The McGill Pain Questionnaire

Overview: The McGill Pain Questionnaire can be used to evaluate a person experiencing significant pain. It can be used to monitor the pain over time and to determine the effectiveness of any intervention. It was developed at by Dr. Melzack at McGill University in Montreal Canada and has been translated into several languages.

Sections:

(1) What Does Your Pain Feel Like?

(2) How Does Your Pain Change with Time?

(3) How Strong is Your Pain?

What Does Your Pain Feel Like?

Statement: Some of the following words below describe your <u>present</u> pain. Circle <u>ONLY</u> those words that best describe it. Leave out any category that is not suitable. Use only a single word in each appropriate category - the one that applies best.

Group	Descriptor	Points
1 (temporal)	flickering	1
	quivering	2
	pulsing	3
	pounding	6
2 (spatial)	jumping	1
	flashing	2
	shooting	3
3 (punctate pressure)	pricking	1 4
	cutting	2
	lacerating	3

pinching	1
pressing	2
gnawing	3
cramping	4
crushing	5
tugging	1
pulling	2

20 (affective-evaluative: miscellaneous)	nagging	1
	nauseating	2
	agonizing	3
	dreadful	4
	torturing	5

pain score = SUM(points for applicable descriptors)

How Does Your Pain Change with Time?

Question	Response	Points
Which word or words would you use to describe the pattern of your pain?	continuous steady constant	1

(14) distraction (TV reading etc.)

(15) urination or defecation

(16) tension

(17) bright lights

(18) loud noises

(19) going to work

(20) intercourse

(21) mild exercise

(22) fatigue

How Strong is Your Pain?

Statement: People agree that the following 5 words (mild discomforting distressing horrible excruciating) represent pain of increasing intensity. To answer each question below write the number of the most appropriate word in the space beside the question.

Question	Response	Points

Which word describes the worst toothache you ever had?	mild	1
	discomforting	2
	distressing	3
	horrible	4
	excruciating	5