

GRADED PAIN AND FUNCTION SCALE

Pain Intensity and Interference

In the last month, on average, how would you rate your pain? Use a scale from 0 to 10, where 0 is "no pain" and 10 is "pain as bad as could be"? (That is, your usual pain at times you were in pain.)

No Pain									Pain as bad as could be	
0	1	2	3	4	5	6	7	8	9	10

In the last month, how much has pain interfered with your daily activities? Use a scale from 0 to 10, where 0 is "no interference" and 10 is "unable to carry on any activities"?

No Interference									Unable to carry on any activities	
0	1	2	3	4	5	6	7	8	9	10

The Graded Pain and Function Scale and other tools are available online at www.oregonpainguidance.org/clinical-tools.