A person who feels sad all the time can increase their pain.  
TRUE

Trying to improve mood may help decrease pain.  
TRUE

The difficulty of starting something is a sign that things are not going well.  
TRUE

Pain should always be the major concern of a person's life with chronic pain.  
FALSE

A person with pain should seek to do the things they still like.  
TRUE

A person with pain can no longer enjoy things as they did before.  
FALSE

A person with pain should feel guilty for the pain they are experiencing.  
FALSE

A person with chronic pain should try to stay active.  
TRUE

A person who feels chronic pain should see it as a punishment.  
FALSE
It is normal for a person with pain to be always discouraged by everything.

Feelings can influence pain and sleep.

A person with pain should feel disappointed with themself.

A person with pain feels worse than other people.

A person with pain should not feel worse than other people.

Not everything that happens in the life of a person with pain is bad.

A person with chronic pain should be irritated by everything.

A person with pain no longer likes to be with other people.

Relaxation Exercises Can Help Improve Anxiety.
A person with pain can influence the pain intensity. **TRUE**

A person with pain will always have to take medication to relieve the pain. **FALSE**

The family should give more attention to the person with pain. **FALSE**

The greatest pain relief will always be with the use of medications. **FALSE**

Anxiety can increase the intensity of pain. **TRUE**

A person with pain should seek the complete elimination of pain. **FALSE**

We must do everything for the person with pain. **FALSE**

Stress situations can increase pain. **TRUE**

Exercise and movement are indicated for people with chronic pain. **TRUE**
By concentrating or relaxing it is possible to decrease the pain.

Drugs are the best treatments for chronic pain.

The family should treat the person suffering with pain differently.

Feelings of sadness and depression can increase pain.

If a person with chronic pain exercises the pain will worsen even more.

Chronic pain always means having something wrong in the body that prevents movement.

It is possible to control pain by changing the way you think.

It is possible to learn to control pain.

It is possible to learn how to deal with pain by changing behavior.
A person with chronic pain will only improve with the reduction of pain.

There is a strong connection between emotions and pain intensity.

A person with chronic pain can do almost anything with just a few adjustments.

If a person with chronic pain exercises, the pain will continue to worsen.

A person with chronic pain has nothing else to do to but improve the pain.

Sleep has an important influence on pain and stress.

Sleeping well and exercising can help decrease the pain.

Even with pain, it is important to try to keep daily activities.
A person with pain should worry all the time about their pain.

A person with pain should avoid thinking about pain all the time.

A person with chronic pain must worry all the time about whether the pain will end.

A person with chronic pain can do many things.

Chronic pain is always terrible and will never improve.

It is possible for a person to feel better even with pain.

A person with chronic pain knows that the pain will always worsen.

Having new episodes of pain throughout life may be normal.

The greatest desire of a person with pain must be that the pain disappears.
It is possible to learn how to deal with pain.

A person with chronic pain should be thinking all the time about the pain. Just because the pain lasts a long time does not mean that it is the worst of all.

Chronic pain lasts a long time and will get worse and worse. It is normal that in some days the pain may be stronger and in others it may be weaker. A pain that lasts for a long time is very serious.

A person with chronic pain will never get any better. A person with chronic pain should keep the pain in his/her mind. It is still possible to do many things to lessen the pain.
A person with pain should be afraid to exercise.

It is safe for a person with chronic pain to do exercises.

If a person with pain lost the fear of exercise, the pain would increase.

For a person with chronic pain it is important to lose the fear of exercises.

The pain always indicates that something very wrong is happening.

Doing exercises would probably relieve the pain.

A person with chronic pain should be afraid of exercises.

Pain always means that the body is injured.

A person with chronic pain may feel pain during exercise.
Even though exercise increases pain, it does not mean it is dangerous. **TRUE**

When the pain increases, it does not mean that the injury has increased. **TRUE**

A person with pain should avoid unnecessary movements. **FALSE**

A person with pain can do exercises. **TRUE**

A person with a lot of pain should have a very serious injury. **FALSE**

Pain is not always related to the extent of the injury. **TRUE**

Although you have pain, a person would be better off if they were active. **TRUE**

Being in pain means that you should not exercise. **FALSE**

The pain tells you when to stop exercising. **FALSE**
Physical activity can be tailored for people with chronic pain.

A person with chronic pain can be physically active.

A person with chronic pain should avoid any type of exercises.

Just because something aggravates my pain does not mean it is dangerous.

Although you are in pain, it is possible to exercise.

No one should exercise when they are in pain.

Pain would probably be relieved if I were to exercise.

Avoiding any unnecessary movement is the safest thing I can do.

Medical exams (X-ray, MRI) can tell me if it is safe to be physically active.
Special pain receptors carry messages to the brain.

Pain only occurs when we are injured.

Special pain receptors convey the pain message to our brain.

Pain is a combination of psychological, social and biological factors.

We have pressure, chemical and temperature receptors on the body.

The pain experience is a combination of messages in the brain.

Nerves carry messages from the body's receptors to the spinal cord.

Body receptors tell the brain when it feels pain.

Pain is an individual experience.
In chronic pain, the central nervous system becomes more sensitive to nociception.  **TRUE**

The connections in the brain can cause the pain to increase or decrease.  **TRUE**

The brain can produce substances that decrease pain.  **TRUE**

Pain only occurs when we are injured.  **FALSE**

When we feel pain for a long time it means that the injury is not healed.  **FALSE**

When we feel pain for a long time our sensors can become more sensitized.  **TRUE**

In pain, the brain combines thoughts, memories and emotions.  **TRUE**

Pain is the most powerful alarm system in our body.  **TRUE**

When we feel pain, it means that we are injured.  **FALSE**

When we feel pain for a long time it means that the injury is not healed.  **FALSE**

The brain can produce substances that decrease pain.  **TRUE**
1 KNOWLEDGE

Stress, lack of sleep, anxiety do not influence pain.

FALSE

2 KNOWLEDGE

Pain is always produced by the brain.

TRUE

3 KNOWLEDGE

Exercises can release substances that decrease pain.

TRUE

1 KNOWLEDGE

It is possible to have a serious injury and not feel pain.

TRUE

1 KNOWLEDGE

The body tells the brain when it is in pain.

FALSE

2 KNOWLEDGE

Chronic pain means that an injury hasn’t healed properly.

FALSE

1 KNOWLEDGE

Substances are released when we have an injury to sensitize our sensors.

TRUE

1 KNOWLEDGE

People who feel pain for a long time should not exercise.

FALSE

1 KNOWLEDGE

In chronic pain, nerves become more sensitive to nociception.

TRUE