this is clinically useful exercise...

## Items

### Social functioning

1. I go out and meet friends
2. I spend time talking to people
3. I enjoy social activities
4. I feel distant from my friends
5. I have difficulty spending time with groups of people
6. I stay in touch with my friends
7. I feel like my friends don't want to see me
8. I go to movies, concerts or clubs
9. I miss out on chances to spend time with other people

### Physical functioning

1. I need help with dressing or bathing
2. I can walk up a normal flight of stairs
3. I lie down and rest during the day
4. I walk only with crutches, a stick, or help from another person
5. I get out of the house by myself
6. I need help with certain movements (like getting out of the car or bathtub)
7. I walk normally
8. I do physical, recreational or fun activities
9. I lift heavy objects

### Depression

1. I feel sad
2. I feel hopeless about the future
3. I find it hard to concentrate
4. I feel discouraged
5. I think about myself in a negative way
6. I feel that everything I do is an effort

### General anxiety

1. I worry about the future
2. I feel nervous
3. I have feelings of panic
4. I feel at ease
5. I feel shaky
6. I feel physically tense
7. I am afraid

### Pain specific anxiety

1. I worry about my pain problem
2. I avoid activities that cause pain
3. When I think about my pain, it makes me upset
4. Pain scares me
5. I worry that I will do something to make my pain worse
6. When I have pain, I think something is happening
7. I am afraid to move due to pain

### Family functioning

1. Family life is stressful
2. We do fun activity as a family
3. There are fights between members of my family
4. My parent seems worried
5. I feel close to other family members
6. My family is happy
7. I am unhappy about my family life
8. Our family routines are disrupted
9. My family is functioning very well
10. Family activities get interrupted by my pain
11. There is conflict in my home
12. We have to change or cancel plans

### Development

1. My progress in school
2. My overall confidence around other people
3. My plans for the future
4. How often I do things without my parents around
5. My overall independence
6. How often I choose my own clothes and other personal items
7. My ability to go on dates with boyfriends / girlfriends
8. The development of my own sense of identity
9. My ability to handle my own feelings
10. My ability to fit in with friends
11. How I deal with problems

### Further information

For further information about this measure and other research conducted by the Bath Centre for Pain Research please visit our website:

[www.bath.ac.uk/pain](http://www.bath.ac.uk/pain)