

# I live with chronic pain

The Australian National Pain Strategy was launched in 2010 after collaboration between consumers and health professionals concerned about the impact of chronic pain on people in our communities. The mission of the Strategy is, to improve quality of life for people with pain and their families, and to minimise the burden of pain on individuals and the community.

This survey is about your experiences as either a person who experiences pain, or as someone who looks after or cares for someone living with pain. We aim to make the survey a yearly event so, over time, we will build up information about whether the experience of living with pain is changing as the National Pain Strategy progresses.

This survey has been split into 2 sections, I care for someone in pain. Please answer each question as well as you can, and feel free to tell us more in the spaces provided.

If you feel you belong to both categories, please go back and complete both surveys.

## About you

### How old are you?

Total responses: **1520**

0-10 ( 0.07% / 1 votes )

11-20 ( 1.97% / 30 votes )

21-30 ( 12.89% / 196 votes )

31-50 ( 48.29% / 734 votes )

51-70 ( 34.87% / 530 votes )

71+ ( 1.91% / 29 votes )

**0.07%**

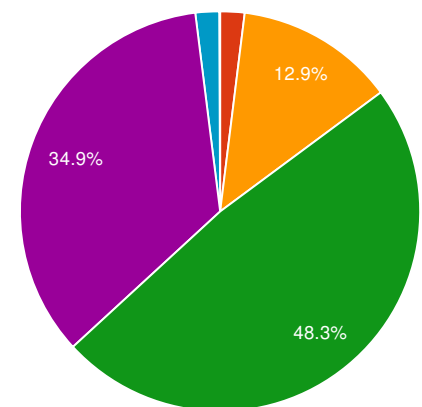
**1.97%**

**12.89%**

**48.29%**

**34.87%**

**1.91%**



### What is your gender?

Total responses: **1520**

Female ( 81.58% / 1240 votes )

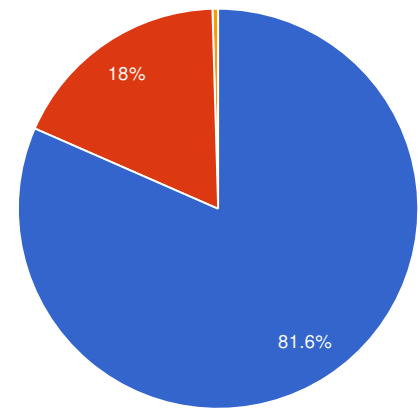
Male ( 17.96% / 273 votes )

Transgender ( 0.46% / 7 votes )

**81.58%**

**17.96%**

**0.46%**



Are you of Aboriginal or Torres Strait Islander origin?

*If you are of both Aboriginal and Torres Strait Islander, mark both responses: Yes Aboriginal, and Yes Torres Strait Islander.*

Total responses: **1521**

Yes Aboriginal ( 1.51% / 23 votes )

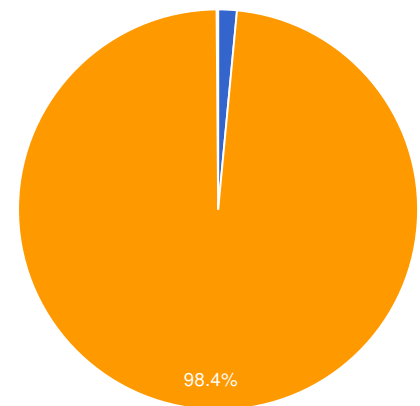
Yes Torres Strait Islander ( 0.13% / 2 votes )

No ( 98.36% / 1496 votes )

**1.51%**

**0.13%**

**98.36%**



Were you born in Australia?

*If your answer is No, which country were you born in?*

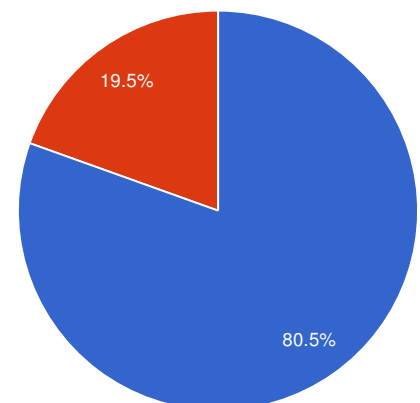
Total responses: **1520**

Yes ( 80.46% / 1223 votes )

No ( 19.54% / 297 votes )

**80.46%**

**19.54%**



Do you speak a language other than English at home?

If more than one language other than English is applicabe, select the one that is spoken most often.

Total responses: **1520**

No, English only ( 94.8% / 1441 votes )

Italian ( 0.79% / 12 votes )

Greek ( 0.26% / 4 votes )

Cantonese ( 0.13% / 2 votes )

Arabic ( 0.39% / 6 votes )

Mandarin ( 0.2% / 3 votes )

Vietnamese ( 0.07% / 1 votes )

Japanese ( 0.13% / 2 votes )

Other, please spcify ( 3.22% / 49 votes )

**94.8%**

**0.79%**

**0.26%**

**0.13%**

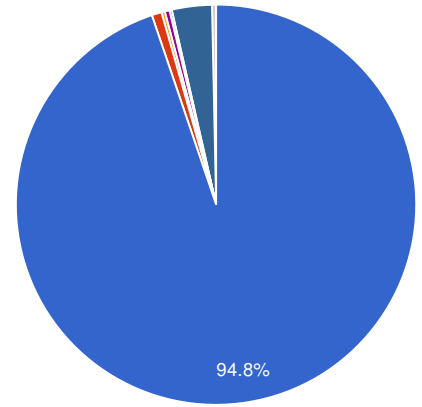
**0.39%**

**0.2%**

**0.07%**

**0.13%**

**3.22%**



We understand you live with pain, do you also care for someone in pain?

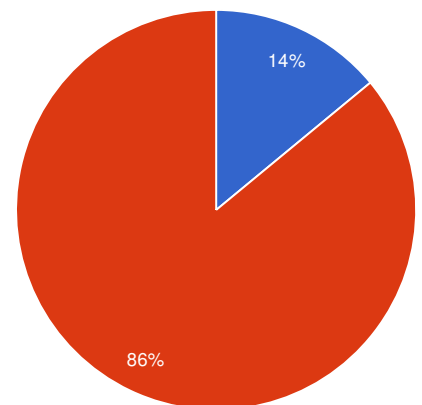
Total responses: **1520**

Yes ( 14.01% / 213 votes )

No ( 85.99% / 1307 votes )

**14.01%**

**85.99%**



## About your pain experience

## How long have you lived with pain?

Total responses: **1455**

0-1 year ( 2.54% / 37 votes )

1-2 years ( 6.74% / 98 votes )

2-4 years ( 14.71% / 214 votes )

4-6 years ( 13.2% / 192 votes )

6-10 years ( 18.9% / 275 votes )

10+ years ( 43.92% / 639 votes )

2.54%

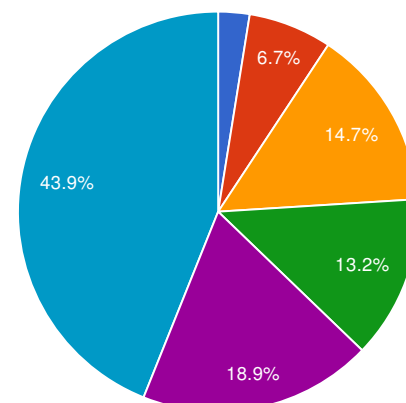
6.74%

14.71%

13.2%

18.9%

43.92%



## Please rate your pain

*Where 0 = no pain and 10 = worst pain imaginable.*Total responses: **5816**

	0	1	2	3	4	5	6	7	8	9	10
The worst level of pain you have had in the past week? ( 25% / 1454 votes )	1	3	10	22	36	65	121	256	396	310	234
The least level of pain you have had in the last week? ( 25% / 1454 votes )	68	123	234	262	226	228	145	85	49	13	21
The average level of pain you have had in the last week? ( 25% / 1454 votes )	1	15	40	93	148	298	315	294	175	52	23
The level of pain you have right now? ( 25% / 1454 votes )	19	57	91	128	150	174	208	243	219	119	46

Tell us about your type of pain

*Please select as many that apply.*

Total responses: **5942**

Back pain ( 17.01% / 1011 votes )

Neck pain ( 12.1% / 719 votes )

Headache including migraine ( 10.52% / 625 votes )

Cancer pain ( 0.2% / 12 votes )

Pain related to a chronic disease (like diabetes, cardiovascular disease etc) ( 3.92% / 233 votes )

Osteo-arthritis ( 7.07% / 420 votes )

Other Arthritis (e.g. rheumatoid, psoriatic) ( 4.53% / 269 votes )

Neuropathic pain (nerve pain) ( 13.93% / 828 votes )

Complex Regional Pain Syndrome ( 3.2% / 190 votes )

Postherpetic Neuralgia (post shingles pain) ( 0.61% / 36 votes )

Long term pain after injury ( 7.64% / 454 votes )

Long term pain after surgery ( 4.27% / 254 votes )

Chronic widespread pain - Fibromyalgia ( 8.6% / 511 votes )

**17.01%**

**12.1%**

**10.52%**

**0.2%**

**3.92%**

**7.07%**

**4.53%**

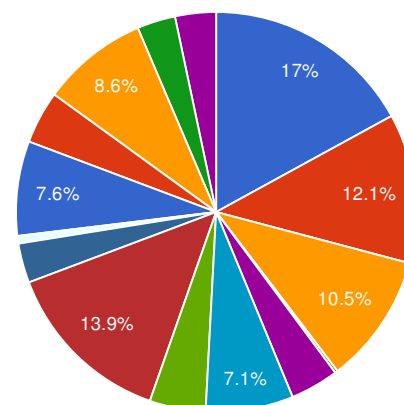
**13.93%**

**3.2%**

**0.61%**

**7.64%**

**4.27%**



8.6%

Medically unexplained pain ( 3.1% / 184 votes )

3.1%

Other, please specify ( 3.3% / 196 votes )

3.3%

Tell us how you manage your pain

Total responses: **4577**

With medicines ( 24.95% / 1142 votes )

24.95%

With lifestyle strategies ( 19.27% / 882 votes )

19.27%

With thinking strategies ( 14.29% / 654 votes )

14.29%

With physiotherapy or other physical therapy ( 11.54% / 528 votes )

11.54%

With medical acupuncture ( 2.64% / 121 votes )

2.64%

With nutritional supplements/dietary strategies ( 9.81% / 449 votes )

9.81%

With complementary therapies or treatments ( 6.12% / 280 votes )

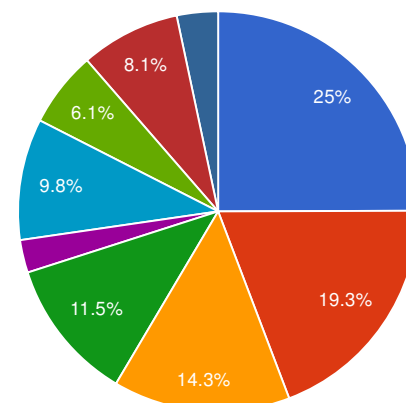
6.12%

A combination of all the above ( 8.06% / 369 votes )

8.06%

Other, please specify ( 3.32% / 152 votes )

3.32%



Did your pain start after trauma?

*Trauma means a shocking event like a car accident, criminal assault, surgery, etc.*

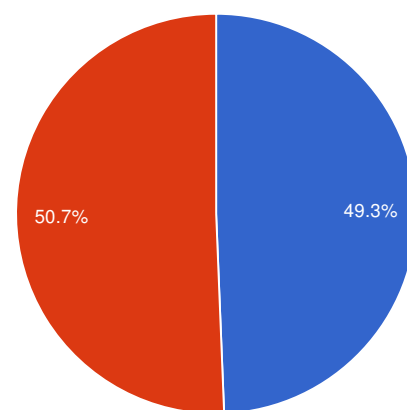
Total responses: **1455**

Yes ( 49.35% / 718 votes )

No ( 50.65% / 737 votes )

**49.35%**

**50.65%**



Reflecting on how your chronic pain started, what are your thoughts on how others may prevent their pain from developing into long term?

*Please select as many that apply.*

Total responses: **4013**

Get a second opinion before undertaking surgery ( 9.47% / 380 votes )

Be as healthy as you can ( 18.61% / 747 votes )

Reduce stress from your life ( 19.96% / 801 votes )

Do not push yourself too hard (do not be a super man/woman) ( 23.17% / 930 votes )

Know as much as you can, about your condition, before undergoing medical treatments ( 19.61% / 787 votes )

I have no advice ( 4.41% / 177 votes )

Other, please specify ( 4.76% / 191 votes )

**9.47%**

**18.61%**

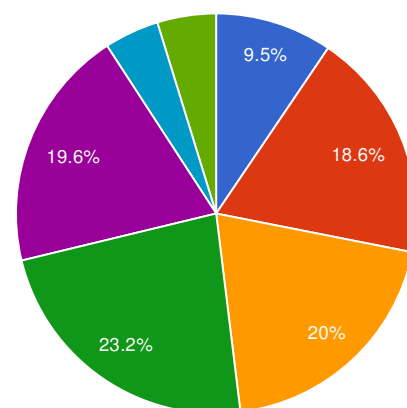
**19.96%**

**23.17%**

**19.61%**

**4.41%**

**4.76%**



The next few questions will ask you to comment on a scale of 0 to 10

*Where 0 is "not at all" and 10 is "completely".*

Total responses: **22048**

	0	1	2	3	4	5	6	7	8	9	10
How much does pain affect your life overall? ( 6.25% / 1378 votes )	1	3	12	24	37	74	99	213	314	218	383
How much does pain interfere with your general activities? ( 6.25% / 1378 votes )	4	8	15	22	30	85	134	226	322	236	296
How much does pain interfere with your work (paid or unpaid) ( 6.25% / 1378 votes )	26	13	24	29	34	78	92	152	204	179	547
How much does pain affect your family life? ( 6.25% / 1378 votes )	16	18	23	43	55	120	129	206	285	205	278
How much does pain affect your social life? ( 6.25% / 1378 votes )	7	19	17	27	47	74	99	176	272	272	368
How much does pain affect your mood? ( 6.25% / 1378 votes )	8	12	20	38	52	109	97	156	287	238	361
To what extent do you think you understand why you have pain? ( 6.25% / 1378 votes )	38	22	29	43	61	93	107	134	224	244	383
To what extent are you able to access information to help you learn how to manage pain? ( 6.25% / 1378 votes )	22	39	47	61	74	138	126	150	271	201	249
To what extent do you understand the information you have been given about your pain? ( 6.25% / 1378 votes )	25	23	23	54	55	110	114	123	260	265	326
To what extent do you feel you manage your pain so that it doesn't intrude on your life? ( 6.25% / 1378 votes )	64	75	127	122	124	217	160	184	171	77	57
To what extent are you able to access services to help you learn to manage your pain? ( 6.25% / 1378 votes )	93	126	157	127	134	185	111	133	148	75	89
To what extent do you believe you have access to the best possible assessment and care? ( 6.25% / 1378 votes )	144	149	141	113	119	168	106	123	126	103	86
To what extent do you feel you are able to communicate meaningfully with your pain management doctors and health professionals? ( 6.25% / 1378 votes )	97	97	114	113	94	172	120	137	185	113	136
To what extent do you feel you are supported to manage your pain? ( 6.25% / 1378 votes )	128	142	125	136	102	182	146	147	121	70	79
To what extent do you believe that the community around you understands the nature of your chronic pain and what you have to do to manage it? ( 6.25% / 1378 votes )	384	336	233	154	85	71	39	26	19	17	14
To what extent do you believe that your pain is believed by other people? ( 6.25% / 1378 votes )	134	210	240	172	143	174	78	73	70	39	45



Have you ever been asked by a health professional to contribute to developing educational or other materials that are used in pain management treatment?

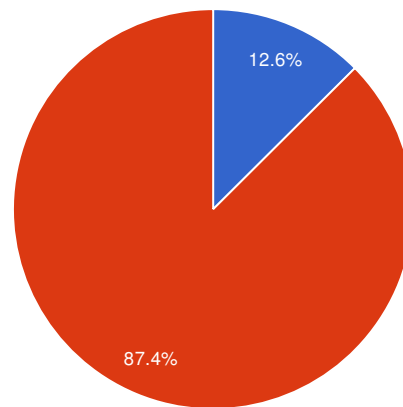
Total responses: **1378**

Yes ( 12.55% / 173 votes )

No ( 87.45% / 1205 votes )

**12.55%**

**87.45%**



Would you like to have more information about your pain?

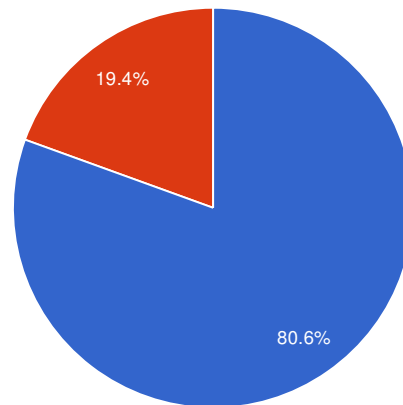
Total responses: **1378**

Yes ( 80.55% / 1110 votes )

No ( 19.45% / 268 votes )

**80.55%**

**19.45%**



Before reading this survey, were you aware of Australia's National Pain Strategy?

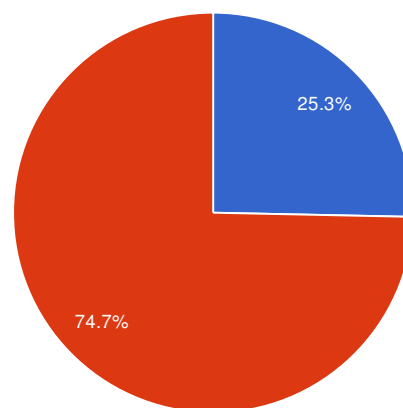
Total responses: **1346**

Yes ( 25.33% / 341 votes )

No ( 74.67% / 1005 votes )

**25.33%**

**74.67%**

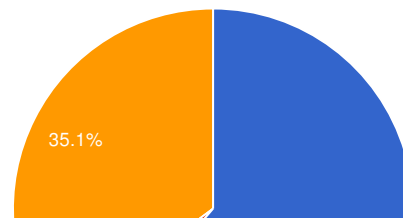


If you answered YES to the above question, do you support it?

Total responses: **555**

Yes ( 61.26% / 340 votes )

**61.26%**



No ( 3.6% / 20 votes )

**3.6%**

Not sure ( 35.14% / 195 votes )

**35.14%**

Thank you for taking the time to complete this survey.

*A summary of the survey results will be available on our website once they are available: [www.chronicpinaustralia.org.au](http://www.chronicpinaustralia.org.au)*

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