

## Activity Management Inventory for Pain (AMI-P)

### Administrator instructions

**Considering that the AMI-P is a two-part questionnaire, it might be more challenging for some respondents to complete. Here some instructions that can be helpful for questionnaire administrators.**

Administrators should point out to respondents that there are two distinct parts to the questionnaire; so responding to each item is a two-step process. For each item, Part 1 should be answered first, followed by Part 2. Both parts should be completed for all questionnaire items.

**For Part 1:** Respondents are asked about how often they manage their daily activities in a particular way. For example, one item of the questionnaire asks how many days in the last week they slowed down during an activity (see the example below). It is important that the administrator makes sure that the respondent understands that the AMI-P asks for the *number of days* that they did that particular behavior *regardless of how many times each day it was done*.

So whether the respondent engages in a behavior only once in a day or many times in a day (even 20-30 times), if they did it only 1 out of 7 days, the response should be 1. At the other extreme, if the respondent did a behavior once a day for 5 days out of 7 days the response should be 5.

**For Part 2:** Respondents are then asked to select the reasons *why* they manage their activity using a certain behavior. For example, they might slow down during an activity to both (1) feel less pain and (2) save their energy. In this case, they have two reasons. It is important that administrator clarifies for the respondent that it is possible that not all reasons apply to all ways to manage their activity (or for all people). They should therefore *check only the reasons that apply to them*. In the case where a respondent says that "some reasons are not making sense," the administrator can answer, "Yes. Not all of the reasons for doing something apply to each type of response. Check the reasons that *do* apply to your situation and leave the others blank (unchecked)."

#### EXAMPLE

| <b>Part 1</b>                              |                                      | <b>Part 2</b><br>I did this in order to... |                          |                          |                                     |                          |
|--|--------------------------------------|--|--------------------------|--------------------------|-------------------------------------|--------------------------|
| How many days in the last week did you...? | Number of days per week (circle one) | Feel less pain                             | Get more done            | Complete the task        | Save my energy                      | I did not do this        |
| Slow down during an activity               | 0 1 2 3 4 ⑤ 6 7                      | <input checked="" type="checkbox"/>        | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

**Here is an example script an administrator might use:**

“There are parts to the questionnaire. For each item, Part 1 should be answered first. Then answer Part 2. Both parts should be completed for all questionnaire items.

**For part 1**, we want you to tell us how many days in the past week you did each type of activity management response at least once. Here, we want to know the *number of days* that you did that particular behavior *regardless of how many times each day it was done*.

So, if you did the response 30 times in one day, but only on one day, the response should be 1. At the other extreme, if you did the response just once a day for 5 days in the past week, the response should be 5.

**For Part 2**, we want to know *why* you managed your activity using the response described in each item. For example, you might have slowed down during an activity to both (1) feel less pain and (2) save your energy. In this case, you would check those 2 reasons, and only those 2 reasons. If you did not engage in that response, you check “I did not do this”. It is important that you *check only the reasons that apply to you*. We know that some reasons will not make sense for every response or for every person. That is fine – in this case, just leave those reasons blank or unchecked.”