

Post-Concussion Symptom Catastrophizing Scale (PCS-CS)

Authors: Melloney Wijenberg, Skye King, Sven Stapert, Jeanine Verbunt & Caroline van Heugten

Limburg Brain Injury Center, Maastricht University & Adelante Rehabilitation

August 2024

Note: This is a forward-backward English translation of the Dutch validated PCS-CS version and has not been validated separately. This translation is sourced from: Wijenberg, M. L., Hicks, A. J., Downing, M. G., Van Heugten, C. M., Stapert, S. Z., & Ponsford, J. L. (2020). Relevance of the fear-avoidance model for chronic disability after traumatic brain injury. *Journal of Neurotrauma*, 37(24), 2639-2646.

The PCS-CS, adapted from the Pain Catastrophizing Scale (PCS), has been validated for assessing catastrophizing about persistent complaints in patients with mild traumatic brain injury/concussion. The scoring is based on the validation study by King, et al. (2024). Reference scores can be found in the paper (King, et al., 2024), but caution is advised when interpreting the scores due to skewness in the distribution and floor effects.

Scoring Instructions

The items are scored from 0 (not at all) to 4 (all the time).

Total Score: A total score is obtained by summing all the items of the questionnaire together.

Subscale scores:

Magnification: Sum items 6, 7, and 13

Rumination: Sum items 8, 9, 10, and 11

Helplessness: Sum items 1, 2, 3, 4, 5, and 12