

Post-Concussion Symptom Catastrophizing Scale (PCS-CS)

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Everyone experiences headaches, cognitive symptoms (memory and attention complaints), and/or fatigue at some point in their lives. People are often exposed to situations that may cause these symptoms. We are interested in the types of thoughts and feelings that you have when you experience these symptoms. Listed below are thirteen statements describing different thoughts and feelings that may be associated with these symptoms. Using the following scale, please indicate the degree to which you have these thoughts and feelings when you are experiencing these symptoms.

When I experience symptoms (like headaches, cognitive symptoms (memory and attention complaints), and/or fatigue)	Not at all	To a slight degree	To a moderate degree	To a great degree	All the time
1. I worry all the time about whether the symptoms will end.	☐	☐	☐	☐	☐
2. I feel I can't go on.	☐	☐	☐	☐	☐
3. It's terrible and I think it's never going to get any better.	☐	☐	☐	☐	☐
4. It's awful and I feel that it overwhelms me.	☐	☐	☐	☐	☐
5. I feel I can't stand it anymore.	☐	☐	☐	☐	☐
6. I become afraid that the symptoms will get worse.	☐	☐	☐	☐	☐
7. I keep thinking of other events during which I experience the symptoms.	☐	☐	☐	☐	☐
8. I anxiously want the symptoms to go away.	☐	☐	☐	☐	☐
9. I can't seem to keep it out of my mind.	☐	☐	☐	☐	☐
10. I keep thinking about how difficult it is.	☐	☐	☐	☐	☐
11. I keep thinking about how badly I want the symptoms to stop.	☐	☐	☐	☐	☐
12. There's nothing I can do to reduce the intensity of the symptoms.	☐	☐	☐	☐	☐
13. I wonder whether something serious may happen.	☐	☐	☐	☐	☐