

Responses and Attitudes to Support during Pain questionnaire (RASP): Items and scoring information

The RASP has five subscales. The subscale score is the mean of all items belonging to that scale. Items with * should be reverse-scored before calculating the scale mean.

Scale	Items
General partner support	1, 2, 3, 4, 6, 7, 11, 12
Emotional support from HCPs	15, 16, 17, 18
Anxiety in the context of HCPs	19*, 20*, 21*, 22*
Pain behaviours during partner support	8*, 10*, 13*
Distraction by partner	5, 9, 14

1. When I am in pain I feel less discomfort if my partner is with me.
2. Having my partner there when I am in pain, makes me feel the pain less.
3. If my partner offers to help me when I am in pain, I find the pain less unpleasant.
4. If my partner holds my hand when I am in pain, I experience the pain as less intense.
5. It gives me some relief from pain if my partner talks to me about other things in order to distract me.
6. If my partner offers me some reassurance, it decreases my pain somewhat.
7. If my partner offers to help me when I am in pain, I experience the pain as somewhat less intense.
8. If my partner tries to reassure me about my pain, I tend to express my pain by talking about it more.
9. It helps relieve anxiety for my pain if my partner makes me think about other things.
10. If my partner gets me to rest and helps me with my jobs when I am in pain, I tend to express the pain more.
11. I am less worried about the potential consequences of my pain if my partner hugs or cuddles me when I am in pain.
12. I am less worried about the consequences of my pain if my partner offers to help me when I am in pain.
13. If my partner tries to talk to me about other things in order to distract me from my pain, I tend to express my pain more.
14. I find it nice when my partner tries to distract me from my pain by engaging me in other activities or topics of conversation.
15. It soothes me when a nurse shows me empathy when I am in pain.
16. I prefer it if a nurse is reassuring when I am in pain.
17. I like it when a doctor/dentist reassures me about the pain I go through.
18. I find it nice if a nurse is understanding and caring when I am in pain.
19. I feel more anxious if a nurse tries to reassure me about my pain.
20. If a doctor/dentist tries to reassure me when I am in pain it makes me think there is something to worry about.
21. It makes me feel more apprehensive about my pain if a doctor/dentist or a nurse encourages me to talk about something else to distract me.
22. If a doctor/dentist or nurse offers practical help when I am in pain, it tends to make me more anxious about my pain.

Reference:

Krahé, C., Paloyelis, Y., Sambo, C. F., & Fotopoulou, A. (2014). I like it when my partner holds my hand: development of the responses and attitudes to support during pain questionnaire (RASP). *Frontiers in Psychology*, 5, 1027.