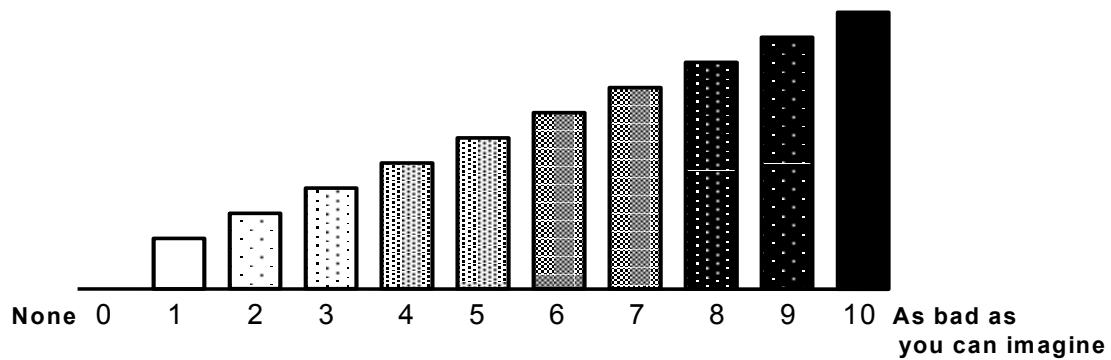


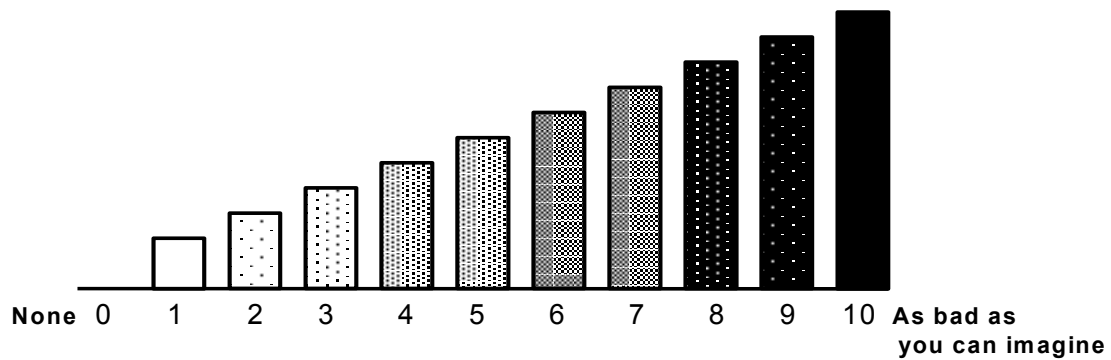


## Pain Severity

1. Please circle the one number that best describes your physical discomfort or pain on the AVERAGE over the past 4 weeks:



2. Please circle the one number that best describes your physical discomfort or pain at its WORST over the past 4 weeks:



3. During the past 4 weeks, how often have you had physical discomfort or pain? (If you have had more than one discomfort or pain, answer by describing your feelings of discomfort or pain in general.) Circle ONE.

*(Circle one)*

- Never ..... 1
- Once or twice ..... 2
- A few times ..... 3
- Fairly often ..... 4
- Very often ..... 5
- Every day or almost every day ..... 6

4. How much bodily discomfort or pain have you generally had during the past 4 weeks? Circle ONE.

*(Circle one)*

- None ..... 1
- Very mild ..... 2
- Mild ..... 3
- Moderate ..... 4
- Severe ..... 5
- Very severe ..... 6

5. When you had physical discomfort or pain during the past 4 weeks, how long did it usually last? (If you have had more than one discomfort or pain, answer by describing your feelings of discomfort or pain in general.) Circle ONE.

*(Circle one)*

- Didn't have any ..... 1
- A few minutes ..... 2
- Several minutes to an hour ..... 3
- Several hours ..... 4
- A day or two ..... 5
- More than 2 days ..... 6

Original format of questions 1 & 2 (psychometrics done on this format):

1. Please circle the **one** number that best describes your physical discomfort or pain on the **average** over the **past 4 weeks**:  
**None** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 **As bad as you can imagine**
2. Please circle the **one** number that best describes your physical discomfort or pain at its **worst** over the **past 4 weeks**:  
**None** 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 **As bad as you can imagine**

## Scoring

The score for each item is the number circled. If two consecutive numbers are circled, score the higher number (more pain). If the numbers are not consecutive, do not score the item. To score the scale, first transform each of the five items into a 0 to 100 scale, then calculate the mean of the transformed items. If more than two items are missing, do not score the scale. Scores range from 0-100; higher score indicates more pain.

## Characteristics

Tested on 1,130 subjects with chronic disease. N=51 for test-retest.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
5	0-100	60.0	22.2	.88	.91

## Source of Psychometric Data

Stanford Chronic Disease Self-Management Study. Psychometrics reported in: Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: SAGE Publications, 1996.

## Comments

This scale is a modified version of the Medical Outcomes Study pain severity scale, which was changed to omit the skip pattern and add "physical discomfort" to the item stems for the Chronic Disease Self-Management study. This scale is further modified by substituting a 0-10 visual numeric scale for the original 0-20 numeric scale in items 1 and 2. Reprinted with permission, Duke University Press. This scale available in [Spanish](#).

## References

Lorig K, Stewart A, Ritter P, González V, Laurent D, & Lynch J, *Outcome Measures for Health Education and other Health Care Interventions*. Thousand Oaks CA: SAGE Publications, 1996.

Stewart AK & Ware JE Jr (Eds), *Measuring Functioning and Well-Being: The Medical Outcomes Study Approach*. RAND Corporation, 1992.

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