# Supplemental Digital Content 3

Pediatric Pain Coping Inventory Item Scores (n = 26)

# PPCI

## Results for each item

n(%)

**Item mean** (highest to

## Item

**subscale Never= 0 Sometimes= 1 Often= 2**

lowest) **SD**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 21 Wish for it to go away | C/H | 4 (15.4%) | 9 (34.6%) | 13 (50.0%) | 1.35 | 0.75 |
| 11 Rub the sore spot | P-S | 5 (19.2%) | 10 (38.5%) | 11 (42.3%) | 1.23 | 0.76 |
| 14 Try not to  think about the pain or hurt or ignore the pain or hurt | D | 3 (11.5%) | 16 (61.5%) | 7 (26.9%) | 1.15 | 0.61 |
| 28 Tell my mother or father | SS | 4 (15.4%) | 14 (53.8%) | 8 (30.8%) | 1.15 | 0.67 |
| 5 Cry or yell | C/H | 7 (26.9%) | 9 (34.6%) | 10 (38.5%) | 1.12 | 0.82 |
| 8 Watch television | D | 4 (15.4%) | 15 (57.7%) | 7 (26.9%) | 1.12 | 0.65 |
| 15 Take deep breaths | P-S | 5 (19.2%) | 13 (50.00%) | 8 (30.8%) | 1.12 | 0.71 |
| 25 Try to be brave and not say anything | C/H | 7 (26.9%) | 9 (34.6%) | 10 (38.5%) | 1.12 | 0.82 |
| 13 Have my mother, father or a friend sit with me | SS | 6 (23.1%) | 12 (46.2%) | 8 (30.8%) | 1.08 | 0.74 |
| 36 Get mad or mean to other people | C/H | 7 (26.9%) | 10 (38.5%) | 9 (34.6%) | 1.08 | 0.80 |

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| --- | --- | --- | --- | --- | --- | --- |
| 34 Put ice or heat on the sore spots | P-S | 7 (26.9%) | 12 (46.2%) | 7 (26.9%) | 1.00 | 0.75 |
| 16 Think about  happy things | D | 8 (30.8%) | 11 (42.3%) | 7 (26.9%) | 0.96 | 0.77 |
| 26 Sit quietly | P-S | 7 (26.9%) | 13 (50.0%) | 6 (23.1%) | 0.96 | 0.72 |
| 32 Know that I can ask for something that  will make the pain or hurt feel better | C S-I | 6 (23.1%) | 15 (57.7%) | 5 (19.2%) | 0.96 | 0.66 |
| 1 Go to bed | P-S | 8 (30.8%) | 12 (46.2%) | 6 (23.1%) | 0.92 | 0.74 |
| 3 Ask for a hug or a kiss | SS | 8 (30.8%) | 12 (46.2%) | 6 (23.1%) | 0.92 | 0.74 |
| 24 Tell myself that it will be all right | C S-I | 10 (38.5%) | 8 (30.8%) | 8 (30.8%) | 0.92 | 0.84 |
| 27 Lie down | P-S | 8 (30.8%) | 13 (50.0%) | 5 (19.2%) | 0.88 | 0.71 |
| 12 Tell myself to be brave | C S-I | 11 (42.3%) | 8 (30.8%) | 7 (26.9%) | 0.85 | 0.83 |
| 23 Pretend I don’t have any pain or hurt | C S-I | 11 (42.3%) | 9 (34.6%) | 6 (23.1%) | 0.81 | 0.80 |
| 37 Squeeze someone’s hand or something else | SS | 9 (34.6%) | 13 (50.0%) | 4 (15.4%) | 0.81 | 0.69 |
| 2 Ask for medicine | P-S | 8 (30.8%) | 16 (61.5%) | 2 (7.7%) | 0.77 | 0.59 |
| 4 Ask for someone to  understand how I hurt | SS | 11 (42.3%) | 10 (38.5%) | 5 (19.2%) | 0.77 | 0.76 |

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| --- | --- | --- | --- | --- | --- | --- |
| 29 Ask to stay by myself | SS | 11 (42.3%) | 10 (38.5%) | 5 (19.2%) | 0.77 | 0.76 |
| 35 Go to sleep until it feels better | P-S | 9 (34.6%) | 14 (53.8%) | 3 (11.5%) | 0.77 | 0.65 |
| 38 Ask someone  to tell me my pain will go away | SS | 9 (34.6%) | 14 (53.8%) | 3 (11.5%) | 0.77 | 0.65 |
| 9 Play a game | D | 9 (34.6%) | 15 (57.7%) | 2 (7.7%) | 0.73 | 0.60 |
| 17 Play with my pet | D | 10 (38.5%) | 13 (50.0%) | 3 (11.5%) | 0.73 | 0.67 |
| 40 Pretend that the pain or hurt doesn’t hurt as much as it really does | C S-I | 11 (42.3%) | 11 (42.3%) | 4 (15.4%) | 0.73 | 0.72 |
| 41 Think that I can’t do anything to stop the pain | C/H | 10 (38.5%) | 13 (50.0%) | 3 (11.5%) | 0.73 | 0.67 |
| 10 Eat or drink something | D | 12 (46.2%) | 10 (38.5%) | 4 (15.4%) | 0.69 | 0.74 |
| 22 Imagine that I can make the pain or hurt disappear by myself | C S-I | 13 (50.0%) | 8 (30.8%) | 5 (19.2%) | 0.69 | 0.79 |
| 19 Talk about what I did today | D | 15 (57.7%) | 5 (19.2%) | 6 (23.1%) | 0.65 | 0.85 |
| 31 Know I can do something to make the pain or hurt feel better | C S-I | 12 (46.2%) | 11 (42.3%) | 3 (11.5%) | 0.65 | 0.69 |
| 18 Read a book or colour in a colouring book | D | 14 (53.8%) | 8 (30.8%) | 4 (15.4%) | 0.62 | 0.75 |

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| --- | --- | --- | --- | --- | --- | --- |
| 20 Think it will just get worse | C/H | 14 (53.8%) | 9 (34.6%) | 3 (11.5%) | 0.58 | 0.70 |
| 33 Ask someone to explain to me why I hurt | P-S | 15 (57.7%) | 9 (34.6%) | 2 (7.7%) | 0.50 | 0.65 |
| 30 Ask to go to the doctor | P-S | 16 (61.5%) | 8 (30.8%) | 2 (7.7%) | 0.46 | 0.65 |
| 7 Play with my friends | SS | 18 (69.2%) | 6 (23.1%) | 2 (7.7%) | 0.38 | 0.64 |
| 6 Think about going away on holiday or a trip | D | 21 (80.8%) | 3 (11.5%) | 2 (7.7%) | 0.27 | 0.60 |
| 39 Pray, meditate or ask God for help | SS | 20 (76.9%) | 5 (19.2%) | 1 (3.8%) | 0.27 | 0.53 |

Abbreviations: C/H, *Catastrophizing/Helplessness*; C S-I, *Cognitive Self-Instruction*; D, *Distraction*; n, number; PPCI, Pediatric Pain Coping Inventory; P-S, *Problem-Solving*; SD, standard deviation; SS, *Seeks Social Support*.

Black shading indicates item selected at a high frequency (>50%), grey shading moderate frequency (25%-50%), white shading low frequency (<25%).