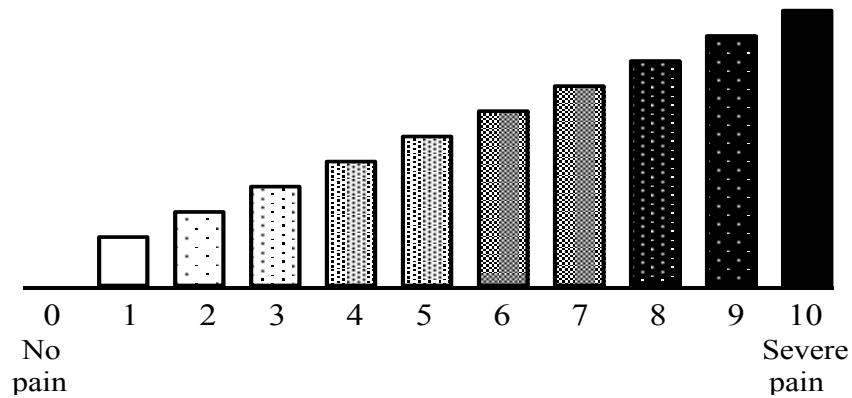




## Pain Visual Numeric

We are interested in learning whether or not you are affected by PAIN. Please circle the number below that describes your pain in the past 2 weeks:



### Scoring

The score is the number circled or histogram marked. Scores range from 0 to 10, with the higher score indicating more pain. If two consecutive numbers are circled, score the higher (more pain) number, if two non-consecutive numbers are circled, do not score.

### Characteristics

Tested on 122 subjects.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	0-10	4.36	3.03	—	NA

### Source of Psychometric Data

English language participants in the Stanford/El Paso Border Diabetes Project. Study reported in Lorig KR, Ritter PL, Jacquez A. Outcomes of Border Health Spanish/English Chronic Disease Self-management Programs. The Diabetes Educator 2005; 31(3):401-409.

## Comments

This scale is a modified version of the visual analog scale. We found that this scale is easier for subjects to use, resulting in less missing and unclear responses. The scale above is that used for our Internet studies, with color and shading used. We have used these anchor phrases and a variation, "pain as bad as could be", for the right-hand anchor. We have used "Severe pain" or "Severe pain or discomfort" for some time, in order to keep phrases for pain, fatigue, and shortness of breath scales consistent. The psychometrics are based on "Severe pain or discomfort". The VNS was originally developed in Spanish.

## References

Ritter PL, González VM, Laurent DD, Lorig KR. Measurement of Pain Using the Visual Numeric Scale. *Journal of Rheumatology*, 33(3), 574-80, 2006.

*This scale is free to use without permission*

### **Stanford Patient Education Research Center**

1000 Welch Road, Suite 204  
Palo Alto CA 94304  
(650) 723-7935  
(650) 725-9422 Fax  
self-management@stanford.edu  
<http://patienteducation.stanford.edu>

Funded by the National Institute of Nursing Research (NINR)