



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Is Chronic Pain Affecting My Mental Health?

10 questions about the emotional impact of living with pain

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ Understanding yourself is the most courageous thing you can do. Simply pausing to ask how you are, and actually answering honestly, is an act of profound self-respect.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Is Chronic Pain Affecting My Mental Health?

This assessment helps understand the psychological impact of living with chronic pain. Please answer the following questions honestly.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Have you felt persistently sad or down due to your chronic pain?
- Do you frequently worry about your pain worsening or becoming unmanageable?
- Do you often think the worst about your pain, imagining it will never get better?
- Have you avoided certain activities or stopped doing things you enjoy because you fear they will increase your pain?
- Do you often feel angry or frustrated about having chronic pain?
- Do you sometimes feel like a burden to your family or friends because of your pain?
- Do you feel your identity is solely defined by your chronic pain, losing touch with who you were before?
- Has your chronic pain negatively impacted your relationships with loved ones?
- Does your chronic pain frequently disrupt your sleep, making it hard to rest?
- Do you find it difficult to experience moments of peace or function normally due to your pain?

Score: Count the total number of 'Yes' answers to understand your current psychological impact.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-2

Managing Well

Your responses suggest you are coping well with the psychological effects of chronic pain.

SCORE: 3-4

Mild Psychological Impact

You may be experiencing some early signs of psychological distress related to your pain.

SCORE: 5-6

Moderate Impact

Your responses indicate a moderate level of psychological difficulty due to chronic pain.

SCORE: 7-10

Significant Psychological Impact

Your responses suggest a significant psychological impact from chronic pain; seeking support is strongly encouraged.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Remember, acknowledging the emotional toll of chronic pain is a sign of strength, not weakness. Explore gentle movement or mindfulness techniques to help find moments of calm.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resonated most with you and why?

2. What is one small step you could take to address the area that caused you the most concern?

3. How can you better communicate your needs related to pain and its impact to your support system?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Mindfulness for Pain Management

Learn techniques to calm your mind amidst physical discomfort.

₹199

2

Building Resilience with Chronic Illness

Strategies to cope with the ongoing challenges of long-term health conditions.

₹99

3

Communicating Your Needs Effectively

Improve how you express your feelings and requirements to others.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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"Thank you for taking this first step. Whether your score was low or high, knowing where you stand is where all real change begins."

— Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224