PAIN BELIEFS AND PERCEPTIONS INVENTORY SCORING GUIDE

‘Four Factor Solution scoring’: recommended scoring (Williams, Robinson, & Geisser (1994))

<table>
<thead>
<tr>
<th>SCALE</th>
<th>1</th>
<th>2</th>
<th>4</th>
<th>14</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain as Mystery</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Sub total</td>
</tr>
<tr>
<td>Pain as Constant</td>
<td>3*</td>
<td>6</td>
<td>10</td>
<td>16*</td>
<td>Sub total</td>
</tr>
<tr>
<td>Pain as Permanent</td>
<td>5</td>
<td>9*</td>
<td>12*</td>
<td>15*</td>
<td>Sub total</td>
</tr>
<tr>
<td>Self-Blame</td>
<td>7</td>
<td>8</td>
<td>11</td>
<td>13</td>
<td>Sub total</td>
</tr>
</tbody>
</table>

*Reverse-scored items.

Sum all ratings provided for each scale (transform reverse-scored items before summing with other ratings) and divide by the number of items responded to within each scale.

Alternate scoring: The PBPI can be scored in three ways:


   Scales:
   - **TIME**: \(2 + 3R + 5 + 6 + 9R + 10 + 12R + 15R + 16\)
   - **MYSTERY**: \(1 + 4 + 8 + 14\)
   - **SELF-BLAME**: \(7 + 11 + 13\)

   Note: R=Reverse scoring (i.e. \(-2=+2\))

   Note: Positive scores indicate endorsement of the belief (e.g. The belief that pain will be enduring with time, the belief that pain is a mystery, and the belief that blame for the pain should be directed toward oneself).


   **Step 1**: Score the PBPI using original scoring.

   **Step 2**: Equate (standardize) the scales by dividing the sum of each scale by the number of items in each scale.
   - \(\text{TIME}=(\text{sum})/9\)
   - \(\text{MYST}=(\text{sum})/4\)
   - \(\text{SB}=(\text{sum})/3\)

   **Step 3**: Determine cluster:
   - **Cluster 1** (hi TIME, low MYST): If \(\text{TIME}>0\) and \(\text{MYST}<0\), the subject falls into Cluster 1.
   - **Cluster 2** (hi TIME, hi MYST): If \(\text{TIME}>0\) and \(\text{MYST}>0\), the subject falls into Cluster 2.
   - **Cluster 3** (low TIME, low MYST): If \(\text{TIME}\leq0\) and \(\text{MYST}\leq0\), the subject falls into Cluster 3.

   A few patients may not fit into any of the clusters described (e.g. low TIME and hi MYST). This group is likely to be relatively small and currently behavioral corollaries do not exist to describe this theoretically possible yet empirically un-validated cluster of patients.


   Scales:
   - **MYST**: \((1 + 4 + 8 + 14)/4\)
   - **PERMANANCE**: \((2 + 5 + 9R + 12R + 15R)/5\)
   - **CONSTANCY**: \((3R + 6 + 10 + 16)/4\)
   - **SELF-BLAME**: \((7 + 11 + 13)/3\)