

Name:

Date:

IOP Tool (Day-to-Day Impact of Pain)

How are you doing with your pain? What are the types of day-to-day impacts you're experiencing?

- Mostly I'm coping well, with minimal impacts on my mood and family life
- It's hard to do normal everyday chores and errands
- It's hard to take care of my family in the ways that I'd like to
- The pain can be so bad; sometimes I feel suicidal
- It's difficult to get exercise
- Sexual intimacy is harder
- It's hard to take trips or travel
- It's hard to make plans
- It's hard to focus on schoolwork and studying
- It's hard to do a good job at work
- The pain negatively impacts my parenting
- I get frustrated with my pain so I try to manage it with a combination of recreational drugs, over-the-counter medication, and prescription medication
- Making friends is harder
- It makes seeing my friends harder
- I feel upset and worried about the financial aspects of having a pain condition
- I feel like my pain is straining my relationship with my doctor, so I don't reach out
- Getting a good night's sleep is harder
- It impacts the quality of close relationships
- Feeling alone, like others don't understand it
- It makes me anxious
- I sometimes turn to illicit drugs to cope with pain
- Feeling sad, sometimes hopeless or helpless
- I get overwhelmed
- It makes enjoying my hobbies and interests harder
- It's frustrating and upsetting
- Worried about the future
- I misuse my prescription medication for pain management
- I worry that my pain makes me more vulnerable to crime victimization
- It's hard to do things that need focus and concentration (taxes, bills, etc.)
- What did we miss?

Reference

1. Diamond, E., Hernandez, L. (2023). The Flare Study: Research on Understanding and Treating the Multifaceted Aspects of Chronic Pain