

THE MULTIAXIAL PAIN CLASSIFICATION

MASK

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THE MULTIAXIAL PAIN CLASSIFICATION – PSYCHOSOCIAL DIMENSION (MASK-P)

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German:

Klinger, R., Hasenbring, M., Pfingsten, M., Hürter, A., Maier, Ch. & Hildebrandt, J. (2000). Die Multiaxiale Schmerzklassifikation – MASK: Psychosoziale Dimension (MASK-P). Hamburg: Deutscher Schmerzverlag.

ISBN 3-9806595-3-4

Urheberrechtlich geschützt...

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M A S K

MULTIAXIALE PAIN CLASSIFICATION - PSYCHOSOCIAL DIMENSION

RATING QUESTIONNAIRE

Patient: _____ born: _____ Date: _____

Axis Supplementary Coding: Award one of the following features for each of the *MASK-P* axis

- 1 Axis was not examined
- 2 No distinctive features were identifiable
- 3 Patient did not recognize the distinctive feature
- 4 Patient recognized the distinctive feature

Axis 1 Motor-Behavioural Strategies for Coping with Pain

Axis Supplementary Code (*code 1, 2, 3 or 4*)

- 1 Marked Non-Verbal Pain Behaviour
- 2 Marked Verbal Pain Behaviour
- 3 Discrepancy between Verbal and Non-Verbal Pain Behaviour
- 4 Deficits in Requesting Social Support
- 5 Marked Avoidance of Physical Activities
- 6 Marked Avoidance of Social Activities
- 7 Marked Endurance Behaviour
- 8 Non-Compliance with Behaviour Required for Good-Health

Axis 2 Emotional Strategies for Coping with Pain

Axis Supplementary Code (*code 1, 2, 3 or 4*)

- 1 Sad-Despondent Mood
- 2 Irritated-Agitated Mood
- 3 Anxious Mood
- 4 Low Excitability Threshold
- 5 Restricted Experiencing of Emotion
- 6 Lack of Emotional Expression
- 7 Excessively Positive Expression of Emotion

Axis 3 Cognitive Strategies for Coping with Pain

Axis Supplementary Code (*code 1, 2, 3 or 4*)

- 1 Helplessness / Catastrophization
- 2 Resignation / Despair
- 3 Suicidal Thoughts
- 4 Lack of Awareness of Physical Functions
- 5 Marked Trivialization of Physical Functions
- 6 Marked Self-Consciousness of Physical Functions
- 7 Marked Endurance Appeals

Axis 4 Illness Related Metacognition

Axis Supplementary Code (*code 1, 2, 3 or 4*)

- 1 Marked Somatic Model of Illness
- 2 Marked Stable Cause Attribution
- 3 Marked External Control Attribution
- 4 Marked Internal Control Attribution
- 5 Blame Attribution
- 6 Marked Fear-Avoidance-Beliefs
- 7 Marked Endurance-Beliefs

Axis 5 Current Stressors

Axis Supplementary Code (*code 1, 2, 3 or 4*)

- 1 Physical Stress at Work
- 2 Psychosocial Stress at Work
- 3 Unclear Professional Status
- 4 Considerable Financial Stress
- 5 Problems within the Family and/or Circle of Friends
- 6 Marriage / Relationship Problems
- 7 Stress Throug Additional Health Problems
- 8 Critical Events
- 9 Recreational Stress

Axis 6 Trauma / Stress in the Life-History

Axis Supplementary Code (*code 1, 2, 3 or 4*)

- 1 Loss of Close Relatives / Significant Others
- 2 Conflicts within the Family / Relationship
- 3 Conflicts at Work
- 4 Physical and / or Mental Abuse
- 5 Loss of / threat to the existential Basis
- 6 Acute Threat to Life
- 7 Harsh Upbringing Involving Withdrawl of Emotions
- 8 Severe Physical / Mental Illness of Significant Others
- 9 Severe Physical / Mental Illness of the Patient Himself



Time-Supplementary Code (*Code the relevant time period for each observed stress*)

- 1 Childhood (up to 6 years old)
- 2 Adolescence (6 up to 18 years old)
- 3 Adulthood (from 18 years old onwards)
- 4 Childhood and Adolesence
- 5 Adolescence and Adulthood
- 6 Childhood and Adulthood
- 7 Childhood, Adolesence and Adulthood

Achse 7 Habitual Personal Features

Axis Supplementary Code: *(Code 1, 2, 3 or 4)*

- 1 Strain Caused by Excessive Performance Expectation
- 2 Lack of Social Competence
- 3 Deficits in Self-Esteem
- 4 Rigid Ideas of Norms and Values
- 5 Lack of Self-Reflection / Introspection
- 6 Lack of Awareness of Personal Stress Reactions
- 7 Psychophysiological Reaction Stereotype
- 8 Dependency Behaviour

Axis 8 Maladaptive Coping Strategies

Axis Supplementary Code *(code 1, 2, 3 or 4)*

- 1 Catastrophising / Avoidance Strategies for Coping with Stress
- 2 Resignative / Withdrawal Marked Strategies for Coping with Stress
- 3 Irritation Marked Strategies for Coping with Stress / Control Illusion
- 4 Lack of Awareness and Trivialization of Stress Reactions
- 5 Excessive Physical Distraction from Stress
- 6 Lack of Relaxing Strategies for Coping with Stress
- 7 Lack of Emotionally Regulating Strategies for Coping with Stress
- 8 Lack of Socially Competent Strategies for Coping with Stress

Axis 9 Psychophysiological Dysregulation

Axis Supplementary Code *(code 1, 2, 3 or 4)*

- 1 Situation specific increased activity of the symptom relevant muscles
- 2 Habitually increased activity of the symptom relevant muscles
- 3 Situation specific increased activity of different muscles
- 4 Habitually increased motor unrest
- 5 Situation specific increased symptom relevant vegetative activity
- 6 Habitually increased symptom relevant vegetative activity
- 7 Situation specific increased activity of different vegetative systems
- 8 Habitually increased activity of different vegetative systems

Axis 10 Coping Styles for Conflict

Axis Supplementary Code *(code 1, 2, 3 or 4)*

- 1 Schizoid Coping Style
- 2 Depressive Coping Style
- 3 Compulsive Coping Style
- 4 Histrionic Coping Style
- 5 Narcisstic Coping Style
- 6 Borderline - Coping Style

Axis 11 MASK-P- DIAGNOSIS: FUNCTIONAL COMBINATIONS

Pain localization: _____

Axis Supplementary Code (code 1, 2, 3 or 4 at each appropriate diagnosis before the dot)

_.111 Maladaptive Strategies for Coping with Pain

- _.1111 Anxious-Avoiding Strategies for Coping with Pain
- _.1112 Depressive-Suppressive Strategies for Coping with Pain
- _.1113 Emphasized Cheerful-Suppressive Strategies for Coping with Pain
- _.1114 Irritated-Agitated Strategies for Coping with Pain
- _.1115 Attention Focussed Strategies for Coping with Pain

_.112 Classical Conditioning Processes

- _.1121 Sensory Conditioning
- _.1122 Interoceptive Conditioning
- _.1123 Emotional Conditioning

_.113 Operant Conditioning Processes

- _.1131 Pain Contingent Negative Reinforcement by the Social Surroundings
- _.1132 Pain Contingent Positive Reinforcement by the Social Surroundings
- _.1133 Negative Reinforcement by Reduction of Stress and Conflicts
- _.1134 Negative Reinforcement by Avoidance of a Threat to Self-Esteem
- _.1135 Positive Reinforcement by an Increase in the Feeling of Self-Esteem

_.114 Influence of Psychosocial Stress

- _.1141 Influence of Current Stressors
- _.1142 Influence of Maladaptive Processes for Coping with Stress

_.115 Pain as a Part of a Reaction to Severe Stress and Critical Life-Events

_.116 Somatisation of Psychological Suffering

- _.1161 Transformation of Emotions into a Long-Term Psychophysical Tension
- _.1162 Conversion
- _.1163 Narcissitic Mechanism

_.117 Pain Based on Past Stresses and Over-Taxation

_.118 Relationship Stabilizing Functioning of the Pain

- _.1181 Relationship Stabilizing Function within Relationship / Familial System
- _.1182 Relationship Stabilizing Function within Professional System
- _.1183 Relationship Stabilizing Function within the Treatment Context