

McGill Pain Questionnaire Pain Adjective Checklist

INSTRUCTIONS: For each row of words, place an "X" next to the one word that best describes your present pain. Choose no more than one word in each row. If no words in a row describe your pain, then do not choose any words in that row.

NAME: _____ DATE: _____ MEDICAL DIAGNOSIS: _____

- | | | | | | | |
|-----|------------|--------------|---------------|-------------|-------------|--------------|
| 1. | flickering | quivering | pulsing | throbbing | beating | pounding |
| 2. | jumping | flashing | shooting | | | |
| 3. | pricking | boring | drilling | stabbing | lancinating | |
| 4. | sharp | cutting | lacerating | | | |
| 5. | pinching | pressing | gnawing | cramping | crushing | |
| 6. | tugging | pulling | wrenching | | | |
| 7. | hot | burning | scalding | searing | | |
| 8. | tingling | itchy | smarting | stinging | | |
| 9. | dull | sore | hurting | aching | heavy | |
| 10. | tender | taut | rasping | splitting | | |
| 11. | tiring | exhausting | | | | |
| 12. | sickening | suffocating | | | | |
| 13. | fearful | frightful | terrifying | | | |
| 14. | punishing | gruelling | cruel | vicious | killing | |
| 15. | wretched | blinding | | | | |
| 16. | annoying | troublesome | miserable | intense | unbearable | |
| 17. | spreading | radiating | penetrating | piercing | | |
| 18. | tight | numb | drawing | squeezing | tearing | |
| 19. | cool | cold | freezing | | | |
| 20. | nagging | nauseating | agonizing | dreadful | torturing | |
| 21. | no pain | mild | discomforting | distressing | horrible | excruciating |
| 22. | brief | intermittent | constant | | | |

***** PLEASE STOP HERE *****

PRI: S (1-10)___/42 A (11-15)___/14 E (16)___/5 M (17-20)___/17 PRI-TOTAL (1-20)___/78 PPI___/5

Note. Adapted with permission from the McGill Pain Questionnaire. Copyright 1975 Ronald Melzack.