

Adapted Moseley's Pain Sciences Quiz

QUESTIONS		before			after		
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		1	When part of your body is injured, special pain receptors convey the pain message to your brain				
2	Pain only occurs when you are injured						
3	The intensity of pain matches the severity of the injury						
4	Nerves have to connect a body part to the brain in order for that part to be in pain						
5	In chronic pain, the central nervous system becomes more sensitive to nociception (danger messages from tissues)						
6	The body tells the brain when it is in pain						
7	The brain can send messages down your spinal cord that can increase the nociception (danger messages) going up the spinal cord						
8	Peripheral nerves can adapt by increasing their resting level of excitement						
9	Chronic pain means an injury hasn't healed properly						
10	The brain decides when you will experience pain						
11	The pain you feel is the same pain your grandparents felt						
12	Worse injuries always result in worse pain						
13	When you are injured, the environment that you are in will not have an effect on the amount of pain that you experience						
14	It is possible to have pain and not know about it						
15	Stress can make a peripheral nerve fire						
16	Your internal pain control system is more powerful than any drug taken by mouth or injected.						
17	The immune system has nothing to do with a pain experience						
18	Pinched nerves always hurt						
19	It is possible to treat pain by causing pain						
20	Chronic pain is more common in wealthier countries than poorer countries.						