**Gender and Pain**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_

1. How much do the following words describe you:

Not At All Very Little Somewhat A Lot Extremely

Independent □ □ □ □ □

Emotional □ □ □ □ □

Aggressive □ □ □ □ □

Gentle □ □ □ □ □

Confident □ □ □ □ □

Weak □ □ □ □ □

Tough □ □ □ □ □

Giving □ □ □ □ □

Accepting □ □ □ □ □

Leader □ □ □ □ □

Competitive □ □ □ □ □

Determined □ □ □ □ □

Nurturing □ □ □ □ □

Sensitive □ □ □ □ □

Decisive □ □ □ □ □

Patient □ □ □ □ □

Here are 3 **different ways** people can be different about their pain.

1. **Pain sensitivity** is the amount of injury required to cause pain.
2. **Pain endurance** is how much time passes before a person needs help to manage their pain
3. **Willing to report pain** is how much people will tell others about their pain

How would you **rate yourself** on these aspects of pain?

Not At All Very Little Somewhat A Lot Extremely

I am sensitive to pain □ □ □ □ □

I can endure pain □ □ □ □ □

I am willing to report my pain □ □ □ □ □

Men or women can be **different** in these aspects of pain. Who do you think is more…

Men-a lot more Men-a little more No difference Women-a little more Women- a lot more

…sensitive to pain □ □ □ □ □

…able to endure pain □ □ □ □ □

…willing to report my pain □ □ □ □ □

How do well do you think you manage pain compared to other people of your gender?

□ Less well

□ The same

□ Better