

Name: _____

Date: _____

McGill

The Pain Questionnaire

What Does Your Pain Feel Like?

Some of the following words below describe your present pain. Circle the single word in each category that describes it best. (Leave out any category that does not apply to you.)

Temporal

flickering
quivering
pulsing
throbbing
beating
pounding

Dullness

dull
sore
hurting
aching
heavy

Sensory

tight
numb
drawing
squeezing
tearing

Thermal

hot
burning
scalding
searing

Spatial

jumping
flashing
shooting

Fear

fearful
frightful
terrifying

Affective-Evaluative-Sensory

wretched
blinding

Punctate Pressure

pricking
boring
drilling
stabbing
lancinating

Punishment

punishing
grueling
cruel
vicious
killing

Sensory

tender
taut
rasping
splitting

Brightness

tingling
itchy
smarting
stinging

Incisive Pressure

sharp
cutting
lacerating

Tension

tiring
exhausting

Constrictive Pressure

pinching
pressing
gnawing
cramping
crushing

Evaluative

annoying
troublesome
miserable
intense
unbearable

Affective-Evaluative

nagging
nauseating
agonizing
dreadful
torturing

Sensory

spreading
radiating
penetrating
piercing

Traction Pressure

tugging
pulling
wrenching

Autonomic

sickening
suffocating

How does Your Pain Change with Time?

Which word or words would you use to describe the pattern of your pain?

continuous	rhythmic	brief
steady	periodic	momentary
constant	intermittent	transient

Circle the items below which increase your pain. Put a check next to those which decrease your pain.

liquor
stimulants such as coffee
eating
heat
cold
damp
weather changes

massage or use of a vibrator
pressure
no movement
movement
sleep or rest
lying down
distraction

urination or defecation
tension
bright lights
loud noises
going to work
intercourse
mild exercise
fatigue

How Strong is Your Pain?

People agree that the following five words ("mild, discomforting, distressing, horrible, excruciating") represent pain of increasing intensity. To answer each question below circle the most appropriate word in the space beside the question.

Which word describes your pain right now?

mild
discomforting
distressing
horrible
excruciating

Which word describes it at its worst?

mild
discomforting
distressing
horrible
excruciating

Which word describes it when it is least?

mild
discomforting
distressing
horrible
excruciating

Which word describes the worst toothache you ever had?

mild
discomforting
distressing
horrible
excruciating

Which word describes the worst headache you ever had?

mild
discomforting
distressing
horrible
excruciating

Which word describes the worst stomach-ache you ever had?

mild
discomforting
distressing
horrible
excruciating