

Short Form McGill Pain Questionnaire

Instructions: Read the following descriptions of pain and mark the number which indicates the level of pain you feel in each category according to the following scale:

1= None 2= Mild 3= Moderate 4= Severe

	Throbbing
	Shooting
	Stabbing
	Sharp
	Cramping
	Gnawing
	Hot-Burning
	Aching
	Heavy
	Tender
	Splitting
	Tiring/Exhausting
	Sickening
	Fearful
	Punishing/Cruel
Total Score: _____	

Instructions: On the following scale, please mark your current level of pain using the guide below.

- 0 No Pain
- 1 Mild
- 2 Discomforting
- 3 Distressing
- 4 Horrible
- 5 Excruciating

No Pain _____ Excruciating

Reprinted with Permission: Melzack R. "The Short Form McGill Pain Questionnaire." *Pain*, 1987; 30: 191-197.