Cross-cultural adaptation and validation of a German version of the Pain Catastrophising Scale for use in patients with chronic low back pain

Summary / Zusammenfassung

BACKGROUND AND AIMS Catastrophising is a significant determinant of self-rated pain intensity and disability in patients with chronic pain. The Pain Catastrophising Scale (PCS) was developed to assist with both treatment planning and outcome assessment in such patients; to date, no German version exists.

METHODS A cross-cultural adaptation of the PCS into German was carried out, strictly according to recommended methods. 35 patients with chronic low back pain (cLBP) (26F, 9M; mean age 46 (SD15) years) then completed the PCS twice (on average, 9 days apart). They also completed the following: numeric rating scales (NRS) for pain intensity and general health; the ZUNG self-rating depression scale; the Modified Somatic Perception Questionnaire (MSPQ); the Fear-Avoidance Beliefs Questionnaire (FABQ);

and the Roland Morris (RM) disability questionnaire. RESULTS The Cronbach’s alpha (internal reliability) for the 3 sub-sections of the PCS - “helplessness”, “magnification”, “rumination” — and for the whole questionnaire (PCSwhole) were 0.92, 0.78, 0.91 and 0.94 respectively. The intraclass correlation coefficients for the test-retest reliability (with 95%CI) were 0.84 (0.71-0.92), 0.69 (0.46-0.83), 0.82 (0.65-0.91) and 0.83 (0.69-0.91) respectively. The PCSwhole scores correlated with the other scores as follows: FABQactivity r=0.67, FABQwork r=0.61, RM r=0.60 and MSPQ r=0.55, pain intensity r=0.55 (all p<0.0001), ZUNG depression r=0.47, p<0.005. PCS scores showed no significant correlation with general health (r=-0.272). CONCLUSIONS The psychometric properties of our German version of the PCS were comparable to, or exceeded, those of the original English version. It represents a valuable tool for use with cLBP patients in German-speaking countries.

Publications / Publikationen


The association between catastrophizing and self-rated pain and disability in patients with chronic low back pain.


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