

Two Item Graded Chronic Pain Scale

| Graded chronic pain scale: a two-item tool to assess pain intensity and pain interference | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|----|
| <p>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"? [<i>That is, your usual pain at times you were in pain.</i>]</p> | | | | | | | | | | |
| <p>No pain Pain as bad as could be</p> | | | | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <p>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."</p> | | | | | | | | | | |
| <p>No interference Unable to carry on any activities</p> | | | | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Interpretation of the Two Item Graded Chronic Pain Scale – This two item version of the Graded Chronic Pain Scale is intended for brief and simple assessment of pain severity in primary care settings. Based on prior research, the interpretation of scores on these items is as follows:

| Pain Rating Item | Mild | Moderate | Severe |
|---|------|----------|--------|
| Average/Usual Pain Intensity | 1–4 | 5–6 | 7–10 |
| Pain-related interference with activities | 1–3 | 4–6 | 7–10 |

Although pain intensity and pain-related interference with activities are highly correlated and tend to change together, it is recommended that change over time be tracked for pain intensity and pain-related interference with activities separately when using these two items.

For an individual patient, a reduction in pain intensity and improvement in pain-related interference with activities of two points is considered moderate but clinically significant improvement.

Similar pain ratings have been widely used in the Brief Pain Inventory, the Multidimensional Pain Inventory, and the Pain Severity Scale of the SF-12.

There is extensive research on the reliability, validity and responsiveness to change of these pain severity ratings, which is summarized in the following reference:

Von Korff, M., *Assessment of chronic pain in epidemiological and health services research: Empirical bases and new directions*, in *Handbook of Pain Assessment Third Edition*, D.C. Turk and R. Melzack, Editors. 2011, Guilford Press: New York. p. 455-473.