

The Experience of Cognitive Intrusion of Pain (ECIP) Scale

Instructions:

We are interested in pain and thinking. Please tell us how far the following statements describe your experience when you are in pain. How applicable are they to you?

	Not at all applicable					Highly applicable	
	0	1	2	3	4	5	6
Pain interrupts my thinking	0	1	2	3	4	5	6
I can't stop thinking about pain	0	1	2	3	4	5	6
Pain goes around and around in my head	0	1	2	3	4	5	6
It is hard to think about anything else but pain	0	1	2	3	4	5	6
I can't push pain out of my thoughts	0	1	2	3	4	5	6
Pain dominates my thinking	0	1	2	3	4	5	6
Pain easily captures my thinking	0	1	2	3	4	5	6
I keep thinking about pain	0	1	2	3	4	5	6
When my mind wanders it goes to pain	0	1	2	3	4	5	6
Pain intrudes on my thoughts	0	1	2	3	4	5	6

Participant number: _____

Scoring: Participants receive a total score between 0 and 60, created by summing their responses to each item.