

LAQ-2

Life Assessment Questionnaire-2

The LAQ-2 is copyrighted: 2008. Any unauthorized use is strictly prohibited

Instructions:

The following survey is concerned with your physical and emotional health. Many of the questions are common to patients experiencing persistent pain and cover a wide range of topics.

Most of the questions you will be asked require you to choose True or False indicating if you agree or disagree with the question. Circle T for True or F for False. Do not skip any questions. For example:

I like watching sports programs on TV T F

If you agree that you like watching sports on TV, you would circle a T for True. If you disagreed, you would circle an F for False.

Remember to answer all questions and be as accurate as you can

The questions below are concerned with your physical and emotional health

Important: Answer each question *exactly as it is written*:

6. My heart sometimes beats irregularly.	T F	22. I am frequently disoriented.	T F
7. I have fainted more than once since my injury.	T F	23. My grip strength is poor.	T F
8. I am bothered by a painful stiffness and cramping in my legs when walking.	T F	24. Sometimes without warning my legs stiffen, causing me to fall.	T F
9. I sometimes experience a tingling in my hands, feet, <u>and</u> around my mouth.	T F	25. My hands and feet feel numb.	T F
10. If I hold my arms outstretched, they droop and fall.	T F	26. I seem to bruise more easily than I used to before being injured.	T F
11. I am bothered by headaches.	T F	27. My pain increases suddenly without warning several times weekly.	T F
12. I feel thick in the head.	T F	28. I am frequently constipated.	T F
13. I sometimes feel like I am walking on cotton wool.	T F	29. My ears burn when I swallow.	T F
14. I am bothered by a sharp, shooting pain down the back of my legs.	T F	30. My legs sometimes give out from underneath me.	T F
15. My reflexes are not as good since my injury.	T F	31. I feel as if I am in a fog.	T F
16. I have lost my appetite for food.	T F	32. I have difficulty swallowing at times.	T F
17. Since my injury, it is difficult for me to flex my feet.	T F	33. My hands often feel clammy and cold.	T F
18. My mood is upbeat and positive.	T F	34. I have difficulty maintaining my balance.	T F
19. My sense of smell is different since my injury.	T F	35. My movements seem clumsy and awkward.	T F
20. I am easily startled.	T F	36. I am sometimes bothered by a tremor in my hands.	T F
21. I have lost some of the feeling in my legs since my injury.	T F	37. I have had thoughts of killing myself recently.	T F
		38. I feel restless.	T F
		39. I am bothered by numbness in my legs <u>and</u> arms.	T F

GO ON TO THE NEXT PAGE

40. Shortly after my injury for approximately 3 days, I experienced a light rash on my lower back.	T F	59. I sometimes awaken within 1 to 2 hours after falling asleep feeling intensely anxious	T F
41. I often feel mildly nauseous.	T F	60. Things are going well in my life	T F
42. I get dizzy when my muscles cramp and spasm.	T F	61. My mind tires more easily than it used to	T F
43. Heel to toe walking is particularly difficult for me.	T F	62. I can usually get to sleep within 5 minutes without taking any drugs, including alcohol	T F
44. Things just keep piling up to the breaking point in my life.	T F	63. I lose my temper now more than ever	T F
45. I am bothered by muscle stiffness.	T F	64. My chest is tight	T F
46. I have lost weight in the past month.	T F	65. I have difficulty concentrating on things	T F
47. I can do many things that give me relief from my pain.	T F	66. I get depressed, especially when I am sick to my stomach	T F
48. Recently I have awakened at night with feelings of terror.	T F	67. I have coughed up blood recently	T F
49. My pain feels cool and icy.	T F	68. I get easily startled when I am most relaxed	T F
50. It hurts me to take a deep breath.	T F	69. I feel short of breath whenever I am sitting still	T F
51. My mood fluctuates up and down, sometimes several times a day.	T F	70. I sometimes fear I could lose my mind	T F
52. I experience left-sided, but not right-sided facial weakness.	T F	71. I am sometimes left with a metallic taste in my mouth when my pain increases sharply	T F
53. My pain is especially bothersome when I am relaxed.	T F	72. It is hard for me to awaken in the mornings	T F
54. My breathing is shallow.	T F	73. When I close my eyes, I see stars and bursts of light	T F
55. I experience burning and tearing pains.	T F	74. I don't tolerate cold as well as I once did	T F
56. I don't care about things as much as I used to.	T F	75. I am steady on my feet	T F
57. My pain diminishes considerably just before my bedtime.	T F		
58. It is impossible for me to relax.	T F		

GO ON TO THE NEXT PAGE

76. I am uptight and anxious much of the time.	T F	94. My skin is less sensitive to the touch than it was before my injury.	T F
77. I sometimes feel a wave of stiffness overcome my muscles.	T F	95. I have noticed that I perspire more than usual.	T F
78. Life seems hopeless at times.	T F	96. I <i>rarely</i> experience problems with my stomach.	T F
79. I am tight and tense in my muscles.	T F	97. My pain sometimes shoots from my head to my toes.	T F
80. My pain has been so severe at times I have lost control of my bowels.	T F	98. I have lost hair from my body since my injury.	T F
81. I cough more than usual.	T F	99. My pain is so bad nothing seems to help relieve my discomfort.	T F
82. I am happy most of the time.	T F	100. Recently I have experienced attacks of stomach pain with vomiting that have lasted for hours and sometimes days.	T F
83. I am troubled by disturbing dreams several times a week.	T F	101. I bruise and bleed more easily since my injury.	T F
84. When my pain is severe, my eyelids sometimes droop, I see double, <i>and</i> I have difficulty talking, chewing, and swallowing.	T F	102. My pain has gotten so bad at times I could not move for days.	T F
85. I have drank alcohol more than I should have in the past year.	T F	103. I have difficulty chewing my food.	T F
86. It is painful when I urinate.	T F	104. The spasms in my muscles are so severe at times I feel as if I am paralyzed.	T F
87. I have difficulty recognizing familiar people and objects since my injury.	T F	105. My pain is so bad I get short of breath.	T F
88. I experience aches and pain all over my entire body.	T F	106. My pain feels like I am being stabbed by a hot poker.	T F
89. I feel dizzy and weak after sex.	T F	107. My appetite is good.	T F
90. My muscles are bruised, swollen and tender.	T F	108. I often awake from a deep sleep with tingling and stiffness in my legs.	T F
91. My skin seems more coarse and dry than usual.	T F	109. My pain feels tender and sore.	T F
92. I have noticed since my injury that the skin pads over my knuckles <i>and</i> the balls of my feet seem thicker.	T F	110. My nerves feel like they are on fire.	T F
93. I have noticed blood in my urine.	T F		

GO ON TO THE NEXT PAGE

111. Almost any movement causes my pain to sharply increase.	T F	130. My muscles are relaxed.	T F
112. I have pains in my stomach that are often excruciating.	T F	131. I am not as physically fit as I was before my injury.	T F
113. I have lost interest in my surroundings.	T F	132. I feel a popping sound whenever I breathe too quickly.	T F
114. Taking a hot shower makes my pain worsen.	T F	133. When I bend over, my feet tingle.	T F
115. I have had more upset stomachs since my injury.	T F	134. My pain sometimes shoots from my legs to the back of my head.	T F
116. I often feel lightheaded.	T F	135. My muscles are painful when I move them.	T F
117. I don't seem to be as alert as I once was.	T F	136. The colors red and green appear less brilliant and drab since my injury.	T F
118. My stomach feels tense.	T F	137. I am troubled by blurry vision.	T F
119. Pain pills cause me to have nightmares.	T F	138. My pain is so severe at times I have lost consciousness.	T F
120. I have problems swallowing my food.	T F	139. I am very sensitive to heat.	T F
121. I am tired and run down much of the time.	T F	140. My muscles are achy.	T F
122. My throat is dry.	T F	141. I am tender in my joints and muscles.	T F
123. My pain feels warm and cold.	T F	142. My pain gets so bad it can cause the muscles in my hands, feet, <u>and</u> throat to spasm.	T F
124. I don't think my circulation is as good as most other people.	T F	143. I often have the feeling of a lump in my throat.	T F
125. I experience shock-like sensations exactly 3 times a day near the site of my pain.	T F	144. Recently, I have noticed my skin has become spotty <u>and</u> bruises sometimes appear on my arms and legs.	T F
126. I don't have as much energy as I used to.	T F	145. My spine feels weak and stiff.	T F
127. I can't remember things as well as I used to.	T F	146. Shortly after my injury, I experienced red spots on the palms of my hands and the soles of my feet that spread to my wrists, ankles, legs, and arms.	T F
128. Even laughing makes me tired.	T F	147. My muscles feel on fire.	T F
129. I often have hot flashes all over my body.	T F		

GO ON TO THE NEXT PAGE

148. I am overwhelmed by my problems.	T F	163. My hands feel cold when I increase my physical activity.	T F
149. I sometimes have a heavy feeling in my abdomen that is accompanied by constipation and pain.	T F	164. My pain travels from my left side to my right side.	T F
150. I often feel stiff in my spine and sometimes experience chest pain and tenderness over my heels.	T F	165. Lately I have felt very stressed.	T F
151. My muscles are sore.	T F	166. My muscles feel soft and spongy.	T F
152. I am often short of breath.	T F	167. My breathing is difficult.	T F
153. The joints in my arms and legs are frequently red, swollen, stiff, <u>and</u> tender to the touch.	T F	168. My pain is so severe at times it causes my toes to burn and my knees to buckle.	T F
154. I lose sensation in my legs and arms if I exercise more than 5 minutes.	T F	169. I am concerned about falling unexpectedly.	T F
155. Since my injury, I have felt a tremendous loss of energy, occasionally run a slight fever, <u>and</u> have a poor appetite.	T F	170. My appetite is not as good as it used to be.	T F
156. I experience increased pain the same time I feel dizzy.	T F	171. My pulse has weakened since my injury.	T F
157. I sometimes experience shooting pains in my lower back and buttocks that spread to the roof of my mouth.	T F	172. After exposure to cold, my feet sometimes jerk uncontrollably	T F
158. My muscles get so tight and tense I can barely move them.	T F	173. My skin is tender to the touch over a wide area of my lower back.	T F
159. I feel tight and tense in my chest.	T F	174. When my pain is severe, it shoots from one side of my body to the other.	T F
160. I have noticed that I have patches of skin that seem shiny and uncomfortably tight.	T F	175. Sharp pains cause my hands to warm.	T F
161. I often feel like escaping from my troubles.	T F	176. I worry more about things than I once did.	T F
162. I urinate less than I used to before my injury.	T F	177. Every part of my body aches.	T F
		178. It is difficult for me to make sharp turns when I am walking.	T F
		179. I have experienced brief periods of total body paralysis.	T F

GO ON TO THE NEXT PAGE

180. My injury has caused so many problems to my spine. I am shorter, more bent at the waist <u>and</u> bow-legged.	T F	188. My pain has gotten so severe it has caused welts on my upper back.	T F
181. I seem to be having more difficulty remembering events that happened several years ago than events that occurred just a few days ago.	T F	189. I am shorter and more round-shouldered since my injury.	T F
182. Eye-to-eye gaze with others increases my pain.	T F	190. I feel sad and depressed.	T F
183. I am rarely troubled by head pain.	T F	191. My heart beat is always steady and regular.	T F
184. My hands and arms shake slightly when I am resting.	T F	192. My stomach bothers me more than most.	T F
185. My bones are larger and feel warm and tender since my injury.	T F	193. I am much thirstier than I once was.	T F
186. I don't seem to be able to steady myself as well as I used to before my injury.	T F	194. My pain feels icy <u>and</u> hot.	T F
187. I experience muscle spasms when I eat too quickly.	T F	195. I am fit and full of vigor.	T F
		196. I have found many things useful in relieving my pain.	T F
		197. My health is excellent.	T F

Below are questions about past treatments for your pain and your doctors

198. I feel that the physical cause of my pain has <i>not</i> been adequately treated.	T F	204. Some people think I am too dependent on my doctors.	T F
199. I am concerned my doctors are too busy to give me the time I really need.	T F	205. I believe that something should be done surgically to treat my pain problem.	T F
200. My doctors are the only people who can really understand me.	T F	206. My doctors have left no stone unturned in their attempts to treat my pain.	T F
201. No treatment has helped relieve my pain.	T F	207. Nothing has helped relieve my pain.	T F
202. The medical treatments I have received for my pain have been thorough and comprehensive.	T F	208. My pain problem is the fault of the doctors who have not given me adequate care.	T F
203. My doctors don't always show me the attention I need.	T F	209. I get uneasy when I do not visit my doctors on a regular basis.	T F
		210. My doctors care about me.	T F

GO ON TO THE NEXT PAGE

211. I feel reassured when I visit my doctors.	T F	216. My doctors have been very sympathetic when I have told them I hurt.	T F
212. I do not feel that everything possible has been done medically to treat my pain problem.	T F	217. Of all the medical, surgical, psychiatric, physical therapy or chiropractic treatments you have had for your pain, estimate the total amount of improvement you have received:	
213. My doctors have shown great concern when I have told them I hurt.	T F	a) 0% d) 30% g) 60% j) 90%	
214. I have not received any relief for my pain.	T F	b) 10% e) 40% h) 70% k) 100%	
215. I sometimes have to show my doctors how much I hurt to get the attention I need.	T F	c) 20% f) 50% i) 80%	

Below are questions about how your pain has affected your life

218. I'll never enjoy life again as long as I have pain.	T F	225. I am worried I may not be able to continue to do my day-to-day activities because of my pain.	T F
219. People just don't understand the degree to which I have to suffer because of my injury.	T F	226. People don't understand how badly I really hurt.	T F
220. The intensity of my pain is so severe it never decreases.	T F	227. I see no hope for the future as long as I continue to experience pain.	T F
221. My pain is so bad at times I want to cry.	T F	228. I often ask myself "why me" when I think of the problems my injury has caused.	T F
222. I shouldn't have to suffer from the problems my injury and pain have caused.	T F	229. I spend most of my day resting and avoiding those activities that could make my pain worsen.	T F
223. I don't enjoy anything anymore since developing pain.	T F	230. I feel cheated out of so many things because of my injury.	T F
224. My pain is more than I can stand.	T F		

GO ON TO THE NEXT PAGE

The following questions are concerned with your beliefs about different subjects

231. It irritates me to no end when others make stupid mistakes.	T F	245. It is important to me psychologically that others acknowledge my pain is real.	T F
232. People sometimes exaggerate their problems to gain sympathy from others.	T F	246. I can detect problems better than most people.	T F
233. Good people can overcome most odds.	T F	247. I always tell the truth.	T F
234. Sometimes taking what isn't yours is justified.	T F	248. Most people are basically selfish.	T F
235. I sometimes believe others are trying to prevent me from getting what I deserve when it comes to my injury.	T F	249. Big companies always take advantage of the little person.	T F
236. Life is a long lesson in humiliation.	T F	250. I am capable of convincing people of whatever I want them to believe.	T F
237. Most people who are wealthy had to step on people to gain their advantage.	T F	251. I don't begrudge people who take advantage of others weaker than themselves.	T F
238. The truth be known, I find it difficult relating comfortably to others.	T F	252. I like reading stories about crime.	T F
239. I enjoy socializing with others.	T F	253. What do you hope the outcome of this evaluation will be (circle <u>all</u> that apply):	
240. I sometimes feel I have to prove to others my pain is real.	T F	a) I am confident this evaluation will convince others I have suffered because of my pain.	
241. Society isn't doing enough to punish criminals.	T F	b) I am hopeful this evaluation finally convinces others my pain is real.	
242. It's a dog-eat-dog world.	T F	c) I hope this evaluation convinces others I have truly suffered and deserve to be financially compensated.	
243. I am smarter than most people I know.	T F	d) I expect this evaluation to show others I deserve a large financial settlement.	
244. People often take advantage of others' misfortune to get what they want.	T F	e) None apply.	